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## Community Resources for Children Aged 0-6

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### Can-Am Indian Friendship Centre

- Delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- **Urban Indigenous Healthy Living-Healthy Kids Program (0-18)**
  - Program aimed to increase participation in sports, physical activity that promote healthy lifestyle behaviors.
  - **519-253-3243**
  - **[uihl-hk@caifc.ca](mailto:uihl-hk@caifc.ca)**
- **Indigenous Healthy Babies Healthy Children Program**
  - Program has the objective to assist Indigenous families to provide the best opportunities for healthy development for children up to 6 years of age
  - At risk children have access to services that support their needs
  - **[ihbhc@caifc.ca](mailto:ihbhc@caifc.ca)**

### Children First

- Provides services for families/caregivers with children up to six years of age who are at risk or experiencing mental health challenges or developmental concerns.
- **(519) 250-1850**

### Connections Early Years Family Centre

- Provides support, resources, and individualized services to promote the early learning and healthy development of families and their young children through an integrative, responsive and family-centered approach.
- **Be Back Soon Program:** Short term child care support
- **519-252-9696**
- **[info@connectwithus.ca](mailto:info@connectwithus.ca)**

## Brain Injury Association Windsor Essex (BIAWE)

- Provides Awareness, Education and Support services to caregivers and survivors of brain injury. BIAWE offers a number of survivor and caregiver programs including art and music classes, Cognitive Connections, Happiness Hour, peer mentoring as well as support groups.
- [info@biawe.com](mailto:info@biawe.com)
- **519-981-1329**

## Hiatus House

- Provide emergency shelter, crisis support, safety planning, and referrals to women and anyone impacted by violence.
- Available 24/7
- Children Specific Programs include:
  - *Fresh Start School-Based Program (Grades JK- Grade 8)*
  - Crossroads Program (Ages 4+)
  - Mothers in Mind Program (0-4)
- **Main Phone: 519-252-7781**
- **24 hour Crisis Line: 519-252-7781**

## Metis Nations of Ontario

- Community Action Program (0 months-6 years)
  - **1-800-263-4889 Ext. 7**
  - [contactus@metisnation.org](mailto:contactus@metisnation.org)
- Family Well-Being Program (0 months-18 years)
  - **705-474-2767 Ext. 308**
  - [jasonj@metisnation.org](mailto:jasonj@metisnation.org)

## Sexual Assault Crisis Centre (SACC)

- Referrals for children 12 and under are facilitated by the Children's Aid Society or the Windsor Essex Child/Youth Advocacy Centre.
- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest).
- **519-253-3100**
- **24 Hour Crisis Line: 519-253-9667**

## Sexual Assault Treatment Centre

- Referrals to the Sexual Assault Treatment Centre for children 12 and under are facilitated by the Children's Aid Society.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- **519-255-2234**
- **Main Phone: 519-252-7781**

## Ska:na Family Learning Centre (3 months - 12 years old)

- Offers holistic and culturally informed child care services for Aboriginal and non-Aboriginal families.
- **519-948-8115**

### **Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**

- Provides services for status Indigenous individuals, including Primary Care (Doctors, Nurse Practitioners, Traditional Healers, and Mental Health services for children, youth, adults and families).
- SOAHAC also offers community events, ceremonies and assistance with Jordan's Principal applications.
- **519-916-1755**

### **Windsor Essex Community Health Centre (weCHC)**

- Provides a wide range of free health and mental health services including primary care
- **519-258-6002**

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## **Community Resources for Children Aged 6-12**

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### **9-8-8 Suicide Crisis Helpline**

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

### **Hope for Wellness Hotline for Indigenous Peoples**

- 24 hours, 7 days a week
- **Call 1-855-242-3310**

### **Kids Help Phone**

- 24 hours, 7 days a week free confidential support.
- **Call 1-800-668-6868 or text CONNECT to 686868 .**

### **Native Youth Crisis Hotline**

- Available 24/7
- **1-877-209-1266**

### **Regional Children's Centre Counselling Clinic (6-18 years old)**

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm
- **519-257-KIDS (5437)**

### **Trans Lifeline**

- Available 1pm-9pm ET

- **1-877-330-6366**

### **Windsor Regional Hospital, Metropolitan Campus**

- If a child or youth under the age of 16 is at immediate risk to themselves or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus.
- 1995 Lens Avenue, Windsor, ON

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### **Black Kids in Action Performing Art Group**

- Dedicated and committed to enhancing the well-being of Black youth in Windsor and Essex County through the art of dance, drama and dialogue.
- **519-254-5155**

### **Can-Am Indian Friendship Centre**

- Delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- Akwe:Go Program (7-12).
  - Support for at-risk urban Indigenous children.
- **519-253-3243**

### **BANA (Bulimia Anorexia Nervosa Association)**

- BANA provides a variety of services to individuals, families, and friends, affected by body image, self-esteem, and food-related disorders. Services include Intake, Prevention, Education, Diagnostic Assessments, Nutritional Assessments, Cognitive Behavioural Therapy, and referrals to community resources.
- **Self Esteem & Body Image Workshop** (Grades 5-8)
- Call **1.855.969.5530**
- or visit **[www.bana.ca](http://www.bana.ca)**

### **Canadian Mental Health Association (CMHA)**

- Provides a wide array of free mental health care and primary health care to Windsor and Essex County residents.
- **519-255-7440**

### **Hiatus House**

- Provides emergency shelter, crisis support, safety planning, and referrals to women and anyone impacted by violence.
- Available 24 hours, 7 days a week.
- Children-Specific Programs include:
  - *Fresh Start School-Based Program (Grades JK- Grade 8)*
  - Crossroads Program (Ages 4+)
  - Mothers in Mind Program (0-4)

- **Business Line: (519) 252-1143**
- **24-hour Crisis Line: 519-252-7781**

### **Metis Nation of Ontario Navigators**

- Provides support and navigation services for Metis individuals.
- **1-800-263-4889 Ext. 7**
- **ContactUs@metisnation.org**

### **Regional Children's Centre (RCC)**

- Provides services to children and youth aged 6 to 12 who are experiencing social, emotional, developmental, and/or behavioural issues and their families.
- **519-257-KIDS (5437)**

### **Sexual Assault Crisis Centre (SACC)**

- Referrals for children 12 and under are facilitated by the Children's Aid Society or the Windsor Essex Child/Youth Advocacy Centre.
- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest).
- **519-253-3100**
- **24 Hour Crisis Line: 519-253-9667**

### **Sexual Assault Treatment Centre**

- Referrals to the Sexual Assault Treatment Centre for children 12 and under are facilitated by the Children's Aid Society.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- **519-255-2234**
- **Main Phone: 519-252-7781**

### **Ska:na Family Learning Centre (3 months to 12 years)**

- Offers holistic and culturally informed child care services for Aboriginal and non-Aboriginal families.
- **519-948-8115**

### **Trans Wellness Ontario (TWO)**

- Free mental wellness services in a safe space for members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic, and social events.
- **226-674-4745**

### **Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**

- Provides services for status Indigenous individuals including Primary Care (Doctors, Nurse Practitioners, Traditional Healers and Mental Health services for children, youth, adults and families).
- SOAHAC also offers community events, ceremonies and assistance with Jordan's Principal applications.
- **519-916-1755**

### **Windsor Essex Community Health Centre (weCHC)**

- Provides a wide range of free health and mental health services including primary care and counselling.
- **519-258-6002**

### **Youth Diversion**

- Programs focus on assisting youth to develop self-respect, responsibility, and appropriate problem-solving skills while empowering young boys and girls to create, maintain, and improve their decision-making skills in a positive way.
- **519-253-3340**

**Dial 211, Text 211 or Visit [www.211ontario.ca](http://www.211ontario.ca) to find an up-to-date list of all services available in Windsor-Essex**

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## **Community Resources for Youth Aged 12-18**

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### **9-8-8 Suicide Crisis Helpline**

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

### **Community Crisis Centre and 24-hour line (16 years and older)**

- Crisis response services for individuals 16 years and older experiencing an acute mental illness and or psychosocial crisis.
- **519-973-4435**

### **Hope for Wellness Hotline for Indigenous Peoples**

- 24 hours, 7 days a week
- **Call 1-855-242-3310**

### **Kids Help Phone**

- 24-hour, 7 days a week free, confidential support.
- **Call 1-800-668-6868 or text CONNECT to 686868.**

### **Native Youth Crisis Hotline**

- Available 24 hours, 7 days a week.
- **1-877-209-1266**

### **Regional Children's Centre Counselling Clinic (6-18 years old)**

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm
- **519-257-KIDS (5437)**

### **Q-Link Youth Drop In**

- A youth-facilitated program for 2SLGBTQIA+ youth ages 12-18. Provides a chance to meet other 2SLGBTQIA+ youth, hang out, and enjoy an activity. Events rotate weekly with Games night, Movie night, Craft night, Coffee house and Open Mic night. Events, light snacks and refreshments are complimentary for everyone
- **Every Wednesday 4-7pm**
- **Market Square Entrance, 2109 Ottawa Street Unit #216**

### **Trans Lifeline**

- Available 1pm-9pm ET
- **1-877-330-6366**

### **Windsor Regional Hospital, MET Campus (up to 16 years of age)**

- If you are under 16 years of age and are at immediate risk to yourself or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus
- **1995 Lens Ave, Windsor, ON**

### **Windsor Regional Hospital, Ouellette Campus (16 years of age and over)**

- If you are 16 years or older, and are at immediate risk to yourself or others, please proceed to the Emergency Department at Windsor Regional Hospital, Ouellette Campus
- **1030 Ouellette Ave, Windsor, ON**

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### **Black Kids in Action Performing Art Group**

- Dedicated and committed to enhancing the well-being of Black youth in Windsor and Essex County through the art of dance, drama and dialogue.
- **519-254-5155**

### **BANA (Bulimia Anorexia Nervosa Association)**

- BANA provides a variety of services to individuals, families, and friends affected by body image, self-esteem, and food-related disorders. Services include Intake, Prevention, Education, Diagnostic Assessments, Nutritional Assessments, Cognitive Behavioural Therapy, and referrals to community resources.
- **Self Esteem & Body Image Workshop** (Grades 5-8)
- **Sizing up the media: Decoding the Message Workshop** (Grades 9-12 & Adults)

- **1.855.969.5530** [www.bana.ca](http://www.bana.ca)

### **BounceBack Ontario (age 15+)**

- Provides support to youth aged 15 and up and adults to manage low mood, depression, anxiety, stress, and/or worry.
- **1-866-345-0224**
- [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### **Can-Am Indian Friendship Centre**

- Delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- Wasa-Nabin Program (13-18)
  - This program is grounded in cultural traditions, providing a sense of belonging for urban Indigenous children and youth. Uses a customized approach for every client's needs. Main focuses include general social support, youth in care, education, justice intervention, and addressing violence.
    - Contact: [wasanabin@caifc.ca](mailto:wasanabin@caifc.ca)
- Indigenous Community Mental Health Program (16 and over)
  - Provides individualized assessment, care planning and evaluation of services provided to the client and advocacy on behalf of the client as needed.
- **519-253-3243**

### **Canadian Mental Health Association (CMHA)**

- Provides a wide array of free mental health care and primary health care to Windsor-Essex residents.
- **519-255-7440**

### **Hiatus House**

- Provides emergency shelter, crisis support, safety planning, and referrals to women and anyone impacted by violence.
- Available 24 hours, 7 days a week.
- Children Specific Programs include:
  - *Fresh Start School-Based Program (Grades JK- Grade 8)*
  - Crossroads Program (Ages 4+)
- **Business Line: (519) 252-1143**
- **24 hour Crisis Line: 519-252-7781**

### **Maryvale**

- Provides support to adolescents experiencing serious emotional, psychological and mental distress.
- **Youth Call-In Line:** Single sessions available by phone for youth ages 13-18 years and their families by calling **(519)-419-1397** Monday to Friday from 9:00 a.m. to 5:00 p.m. (last call taken at 4:00 p.m.)
- **519-258-0484**

## Metis Nation of Ontario Navigators

- Provides support and navigation services for Metis individuals
- **1-800-263-4889 Ext. 7**
- **ContactUs@metisnation.org**

## Nisa Homes

- Provides a place for immigrant, refugee and Muslim women aged 17 years older to live comfortably and feel safe in a supportive home environment, explore their cultural identity, and directly connect with their community
- **Help Line: 1-888-315-6472**

## New Beginnings

- Provides individual, family, specialized school programs, and outreach services across sectors of youth justice, mental health, employment, and education.
- **519-971-0973**

## Reseau-femmes du Sud-Ouest de l'Ontario

- Provides support women of French expression regardless of ethnicity, cultural affirmation, social or sexual orientation in South Western Ontario. Their mandate is to conduct prevention work regarding all forms of violence against women and their children.
- **519-256-7831**

## Sexual Assault Crisis Centre (SACC)

- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse, and incest).
- **519-253-3100**
- **24 Hour Crisis Line: 519-253-9667**

## Sexual Assault and Domestic Violence Treatment Centre

- Provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence. Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- Available 24 hours a day, 7 days a week.
- **519-255-2234**
- **Main Phone: 519-252-7781**

## Ska:na Family Learning Centre (3 months - 12 years old)

- Offers holistic and culturally informed child care services for Aboriginal and non-Aboriginal families.
- **519-948-8115**

## **Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**

- Provides services for status Indigenous individuals, including Primary Care (Doctors and Nurse Practitioners, Traditional Healers and Mental Health services for children, youth, adults and families).
- SOAHAC also offers community events, ceremonies and assistance with Jordan's Principal applications.
- **519-916-1755**

## **Supporting Survivors of Gender Based Violence and Sexual Assault- Legal Assistance of Windsor**

- Provides independent legal advice, representation, and social work services for survivors of intimate partner violence and sexual assault.
- **519-256-7831**

## **Teen Health Centre (Windsor Essex Community Health Centre)**

- Provides free and confidential services for youth aged 12 to 14 years old.
- **519-253-8481**

## **The Inn of Windsor (age 13- 21)**

- Community-based residential care program that serves females aged 13 to 17 years. Also provides an independent living program for males and females aged 16 - 21 years who are in need of community support.
- **519-252-7768**

## **Trans Wellness Ontario (TWO)**

- Free mental wellness services in a safe space for members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic and social events.
- **226-674-4745**

## **Welcome Centre Shelter for Women and Families**

- Emergency shelter for women+ and families experiencing homelessness dedicated to assisting self-identified women+, families, and children facing homelessness and related challenges.
- **519-971-7595**

## **Windsor Essex Counter-Exploitation Network (WECEN)**

- Provides direct services to survivors of domestic and international human trafficking in the areas of forced labour, sex trafficking, and forced marriage.
- **519-256-7831**

## **Windsor Residence for Young Men (age 16-24)**

- Supports youth aged 16-24 years as they leave homelessness behind to build new lives.
- Provides a range of services to support youth who identify as male on their journey from “street to home”.
- **226-221-8464**

### **Windsor Youth Centre**

- Assists youth aged 16-25 with essentials like food and hygiene items as well as opportunities to develop their personal identities and growth opportunities in a safe space.
- **226-674-0006**

### **Youth Diversion**

- Programs focus on assisting youth to develop self-respect, responsibility and appropriate problem-solving skills while empowering young boys and girls to create, maintain, and improve upon their decision-making in a positive way.
- **519-253-3340**

### **Youth Wellness Hub**

- Provides Mental health services to youth ages 12 to 25 without a wait list or referral. Programs include peer mentoring, mental health counselling, and recreational groups and activities
- **519-800-8640**

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## **Community Resources for Caregivers**

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### **9-8-8 Suicide Crisis Helpline**

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

### **Community Crisis Centre and 24 hour line (16 years and older)**

- Crisis response services to for individuals 16 years and older experiencing an acute mental illness and/or psychosocial crisis.
- **519-973-4435**

### **Hope for Wellness Hotline for Indigenous Peoples**

- 24 hours, 7 days a week
- **1-855-242-3310**

### **Kids Help Phone**

- 24-hour, 7 days a week free, confidential support.

- **Call 1-800-668-6868 or text CONNECT to 686868.**

### **Regional Children's Centre Counselling Clinic (6-18 years old)**

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm
- **519-257-KIDS**

### **Trans Lifeline**

- Available 1pm-9pm ET
- **1-877-330-6366**

### **Q Link Windsor Essex**

- YAM (Young Adult Mixer) is a youth-facilitated program for 2SLGBTQIA+ young adults ages 18-29. It provides the opportunity to meet other 2SLGBTQIA+ young adults
- Events rotate weekly with Games night, Movie night, Craft night, Coffee house and Open Mic night. Events, light snacks and refreshments are complimentary for everyone
- **Market Square Entrance, 2109 Ottawa Street Unit #216**
- **Every Thursday 4-7pm**

### **Windsor Regional Hospital, MET Campus (up to 16 years of age)**

- If you are under 16 years of age and are at immediate risk to yourself or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus
- **1995 Lens Ave, Windsor, ON**

### **Windsor Regional Hospital, Ouellette Campus (16 years of age and over)**

- If you are 16 years or older, and are at immediate risk to yourself or others, please proceed to the Emergency Department at Windsor Regional Hospital, Ouellette Campus
- **1030 Ouellette Ave, Windsor, ON**

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### **BounceBack Ontario (age 15+)**

- Provides support to youth aged 15 and up and adults manage low mood, depression, anxiety, stress, and/or worry.
- **1-866-345-0224**
- **[www.bouncebackontario.ca](http://www.bouncebackontario.ca)**

### **Can-Am Indian Friendship Centre**

- Delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Aboriginal community.
- Indigenous Court Support Worker
  - Goal is to create opportunities for Indigenous people to understand their legal rights, and responsibilities within the Criminal, Family, Youth, and Correctional systems.
- Housing Programs for Indigenous Clients

- Anishinaabe Gamik Housing Program is for housing within Windsor. Biimskiinodin is for housing unhoused, sub-housed and under-housed individuals. Applications online through the Can-Am website: <https://www.caunh.ca/housing.php>
- **519-253-3243**

### St. Clair College

- Mental Health and Support Services for Students
- Call: **519-972-2727 x 4226**

### Brain Injury Association Windsor Essex (BIAWE)

- Provides Awareness, Education and Support services to caregivers and survivors of brain injury. BIAWE offers a number of survivor and caregiver programs including art and music classes, Cognitive Connections, Happiness Hour, peer mentoring, and support groups.
- **info@biawe.com**
- **519-981-1329**

### BANA (Bulimia Anorexia Nervosa Association)

- BANA provides a variety of services to individuals, families, and friends, affected by body image, self-esteem, and food-related disorders. Services include Intake, Prevention, Education, Diagnostic Assessments, Nutritional Assessments, Cognitive Behavioural Therapy, and referrals to community resources.
- **Sizing up the media: Decoding the Message Workshop** (Grades 9-12 & Adults)
- **1.855.969.5530 www.bana.ca**

### Canadian Mental Health Association (CMHA)

- Provides a wide array of free mental health care and primary health care to Windsor-Essex County residents.
- **519-255-7440**

### Family Services Windsor-Essex (FSWE)

- Confidential voluntary counselling services to communities, families, individuals and couples with a goal of supporting those who are in need in a respectful and responsive manner.
- Same-Day counselling services
- **519-966-5010**

### Hiatus House

- Provide emergency shelter, crisis support, safety planning, and referrals to women and anyone impacted by violence.
- Available 24 hours, 7 days a week.
- Children-Specific Programs include:
  - *Fresh Start School-Based Program (Grades JK- Grade 8)*
  - Crossroads Program (Ages 4+)

- Mothers in Mind Program (0-4)
- **Business Phone: 519-252-1143**
- **24-hour Crisis Line 519-252-7781**

### **Legal Assistance of Windsor (LAW)**

- Interdisciplinary clinic combining legal and social work professions to meet the multi-faceted needs of the low-income community in Windsor and Essex County.
- Indigenous Support Worker
  - Led by the Indigenous Justice Coordinator (IJC), provides support and advocacy for Indigenous clients who are experiencing legal problems such as, family law, child protection and criminal matters.
- **519-256-7831**

### **Maryvale**

- Provides support to adolescents experiencing serious emotional, psychological and mental distress.
- Parent Support Call-In Service:
  - Trained staff will provide parenting strategies with a focus on reducing conflict, developing positive relationships, and improving communication. Available to parents/caregivers of youth aged 13-17.
  - **519-419-1949** Tuesday to Thursday from 8:00 a.m. to 6:00 p.m. (last call taken at 5:00 p.m.)

### **Metis Nation of Ontario Navigators**

- Provides support and navigation services for Metis individuals.
- **1-800-263-4889 Ext. 7**
- **ContactUs@metisnation.org**

### **Nisa Homes**

- Provides a place for immigrant, refugee and Muslim women aged 17 years older to live comfortably and feel safe in a supportive home environment, explore their cultural identity, and directly connect with their community.
- **Help Line: 1-888-315-6472**

### **Sexual Assault Crisis Centre (SACC)**

- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse, and incest).
- **24 Hour Crisis Line: 519-253-9667**
- **519-253-3100**

### **Sexual Assault and Domestic Violence Treatment Centre**

- Provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence. Community counselling referrals are also provided.

- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- Available 24 hours a day, 7 days a week.
- **519-255-2234**

### **Ska:na Family Learning Centre (3 months - 12 years old)**

- Offers holistic and culturally informed child care services for Aboriginal and non-Aboriginal families.
- **519-948-8115**

### **Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**

- Provides services for status Indigenous individuals, including Primary Care (Doctors and Nurse Practitioners, Traditional Healers and Mental Health services for children, youth, adults and families).
- SOAHAC also offers community events, ceremonies and assistance with Jordan's Principal applications.
- **519-916-1755**

### **Supporting Survivors of Gender Based Violence and Sexual Assault- Legal Assistance of Windsor**

- Provides independent legal advice, representation, and social work services for survivors of intimate partner violence and sexual assault.
- **519-256-7831**

### **Trans Wellness Ontario (TWO)**

- Provides free mental wellness services in a safe space to members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic and social events.
- **226-674-4745**

### **Windsor-Essex Children's Aid Society (CAS)**

- Provides help and support to children/youth and their families. Responsibilities include investigating allegations of child abuse, including neglect, as well as providing protection services to children, youth and their families.
- **519-252-1171**

### **Welcome Centre Shelter for Women and Families**

- Emergency shelter for women+ and families experiencing homelessness dedicated to assisting self-identified women+, families, and children facing homelessness and related challenges.
- **519-971-7595**

### **Windsor Essex Community Health Centre (weCHC)**

- Provides a wide range of free health and mental health services including primary care and counselling.
- **519-258-6002**

### **Windsor Essex Counter-Exploitation Network (WECEN)**

- Provides direct services to survivors of domestic and international human trafficking in the areas of forced labour, sex trafficking, and forced marriage.
- **519-256-7831**

### **Windsor Women Working with Immigrant Women (W5)**

- Assistance to immigrant and refugee women and their families to become full and participating members of Canadian society. Information and referrals on social services, advocacy, community and government programs is available.
- **519-973-5588**

### **Victim Services of Windsor Essex County**

- Provides victims with support, information and community referrals at no cost. Assists with safety planning and processes applications for the Victim Quick Response Program
- **529-723-2711**

### **Victim Support & Notification Line**

- Provincial operated telephone support that informs on services in your local area. If offenders are in provincial custody, victims can register to receive notifications when the offender is released from custody
- **1-888-579-2888**

### **Victim Witness Assistance Program**

**Dial 211, Text 211 or Visit [www.211ontario.ca](http://www.211ontario.ca) to find an up to date list of all services available in Windsor Essex**

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## **Essex-County Specific Resources**

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### **Amherstburg**

The House Youth Centre

- Peer mentorship program, Embrace (peer facilitated program for 2SLGBTQIA+ teens), Senior and Alumni group, and Drop In program.
- Youth in grades 8-12
- 320 Richmond Street, Amherstburg, ON, Unit 400, N9V 1H4
- **519-736-6811**
- **info@houseyouthcentre.com**

## Essex

### Canadian Mental Health Association (CMHA)

- Offers grief counselling sessions.
- 32 Russell St., Essex
- **519-728-1435**

## Harrow

### ACCESS County Community Support Services

- Youth in Transition program provides financial and non-financial support to youth aged 16-24 years transitioning from the child welfare system into adulthood.
- The KEYS EarlyON is offers activities for children up to the age of 6 to enhance literacy and social skills, and support to parents/guardians.
- The After School Program provides support to youth in grades 1 to 8 with a focus on adopting a healthy lifestyle.
- **(519) 738-4050**

## Kingsville

### ACCESS County Community Support Services

- Youth in Transition program provides financial and non-financial support to youth aged 16-24 years transitioning from the child welfare system into adulthood.
- The KEYS EarlyON is offers activities for children up to the age of 6 to enhance literacy and social skills, and support to parents/guardians.
- The After School Program provides support to youth in grades 1 to 8 with a focus on adopting a healthy lifestyle.
- **(519) 733-8983**

### South-Essex Community Council (SECC)

- Offers programming for youth up to age 24 in areas like education, volunteering, academics, sports, etc.
- 21 Mill St W Unit B, Kingsville, ON N9Y 1W1
- **(519) 733-5784**

## Lakeshore

### Canadian Mental Health Association (CMHA)

- Offers grief counselling sessions.
- 4-962 Old Tecumseh Rd., Lakeshore
- **519-728-1435**

## LaSalle

### LaSalle Hangout for Youth

- Offers counselling, help with homework, meals/snacks, recreational activities, guest speakers, and events for youth between 12 to 18 years old.
- 1400 Front Rd, LaSalle, ON, N9J 2B3
- **519-970-9629**
- **info@lasallehangout.org**

## Leamington

### Canadian Mental Health Association (CMHA)

- Provides a wide array of free mental health care and primary health care to Windsor Essex County residents, including a safe beds program for individuals 16 years or older.
- 215 Talbot Street East, Leamington, ON, N8H 3X5
- **(519) 255-7440**

### South-Essex Community Council (SECC)

- Offers programming for youth up to age 24 in areas like education, volunteering, academics, sports, etc.
- 215 Talbot Street East, Leamington ON N8H 3X5
- **(519) 326-8629**

### The Bridge Youth Resource Centre

- Offers a nightly drop-in program, groceries, clothing closet, shower and laundry facilities, transitional housing, support with mental health, addictions, employment, housing, etc., for youth aged 14-24 years.
- **(226) 773- 3454**

### Windsor-Essex Children's Aid Society (WECAS)

- Provides help and support to children/youth and their families. Responsibilities include investigating allegations of child abuse, including neglect, as well as providing protection services to children, youth and their families.
- 33 Princess Street, Leamington, ON, N8H 5C5
- **(510) 322-0555**

### Windsor Essex Community Health Centre (weCHC)

- Provides a wide range of free health and mental health services including primary care, counselling (youth aged 12 to 24), eating disorder support (youth aged 16 to 24), and addiction support (youth aged 12-17).

- 33 Princess Street, Unit 450, Leamington, ON, N8H 5C5
- **519-997-2828**

### Youth Mobile Clinic

- Provides youth up to 18 years old and their families with medical and mental health care and support.
- Cardinal Carter Secondary School, 120 Ellison Ave., Leamington, ON
- **519-981-9YMC (962)**

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## Victim Services in Windsor-Essex

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**If you or someone you know is in danger contact 911 immediately**

### Hiatus House

- Provides crisis support and shelter for women and children who are fleeing violence and abuse.
- 250 Louis Ave, Windsor, ON N9A 1W2
- **Main Phone: 519-252-7781**
- **24 hour Crisis Line: 519-252-7781**

### Metis Nations of Ontario

- Provides culturally relevant support to victims of crime who identify as Metis.
  - **1-800-263-4889 Ext. 7**
  - **[contactus@metisnation.org](mailto:contactus@metisnation.org)**

### Sexual Assault and Domestic Violence Treatment Centre

- Provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence. Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- Available 24 hours a day, 7 days a week.
- **519-255-2234**

### Sexual Assault Crisis Centre (SACC)

- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse, and incest).
- **24 Hour Crisis Line: 519-253-9667**
- **519-253-3100**

### Victim Assistance Unit, Windsor Police

- Police-based victim assistance that provides victims with up to date information, and serves as a liaison between the police and the victim.
- Services include emotional support, ensuring that victims understand their roles and their rights in the criminal justice system, as well as referral to community resources.
- **519-255-6700 ext. 4879**

### **Victim Services of Windsor-Essex County**

- Provides victims with support, information, community referrals, safety planning, and processing applications for the Victim Quick Response Program (VQRP).
- **519-723-2711**

### **Victim Support and Notification Line**

- A provincial operated telephone support that informs on services available in your local area.
- If offenders are in provincial custody, victims can register for the Victim Notification Line which will provide them with a notification when an offenders custody status has changed.
- **1-888-579-2888**

### **Victim Specialist, Ontario Provincial Police**

- Police based victim assistance services that provides needs assessment(s), crisis intervention, provision of information, support and/or referrals to victim services including during a victim/witness/survivors engagement with the OPP.

### **Victim Witness Assistance Program (VWAP)**

- Provides information, assistance, and support to victims and witnesses of crime to increase their understanding of, and participation in, the criminal court process. In addition, victim/witness assistance program can help victims understand what is expected of them at each court date, and help them prepare for their court appearances as well as provide information and updates on the criminal trial process.
- **519-253-2897**

### **Windsor Essex Child/Youth Advocacy Centre (WECYAC)**

- Child-centered, safe environment for children/youth to disclose their story of abuse to a specially trained team of professionals.
- **519-995-3974**

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## **Law Enforcement and Child Protection**

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**If you or someone you know is in danger contact 911 immediately**

### **Lasalle Police Service (LPS)**

- Emergency: **911**
- **519-969-5210**

### **Ontario Provincial Police (OPP)**

- Emergency: **911**
- Non-Emergency Line: **1-888-310-1122**

### **Windsor Essex Children's Aid Society (CAS)**

- **519-252-1171**

### **Windsor Police Service (WPS)**

- Emergency: **911**
- Non-Emergency Line: **519-255-6111**
- Victim Assistance Unit: **519-255-6700 ext. 4879**