

Services for youth

Niagara Region

Crisis

Distress Centre Niagara: 24-hour distress line

St. Catharines 905-688-3711
Welland/Port Colborne 905-734-1212
Grimsby/West Lincoln 905-563-6674
Fort Erie 905-382-0689

Pathstone Mental Health: telephone counselling and crisis services

1-800-263-4944

Kids Help Phone: 24-hour help for ages five to 20

kidshelpline.ca 1-800-668-6868

Niagara Region Sexual Assault Centre: 24-hour, 16 & up
sexualassaultniagara.org 905-682-4584

Counselling and Support Services

Family and Children's Services Niagara: support & protection for children up to 16

facsniaagara.on.ca 905-937-7731

Child Advocacy Centre of Niagara: for children up to age 16 who have been abused, counselling available

cacniagara.org 905-937-5435

Contact Niagara: connect to community services for mental health and development for children up to 18

contactniagara.org 905-684-3407 or 1-800-933-3617

Quest Community Health Centre- Rainbow Youth Niagara: individual, group support and social activities for sexually and gender diverse youth

questchc.ca 905-688-2558 ext. 222

Lesbian, Gay, & Bisexual Youth Line: anonymous, confidential, peer support line

youthline.ca 1-800-268-9688

Transgender Niagara: group meetings and social gatherings for transgendered persons

transgenderniagara.com 905-228-1846

Pregnancy

Birthright: pregnancy & childbirth support for young moms

905-685-1913

Hannah House maternity home: residential program during and after pregnancy in Niagara Falls

hannahhouse.ca 905-353-8552

Adolescent's Family Support Services of Niagara (AFSSN): supports for young families going to school

afssn.org 905-735-2566

Prenatal classes (Public Health)

niagararegion.ca/health 905-688-8248 ext. 7237

Young and Pregnant in Niagara

905-688-8248 ext. 7237

Sexual Health

AIDS Niagara:

aidsniagara.com 905-984-8684

Sexual Health Centres (Public Health):

Confidential information, counselling and clinic services.

Fort Erie 905-871-5320

Niagara Falls 905-358-3636

St. Catharines 905-688-3817

Welland 905-734-1014

Recreation, Hang-Outs and Drop-In Centres

The FORT: Drop-in for grades 9-12 and after-school program for grades 7-9
thefortgrimsby.ca

Grimsby 905-309-3678

Smithville 905-593-6719

The RAFT (St. Catharines): Youth centre and emergency shelter.
theraft.ca 905-984-4365

YMCA **ymcaofniagara.org**

1555 Garrison Rd., Fort Erie 905-871-9622

7150 Montrose Rd., N. Falls 905-358-9622

25 YMCA Dr., St. Catharines 905-934-9622

325 Main St. E., Grimsby 905-309-9622

310 Woodlawn Rd., Welland 905-735-9622

550 Elizabeth St., Port Colborne 905-835-9622

Housing & Shelters

Nightlight Youth Shelter: Niagara Falls
boysandgirlsclubniagara.org 905-358-3678

YWCA Emergency Housing Facilities: shelter for women 16 years and older and their children; life skills program

St. Catharines 905-688-2700
Niagara Falls 905-357-9191

The RAFT: hostel shelter; provides basic needs, food and support programs for youth
theraft.ca 905-984-4365

Legal Issues

Niagara North Community Legal Assistance

905-682-6635

Community Legal Services of Niagara South Welland

905-735-1559

Niagara Region Police Service: (for emergency call 911)

nrps.com 905-688-4111

1-888-668-3911

Alcohol, Drugs, Tobacco & Gambling

Alateen/Al-Anon: for teens affected by someone else's drinking
al-anon.org 905-328-1677 or 1-888-425-2666

Community Addiction Services Niagara: assessments, treatment planning, counselling, and referrals

cas-n.ca 905-684-1183

Canadian Cancer Society Smoker's Helpline:

smokershelpline.ca 1-877-513-5333

Youthbet.net: problem gambling **youthbet.net**

Health

Niagara Region Public Health: connect with a school nurse

905-688-3762 ext. 7156

Dental care: Dental programs and services for children and youth up to 17

905-688-8248 ext. 7399 or 1-888-505-6074 ext. 7399

The Health Connection Line: confidential health information
905-688-8248 or 1-888-505-6074

Food Banks

Community Care

West Niagara 905-563-5822

St. Catharines 905-685-1349

Thorold 905-227-9240

West Lincoln 905-957-5882

Newark Neighbours

Niagara-on-the-Lake 905-468-3519

Salvation Army Community and Family Services

Niagara Falls 905-358-8394

Fort Erie 905-871-1592

St. Catharines 905-935-4311

Welland 905-735-5700

Pelham Cares

905-892-5300

The HOPE Centre: Welland

thehopecentre.net 905-788-0744

Project SHARE: Niagara Falls

projectshare.ca 905-357-5121

Community Outreach Program (COPE): Fort Erie

905-871-2526

Grimsby Benevolent Fund

westniagara.com/gbf/ 905-309-5664

Port Cares Reach Out: Port Colborne

portcares.on.ca/ 905-834-3629

Open Arms Mission: Welland

openarmsmissionwelland.com 905-788-3800

Jobs & Money

Ontario Works: financial support (welfare) for basic needs.

Niagara Region Community Services

905-641-9230

Job Gym: employment and career guidance **jobgym.com**

St. Catharines 905-682-8372

Fort Erie 905-871-3932

Welland 905-732-7655

CERF Niagara: Francophone employment and resource centre.

cerfniagara.com

Welland 905-714-1480

St. Catharines 905-684-1346

Still not sure who to call?

Call 211 free, confidential, 24 hour line.

They can tell you who to call.

www.niagararegion.ca