

Youth Services List 2020

Changing Lives Locally



United Way
Kingston, Frontenac,
Lennox and Addington

Where to connect youth who are dealing with homelessness or at risk of becoming homeless.

Kingston Youth Shelter

234 Brock Street, Kingston
Emergency Shelter for youth who have no place to stay.

Graham Snider
Housing Support Worker (for youth 16-24yrs)
613-766-3200
graham@kingstonyouthshelter.org

Family Mediation Program

Youth age 16-24 yrs experiencing family conflict and at risk of homelessness; referrals can be through agency, youth or family.

Vivienne Parent
Family Mediation Worker
613-766-3200
families@kingstonyouthshelter.org

Kingston Youth Transitions

Transitional housing for youth ages 16-24yrs in need of supportive housing to learn basic life and living skills.

Transitional Housing Program
Ph: 613-767-2710
transitions@kingstonyouthshelter.org
Application Form: <http://kingstonyouthshelter.com/wp-content/uploads/2015/11/kingston-youth-transitions-application.pdf>

Home Base Housing

540 Montreal Street, Kingston

Colleen McAlister
Manager, Kingston Youth Services and One Roof
613-776-9996
cmcalister@kingstonhomebase.ca

Kingston Youth Services

For youth ages 16-24yrs who face imminent risk of becoming homeless.

Corey Herzog-Fequet
Prevention Diversion Case Manager
613-776-9996

Megan Ross
Prevention Diversion/Housing First Case Manager
613-776-9996
mross@kingstonhomebase.ca

RISE@one4nine

*Permanent and supported transitional housing for youth
**Referrals for supported housing via Prevention
Diversion Staff.*

Danny Milne
Program Coordinator
613-542-7579
dmilne@kingstonhomebase.ca

Amber Horwood
Housing Case Manager
613-876-6698
ahorwood@kingstonhomebase.ca

Danielle Coles
Housing First Case Manager
613-542-7579
dcoles@kingstonhomebase.ca

Zack Revell
Community Worker
613-542-7579
zrevell@kingstonhomebase.ca

Rapid Rehousing and Housing First

Case management and support in finding and maintaining housing for youth, with medium to high acuity, who are homeless.

Zack Stead
Housing First Case Manager
613-776-9996
zstead@kingstonhomebase.ca

Will Raleigh
Housing First Case Manager
613-776-9996
wraleigh@kingstonhomebase.ca

ONE ROOF Kingston Youth Hub

426 Barrie Street, Kingston

A partnership between more than 27 youth serving organizations, working together to support youth ages 16 - 24 years.

Services include one-on-one support, engaging group programs and workshops, and easily access to mental health, addictions, housing, education, family, life skills and employment services.

Ashley O'Brien
Youth Hub Coordinator
613-776-9996
onerroof@kingstonhomebase.ca

Stephanie Bate
Housing Support Worker
613-776-9996
sbate@kingstonhomebase.ca

Lennox & Addington County Youth Hub

41 Dundas Street West, Napanee
(Robert Street entrance)

Programming, Workshops & Events, Indigenous Cultural Support, Job Search Assistance, Community Services & Supports such as: housing, homelessness, nutrition, health, mental health, family conflict, practical assistance, healthy relationships, addiction, and much more.

Victoria Cadue
Youth Hub Coordinator
613-308-9338
youthhubnapanee@kchc.ca or
victoria@kchc.ca

Coordinated through Napanee Area Community Health Centre, a partnership between 18 youth serving organizations, working together to support youth ages 16-24 years.

Rural Frontenac Community Services

1020 Elizabeth Street, Sharbot Lake
613-279-3151

Rural Youth Outreach Worker

The youth liaison worker works with various service providers to help youth access to supportive services, and assistance to help them remain in their home or find housing.

Sarah McCullough
Youth Liaison
613-279-3151 ext. 305
youth@rfcs.ca

Rural Frontenac Youth Hub

Provides a safe inclusive space for youth in Frontenac County to spend time outside of school.

**Family Counsellor can provide brief services for Youth 16+; bridge/refer to appropriate supports.*

Brandon Leach
Family Counsellor
613-279-3151- ext. 116
counselling@rfcs.ca

Kingston Interval House

*Young women ages 16+ yrs with/without children experiencing domestic violence/abuse in need of support, connection to services. *Women do not need to reside in the shelter to receive Outreach Services.*

In-Shelter Youth Workers
Outreach Workers
(Aboriginal, French language services available)
Agency phone number: 613-546-1833
Direct crisis line: 613-546-1777

Lennox & Addington Interval House

174 Centre Street North, Napanee
Shelter for female victims of domestic violence age 16+ yrs with/without children.

Emergency short-term (up to 3 days) hotel accommodation in Napanee is also available for male and female homeless youth - coordinated through L&A Interval House: 613-354-0808

Addiction & Mental Health Services KFLA

552 Princess Street, Kingston

Youth Support Program

Homeless youth or youth at risk of homelessness experiencing addiction/mental health issues.

Addiction & Mental Health

Additionally, the agency offers professional counselling for youth (and adults) with addiction and mental health issues, ages 16 yrs+.

Madison Bourbonnais (McIntosh)
Youth Case Manager (for youth 16-24yrs)
C: 613-328-8457
mbourbonnais@amhs-kfla.ca

Intake & Referral: Monday-Friday, 8:30am-4:30pm
Kingston & Frontenac: 613-544-1356
Lennox & Addington: 613-354-7521

24/7 Crisis Phone Line

Kingston/Frontenac: 613-544-4229
Toll Free: 1-866-616-6005

Lennox & Addington: 613.354.7388
Toll Free: 1-800-267-7877

Addiction & Mental Health Services KFLA

Crisis services are free, confidential and delivered in a respectful, non-judgmental manner by a multidisciplinary team of mental health and addiction specialists.

Mobile services are available during set hours to support individuals in an escalating crisis due to mental health or addiction problems.

Walk-ins are welcome during office hours at 552 Princess Street in Kingston and 70 Dundas Street East in Napanee.

CRISIS Walk-in Services

Monday-Friday, 8:30am-4pm
• 385 Princess Street, Kingston
• 70 Dundas Street East, Napanee

Mobile Crisis Services

Kingston/Frontenac:
Monday-Friday from 8:30am-8pm, Saturday-Sunday and holidays from 2pm-midnight

Lennox & Addington:
Monday-Friday from 8:30am-8pm

Maltby Centre

100-31 Hyperion Court, Kingston (main office)

Clinical counselling services for youth up to 18 years and their families, to address mental health concerns like anxiety, depression, suicidal thoughts, emotional regulation, trauma impact. Services include general counselling, individual and group, CBT and DBT, trauma assessment and treatment, and access to psychiatry to support treatment.

Walk-In Clinics for youth (from Noon to 6:45pm for last appointment):

- Kingston Site – Tuesdays
- Sydenham Site – 1st & 3rd Wednesday each month
- Amherstview Site – Wednesdays
- Napanee Site – Thursdays

Enhanced Youth Outreach Worker

(age 12-21yrs in Kingston, Frontenac)

At-risk youth needing help connecting and engaging in community support services. Provides clinical counselling as well as connections to appropriate long-term supports.

LGBTQ+ Youth Mental Health

(for youth up to 18 years)

Provides treatment and support for youth and their families, and clinical consultation to support LGBTQ+ for youth serving organizations.

New Mentality Group

For youth 13-25 yrs

Broad focus on youth mental health and advocacy including gender diversity.

Maltby Youth Advisory

For youth 13-25 yrs

Provides youth perspective and leadership around mental health and autism services delivered at Maltby Centre.

Office locations throughout KFL&A:

Kingston: 613-546-8535
Sydenham: 613-376-3082
Sharbot Lake: 613-279-2248
Amherstview: 613-634-0057
Napanee: 613-354-6852
Northbrook: 613-336-8934 ext. 231

Jen Whalen
Enhanced Youth Outreach Worker
613-546-8535 ext. 5535
jwhalen@maltbycentre.ca

Jen Brittain
Social Worker
613-546-8535
jbrittain@maltbycentre.ca

Tammy Halliday
Program Coordinator
613-546-8535
thalladay@maltbycentre.ca

Amber McCart
Clinical Director
613-546-8535
amccart@maltbycentre.ca

Youth Hab (housed with AMHS Kingston)

Unconnected youth with mild to moderate, or severe but stable, mental health/addiction issues who are transitioning from children's mental health services to adult mental health services - connections to housing, finances, food, education, employment, health care, life skills, social/recreational.

Shannon Ruddy
Transitional Age Youth (TAY) Connector
(for youth 16-24yrs in Kingston, Napanee)
613-544-9175
shannonr@youthab.ca

St. Lawrence Youth Association

817 Division Street, Kingston
613-542-9634

Youth previously or currently placed in detention/custody (Sundance or Achievement St. Lawrence) or by case referral from Probation.

Brett Deodato
Reintegration Worker
(for youth 12-18yrs in KFLA released from detention/custody)
613-539-6602
brett@staff.slya.ca

Marina Andrawis
Youth Justice Family Worker
(for youth 12-18yrs in KFLA and their families)
613-483-2704
marinaa@staff.slya.ca

Youth Diversion

559 Bagot Street, Kingston

KAIROS Program

Specializes in treatment for youth between 9-24yrs, who are experiencing any level of substance use, personally or with a family member.

KAIROS program is also provided through outreach in elementary & secondary schools. Two counsellors are specifically assigned to support children and youth in our elementary schools.

Elementary School Addiction Program

Focused on access to counselling supports and accurate education to prevent/delay substance use.

Youth Outreach Connector Program

(youth 12-21yrs in Kingston, Frontenac)

Helping youth connect with programs. Supports for at-risk youth to make healthy life choices, designed to connect youth and their families to services in the community.

CHANCE Mentoring Program

Promising youth are matched with adult volunteer mentors who meet for 2-3 hrs weekly for a minimum of 6 months.

Intersections Program

*For youth 8-18 years with behaviour issues, at risk of becoming justice involved. ** Referrals through Kingston Police / OPP / FACS only.*

KAIROS Counsellors: 613-548-4535

Dale: dblimkie@youthdiversion.org
Dave: dbreen@youthdiversion.org
Jake: jbeatty@youthdiversion.org
Jaymi: jhayward@youthdiversion.org
Lora: ldalessandro@youthdiversion.org
Tom: trevell@youthdiversion.org

Elementary School Counsellors:

Amanda Thompson: athompson@youthdiversion.org
Dale Blimkie: dblimkie@youthdiversion.org

Lacinda Martin
Youth Outreach Worker
613-548-4535 ext. 226
lmartin@youthdiversion.org

Alicia Clark
Mentoring Coordinator
613-548-4535 ext. 223
aclark@youthdiversion.org

Litesha Lucas
Intersections Coordinator
613-548-4535 ext. 238
llucas@youthdiversion.org

Resolve Counselling Services

417 Bagot Street, Kingston

Counselling for youth up to 25 yrs experiencing social, emotional and/or relationship difficulties.

Youth In Transition Program

Youth who are/were in Care of Family & Children's Services after their 16th birthday to age 24, who are transitioning out of Care or have left Care (by choice or by aging out of services).

Youth Outreach Counselling Program

Outreach counselling for youth up to 25 yrs experiencing social, emotional and/or relationship difficulties. Counselling takes place at a variety of locations in the community.

Youth Housing Support Worker

Youth who are/were in Care of Family & Children's Services and have possibly entered into a Voluntary Youth Services Agreement with Family and Children's Services. Assistance is given to 16 and 17 year olds and maintains adequate and safe housing, including support with various life skills.

Youth Counselling Services Intake
613-549-7850

Sarah Liggett
Youth in Transition Worker
613-549-7850 ext. 3222
sliggett@resolvecounselling.org

Dana Orr
Youth Outreach Counsellor
613-549-7850 ext. 3224
dorr@resolvecounselling.org

Katie Groves
Housing Support Worker
613-549-7850 ext. 3209
kgroves@resolvecounselling.org

Enyonkwa'nikonhriyo:hake Program

(We are all building a Good Mind)

Access to services and supports for indigenous youth ages cradle to 18 years in KFL&A, HPE, Leeds & Grenville, Hastings, Quinte, and Lanark County.

Provides services to FNMI children and youth up to the age of 18, by providing culturally appropriate programs to educate and create awareness. These services include but are not limited to, one on one counselling, coping strategies, cultural connections, workshops & group work where possible.

The primary focus of the Child and Youth Well-ness program is to ensure that First Nation, Metis and Inuit children and youth receive supports that are socially, linguistically and culturally diverse, in order to increase their well-being within the community they reside.

First Nations Youth Outreach Workers

Susan Barberstock
(Kingston, Frontenac, Leeds & Grenville, Lanark County)
O: 613-967-3603
C: 613-827-8917
cwcdirector@mbq-tmt.org

Tracey Gazley (Hastings & Prince Edward, Lennox & Addington Counties)
O: 613-967-0122 ext. 175
C: 613-827-7132
traceyg@mbq-tmt.org





Larissa's Story: Youth Homelessness

I have been without a home since I was 16, I'm 20 now. I was sexually and physically abused by both parents since I was young. I finally gave up one night and started talking back so they kicked me out that night. Somebody told me there was a youth shelter in Kingston so the next morning I bought a train ticket and decided to check it out.

When I finished high school, and they told me about RISE. Where I am now, you get support, but you also got to live on your own and see what it's like. It's solo. I want to get my own apartment someday. I just finished a placement to get ready for job interviews. I'm planning to go to university.

Youth homelessness is a problem in Kingston. Not everybody notices how hard it is to be homeless. Many youth don't yet know how to act like adults or how they should be treated. I've learned that it's a bad day, not a bad life. You can make the changes you want to make if you focus on them. When you decide you're ready, there are people who want to help.



United Way
Kingston, Frontenac,
Lennox and Addington

www.unitedwaykfla.ca



Brian's Story: Youth Homelessness

Brian has lived in poverty his entire life. As a young boy, Brian had to struggle to survive, living in unsafe environments, not being able to properly feed himself every day.

Living in poverty affects you, especially at a young age. Brian lived in a very unstable environment with his mother, which in turn, led him to befriend people who were there to bring him down. He started doing drugs as a teenager and drinking excessively. At the age of 16, Brian was homeless, addicted to drugs and alcohol, and had quit school.

He came across a program that was suggested to him by a friend. Youth Services Program at Home Base Housing helps homeless and troubled youth turn their lives around. Brian was accepted into the program. He has been clean off drugs and alcohol for 4 years, lives in his own place, and started working full time. Without the help and funding from the United Way to support his transition through Home Base Housing and into his newly formed life, Brian believes that he would never have been able to achieve these successes.



United Way
Kingston, Frontenac,
Lennox and Addington

www.unitedwaykfla.ca



@unitedwaykfla



United Way
Kingston, Frontenac,
Lennox and Addington

417 Bagot Street
Kingston, ON K7K 3C1
Tel: 613-542-2674
Fax: 613-542-1379
uway@unitedwaykfla.ca

www.unitedwaykfla.ca