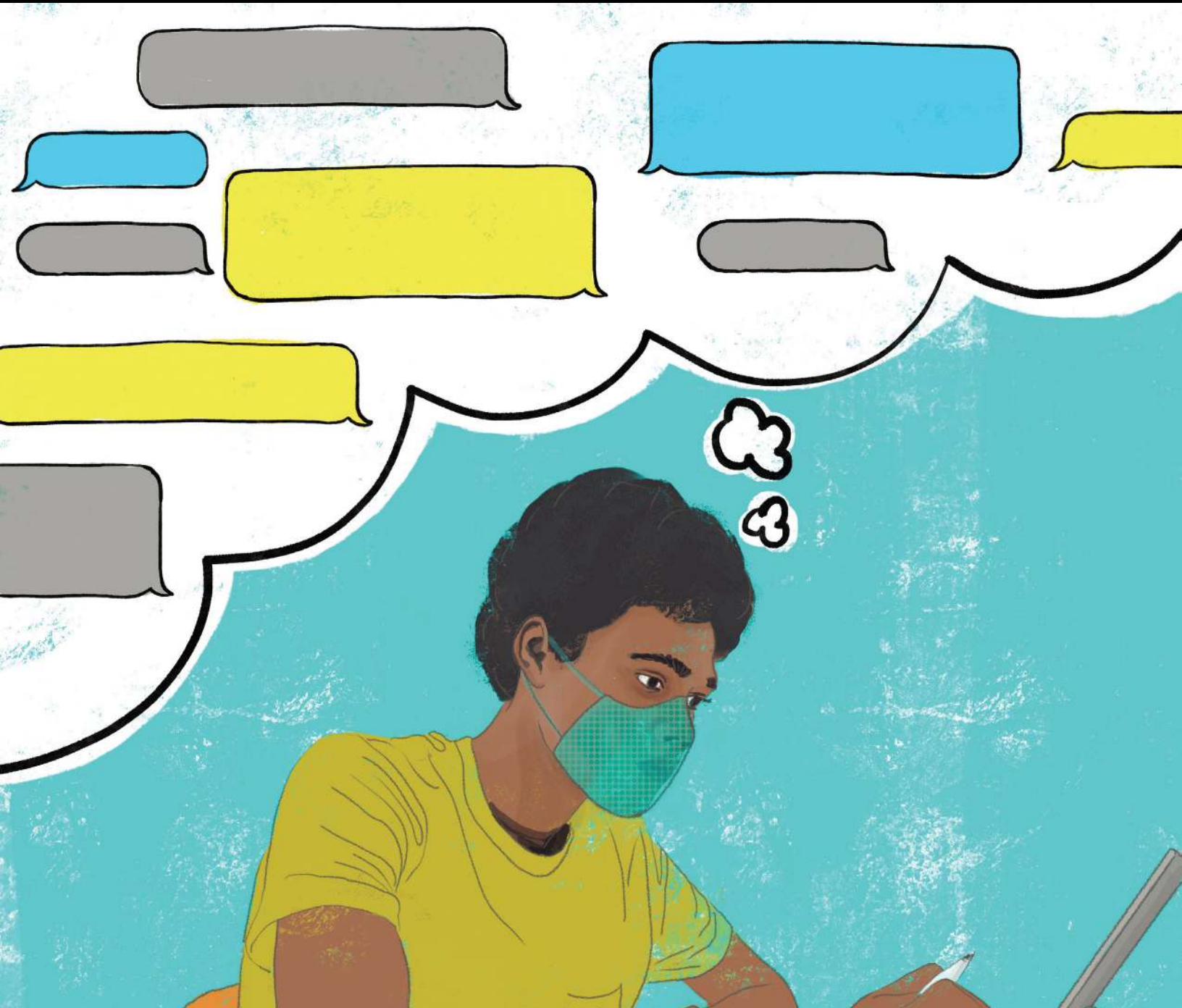


2021



United Way
Kingston, Frontenac,
Lennox and Addington

Youth Services List



While many organizations have limited in-person programming, virtual and alternate methods of service continue to be available to support youth.

United Way is working with organizations to help keep youth informed about these changes.

Please check this listing for new information about accessing programs.

Kingston Youth Shelter

Emergency Shelter for Youth, 16-24yrs

KYS has moved to **113 Lower Union Street**
Youth Intake is being conducted

- Phone Calls are now available:
613-549-4236
- **transitions@kingstonyouthshelter.com**
or, message via Facebook

Kingston Youth Transitions

Transitional housing for youth 16-24yrs in
need of supportive housing, basic life and
living skills. **Youth Intake is being
conducted.**

Youth are encouraged to contact counsellors
to help problem-solve/refer to other services.

- To contact transition homes,
email is preferred.
transitions@kingstonyouthshelter.com

Family Mediation Program

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

- Face-to-Face meetings currently
unavailable.
- Text or call: **613-449-4803**
- **families@kingstonyouthshelter.com**

Prevention Diversion Program

Youth seeking housing assistance, facing
eviction, or in need of help to navigate mental
health or addictions support.

Contact Mitchell:

- Text or call: **613-449-2056**
- **mitchell@kingstonyouthshelter.com**

Home Base Housing

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

- 540 Montreal Street, Kingston
- **613-542-6672 x202**
- **Colleen McAlister**, Program Manager
cmcalister@kingstonhomebase.ca
- **Danny Milne**, Program Coordinator
(Supportive Housing)
dmilne@kingstonhomebase.ca

RISE@one4nine, Journey House, Sutherland (Supportive Housing)

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

- **613-542-6672 x803**
- **Danielle Coles**, Case Manager
(Supportive Housing)
dcoles@kingstonhomebase.ca
- **Keri-Lynn Frasso**, Case Manager
(Supportive Housing)
klfrasso@kingstonhomebase.ca
- **Bailie Zettell**, Community Worker
(Supportive Housing)
bzettell@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

- **613-542-6672 x202**

Housing Assistance or help navigating
community supports.

Housing First Worker, must be
on a current Housing First Case
Management Team.

- **Danielle Williamson**, Housing
First Case Manager
dwilliamson@kingstonhomebase.ca
- **Amber Horwood**, Housing
First Case Manager
ahorwood@kingstonhomebase.ca

ONE ROOF Kingston Youth Hub

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

- 484 Albert Street, Kingston
- **613-542-6672 x802**
- One Roof is open for in person appointments. Contact staff to arrange an appointment.
Call: **613-542-6672 x202**
- **Aiden Dorosz**, Supervisor,
One Roof Youth Hub
adorosz@kingstonhomebase.ca
- **Skylar Whiting**, Prevention
Diversion Case Manager
swhiting@kingstonhomebase.ca

Lennox & Addington County Youth Hub

Helping support and link youth 10-24 with services, activities and leadership opportunities.

- 26 Dundas Street West, Napanee
- Virtual programs/services until further notice.
- Appointments given on as need basis.
- **Updates available via Facebook and Instagram @LAYouthHub**
- Phone calls and email are available.

- **Contact Victoria:**
Call: 613-354-8937 ext. 7210
Cell: 613-539-9933
Email: youthhubnapanee@kchc.ca
or victoriac@kchc.ca

Rural Frontenac Community Services

- 1020 Elizabeth Street, Sharbot Lake
- **613-279-3151**
- **Bridging the Gap for Rural Youth**
Provides youth outreach and recreation programs, and also works with various service providers to assist youth with access supports and assistance to remain in their home or find housing.
- Youth Hub and Facilities are currently closed.
- **Services are available by telephone between 9am-4pm.**
- Call Sarah: **613-532-3152**

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.**

- **Direct Crisis Line: 613-546-1777**
- In-Shelter Youth Workers;
Outreach Workers
- (Aboriginal, French language services available)
- Call: **613-546-1833**

Lennox & Addington Interval House

Shelter for female victims of domestic violence age 16+ years with/without children

- 174 Centre Street North, Napanee
- **613-354-0808**
- For all program inquiries, call:
24/7 Crisis Line: 613-354-1010
Toll Free: 1-800-667-1010

Also available: Transitional housing for single women 16+ and for women 16+ with children.

Emergency after hours short-term hotel accommodation (up to 3 days) in Napanee is also available for male and female homeless youth – only facilitated by Interval House during non-business hours

Sexual Assault Centre

Provides crisis support, counselling, information, referral and advocacy services for survivors of sexual violence.

- 400 Elliott Avenue, Unit 1 (Rockcliffe Plaza), Kingston
- **Crisis and Support Line: 1-877-544-6424**

Addiction & Mental Health Services KFLA

552 Princess Street, Kingston

- All Groups are currently on hold.
- **Over-the-phone support is available.**

Youth Support Program (16-24yrs)

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

- Current youth clients can access their case workers by phone.
Monday-Friday 8am-4pm
- Matthew Kennedy, Youth Case Manager
Call: **613-328-2438**
Email: **mkennedy@amhs-kfla.ca**

Addiction & Mental Health

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

- Call: **613-544-1356**
- Email: **info@amhs-kfla.ca**

FUSE Youth Group

For LGBTQQIP2SAA youth ages 24 and under in the Kingston area. The group meets on Wednesdays from 4-6pm at One Roof: Kingston Youth Hub. Due to the current pandemic restrictions, the group is running virtually via Zoom.

- **Abigail Walsh**
Call: 613-331-6725
Email: **awalsh@amhs-kfla.ca**
- **Facebook:** www.facebook.com/FUSE-Youth-Group-195460157149842

Crisis Services

Free, confidential and delivered in a respectful, non-judgemental manner by a multidisciplinary team of mental health and addiction specialists.

Updates available at: **<https://www.amhs-kfla.ca/coronavirus-disease-covid-19/>**

24/7 Crisis Phone Line

- Kingston/Frontenac: **613-544-1356**
Toll Free: **1-866-616-6005**
- Lennox & Addington: **613-354-7388**
Toll Free: **1-800-267-7877**

Maltby Centre

Counselling services for youth up to 18yrs and their families, to address mental health concerns like anxiety, depression, suicidal thoughts, emotional regulation, trauma impact.

- 100-31 Hyperion Court, Kingston (main office)
- **Walk-in Clinics for youth – Available by appointment**
- In-person, video, and phone services available and based on client preference/choice.
- Call: **613-546-8535** or **1-844-855-8340**
- Email: **inquiry@maltbycentre.ca**
- Current Clients: please reach out to your point of contact at Maltby to book your phone or Zoom session.
- **Crisis after-hours line: 613-544-4229**

Peer Connections Club

Peer Connections Club –provides a space for children and youth who want to connect with peers and have fun (over Zoom).

- Age 12-15 group runs Mondays 3:30-4:30pm or 4:30-5:30;
- Age 9-12 group runs Thursdays 3:30-4:40pm.
- If interested, contact Ali MacLeod at **amacleod@maltbycentre.ca**.

Youthab

Support for 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 food, housing, finances, education, employment, health care, life skills, social/recreational

- **Shannon Ruddy**
Transitional Age Youth (TAY) Connector (for youth 16-24yrs in Kingston, Napanee)
- Email: **shannonr@youthab.ca**
- Offering Tele-support by calling: **613-453-2024**

St. Lawrence Youth Association

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

- 817 Division Street, Kingston
- **613-542-9634**
- **Brett Deodato**, Reintegration Worker(for youth 12-18yrs in KFLA released from detention/custody)
Call: **613-539-6602**
Email: **brett@staff.slya.ca**
- **Marina Andrawis**, Youth Justice Family Worker(for youth 12-18yrs in KFLA and their families)
Call: **613-483-2704**
Email: **marinaa@staff.slya.ca**

Youth Diversion

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

- 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.

Counselling for youth impacted by substance use: Counsellors continue to connect with youth through various forms of social media or by phone. Limited face to face contact will be considered.

- Call: **613-548-4535**
- Email: **info@youthdiversion.org**

CHANCE Mentoring Program

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

Mentoring will continue, with extra precautions being taken and/or alternative forms of interactions being arranged with mentees.

- **Caitlin Donovan**
Call: **613-548-4535 ext. 226**
Email: **cdonovan@youthdiversion.org**

Intersections Program

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

- **Litesha Lucas**, Intersections Coordinator
Email: **llucas@youthdiversion.org**

Resolve Counselling Services

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

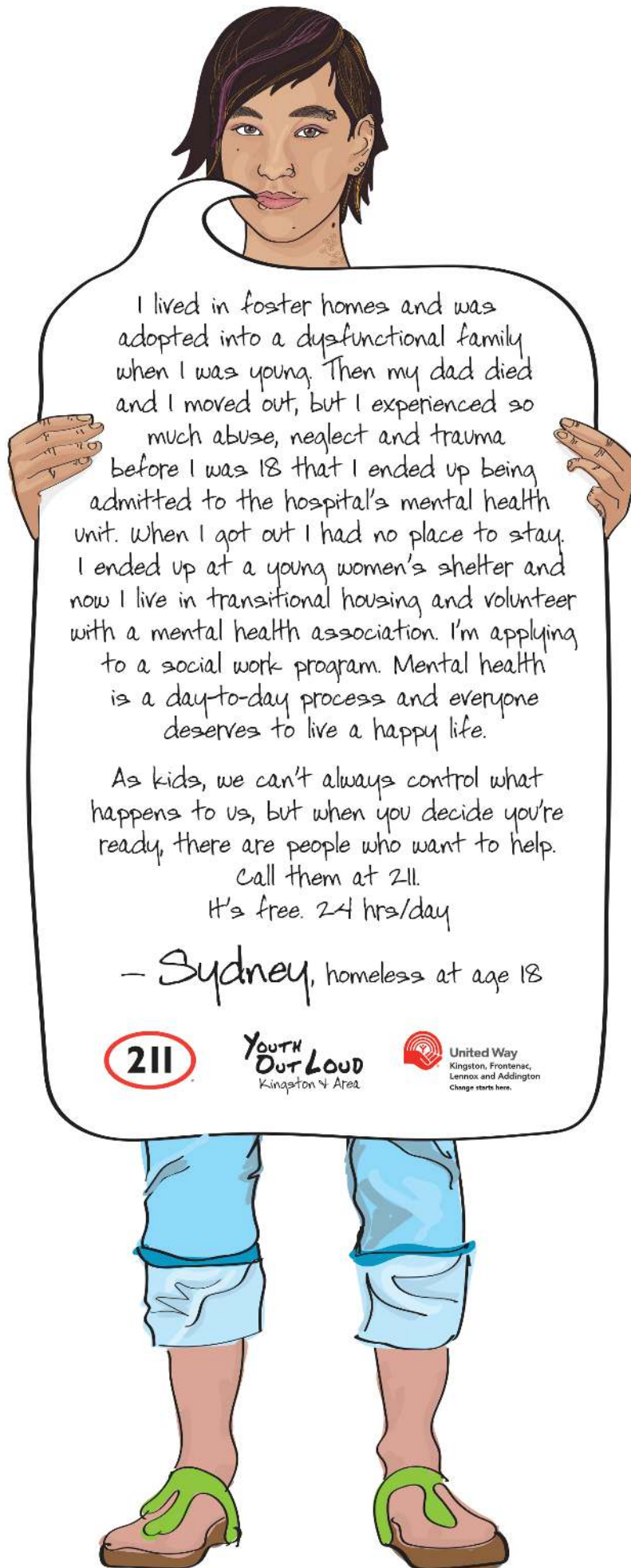
- 417 Bagot Street, Kingston
- **Youth in Transition Program**
- **Youth Housing Support Worker**
- **Youth Outreach Counselling Program**
Continuing - RISE and One Roof providing phone counselling

Phone Counselling for youth.

- Video may be available in some cases.
- Call: **613-549-1180**
9:00am – 5:00pm
Email: **intake@resolvecounselling.org**

Intake/Case Management

- To book a session
Call: **613-549-1180**
Email: **intake@resolvecounselling.org**
- Mon, Wed – 8:30am-5:00pm
Tues, Thurs – 8:30am-8:00pm
Friday – 8:30am-4:00pm



I lived in foster homes and was adopted into a dysfunctional family when I was young. Then my dad died and I moved out, but I experienced so much abuse, neglect and trauma before I was 18 that I ended up being admitted to the hospital's mental health unit. When I got out I had no place to stay. I ended up at a young women's shelter and now I live in transitional housing and volunteer with a mental health association. I'm applying to a social work program. Mental health is a day-to-day process and everyone deserves to live a happy life.

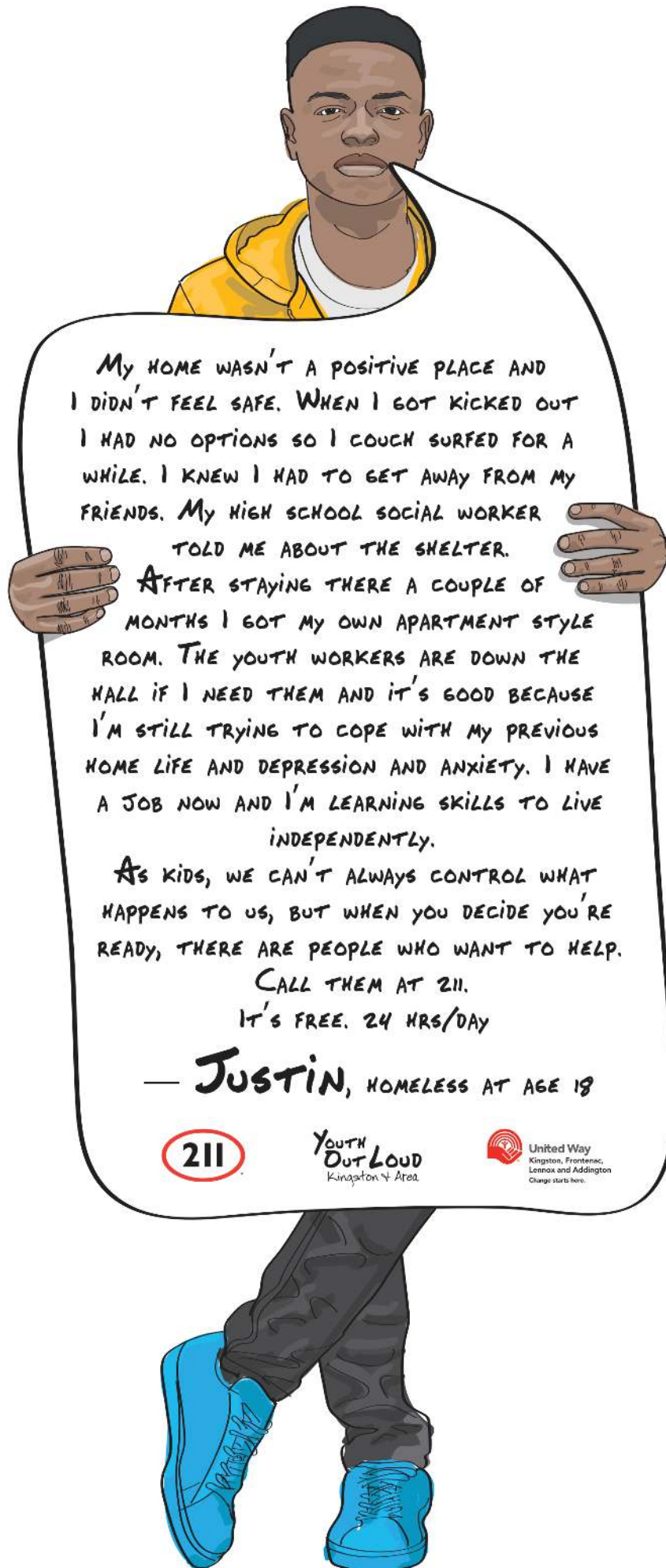
As kids, we can't always control what happens to us, but when you decide you're ready, there are people who want to help.

Call them at 211.

It's free. 24 hrs/day

- Sydney, homeless at age 18





My HOME WASN'T A POSITIVE PLACE AND I DIDN'T FEEL SAFE. WHEN I GOT KICKED OUT I HAD NO OPTIONS SO I COUCH SURFED FOR A WHILE. I KNEW I HAD TO GET AWAY FROM MY FRIENDS. My HIGH SCHOOL SOCIAL WORKER TOLD ME ABOUT THE SHELTER.

AFTER STAYING THERE A COUPLE OF MONTHS I GOT MY OWN APARTMENT STYLE ROOM. THE YOUTH WORKERS ARE DOWN THE HALL IF I NEED THEM AND IT'S GOOD BECAUSE I'M STILL TRYING TO COPE WITH MY PREVIOUS HOME LIFE AND DEPRESSION AND ANXIETY. I HAVE A JOB NOW AND I'M LEARNING SKILLS TO LIVE INDEPENDENTLY.

AS KIDS, WE CAN'T ALWAYS CONTROL WHAT HAPPENS TO US, BUT WHEN YOU DECIDE YOU'RE READY, THERE ARE PEOPLE WHO WANT TO HELP.

CALL THEM AT 211.

IT'S FREE. 24 HRS/DAY

— **JUSTIN**, HOMELESS AT AGE 19



Local Love

in action



www.unitedwaykfla.ca



United Way
Kingston, Frontenac,
Lennox and Addington