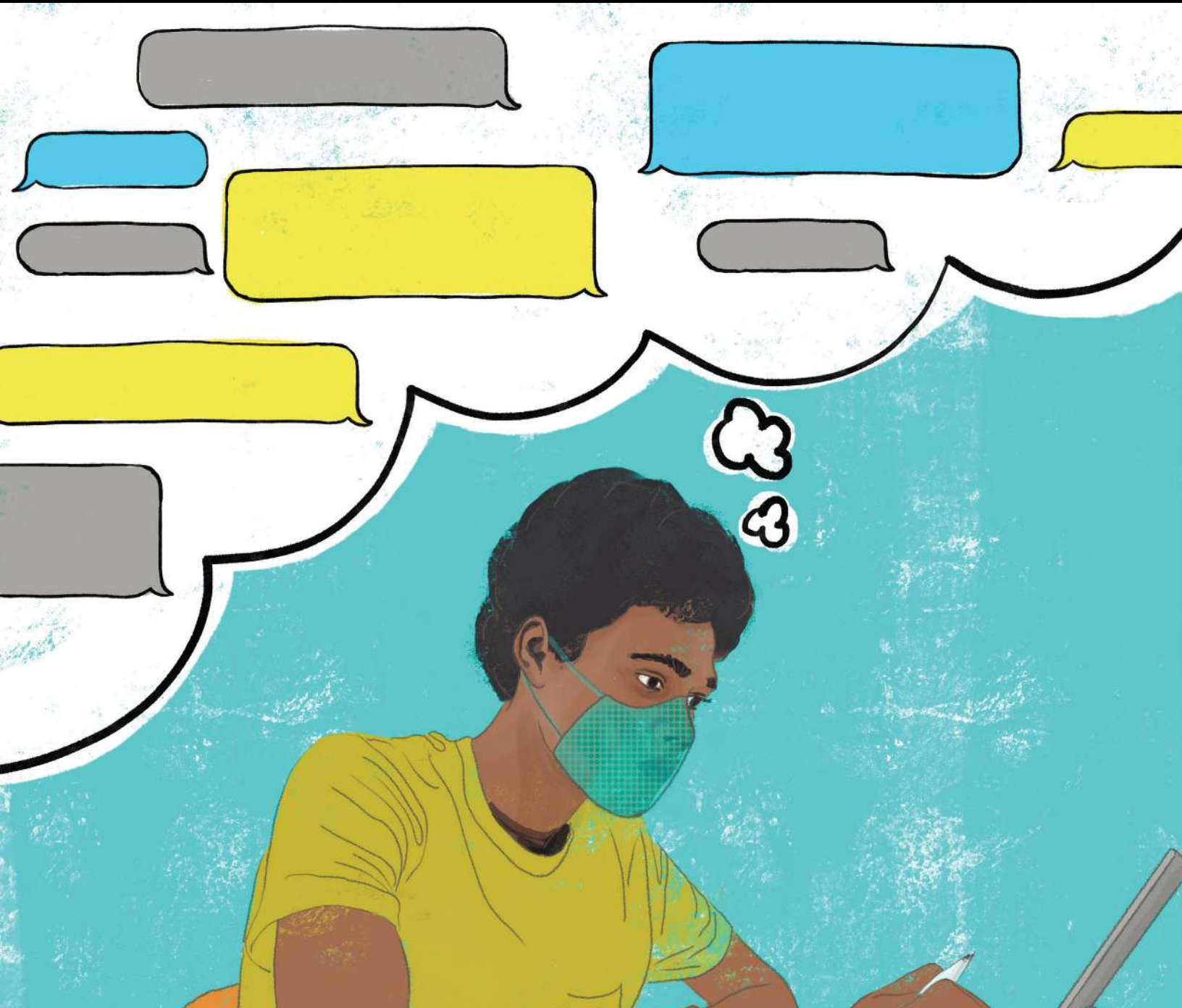


2022



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 daytime access at **234 Brock street**. To access meals, laundry, attend meetings and other needs. Now open at Mac-Brown Hall, **218 Barrie Street**. Intakes/reserved beds can enter 8-11pm daily for overnight shelter. 16 bed capacity.

- Please call: **613-549-4236**
- **kys@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, 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.

- In-person meetings are now available.
- 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 Amanda :

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

Home Base Housing

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

- 484 Albert Street, Kingston
- **613-542-6672 x4**
- **Colleen McAlister**, Program Manager
cmcalister@kingstonhomebase.ca
- **Gennie Veryard** , Program Coordinator (Supportive Housing)
gveryard@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 x5**
- **Danielle Coles**, Case Manager (Supportive Housing)
dcoles@kingstonhomebase.ca
- **Keri-Lynn Frasso**, Case Manager (Supportive Housing)
klfrasso@kingstonhomebase.ca
- **Katie Wilson**, Community Worker (Supportive Housing)
kwilson@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 x4**

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
- **Sara Hadley**, Housing
First Case Manager
shadley@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 x4**
- 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 throughout Lennox & Addington.

- 26 Dundas Street West, Napanee
- Virtual and in-person programs and services available.
- **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

- Children and Youth Services,
1004 Art Duffy Road, 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.
- **Services are available by telephone between 9am-4pm.**
- Call Sarah: **613-532-3152**
Email: sarahm@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.**

- **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

- Groups are being offered in person and virtually for various services. Contact intake or your worker for details.
- In person and remote supports available for all services.

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 Support for Youth (16-24yrs)

- Call Intake to self refer
- Youth staff attend One Roof weekly for drop in contacts
- Problem Gambling Support for Youth (age 12-24). Call intake to self refer

Counseling & Treatment

AMHS KFLA offers professional counselling for youth (and adults) Contact Intake for more info. Ages 16+

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

FUSE Youth Group

For LGBTQIP2SAA youth ages 24 and under in the Kingston area. The group meets on Wednesdays from 4-6pm at One Roof: Kingston Youth Hub.

- **Caroline Hards:**
Call/text: 613-893-0927
Email: **chards@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. Includes Mobile Crisis Services. **Walk-in Crisis Services have resumed.**

- 552 Princess Street, Kingston
Mon-Fri 8:30am - 4:00pm
- 70 Dundas Street East, Napanee
Mon-Fri 8:30am - 4:00pm

Updates available at: www.amhs-kfla.ca/coronavirus-disease-covid-19/

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**

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.** Children 12 and older may access walk-in without parental consent
- 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**

Youthab

Effective February 28, 2022, Youth Habilitation Quinte will be providing in person services by appointment only as well as virtual services.

- For assistance, or to book an appointment, call **613-969-0830** or email info@youthab.ca
- Crisis Intervention Centre:
1-800-757-7766
- **Shannon Ruddy**
Transitional Age Youth (TAY) Connector
(for youth 16-24yrs in Kingston, Napanee)
Email: shannonr@youthab.ca
- General Inquiries: taykfla@youthab.ca
- Offering Tele-support by calling:
613-453-2024

St. Lawrence Youth Association

Youth previously or currently placed in detention/custody. (Sundance)

- 817 Division Street, Kingston
- **613-542-9634**
- **Jordan Minns**, Reintegration Supervisor
(for female youth 12-18yrs in KFLA released from detention/custody)
Call: **613-583-6606**
Email: jordanm@slya.ca
- **Emily Weber**, Youth Justice Family Worker (for youth 12-18yrs in KFLA and their families)
Email: emilyw@staff.slya.ca
Call: **613-483-2704 (cell)**

Specialized Treatment Program

Program is a community-based program for youth ages 12-24 yrs who demonstrate concerning sexualized behaviour and/or significant sexual behaviour problems. The program supports our community partners, provides assessment and treatment to youth in our community.

- Community Services Manager
Call: **613-542-9634 x 203**

Youth Diversion

Youth Diversion helps youth overcome challenges by: providing prevention, intervention and educational services that divert youth from risk and support their ability to thrive.

- 559 Bagot Street, Kingston
- Call: **613-548-4535 ext 0**

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: Services is available both through outreach and in office. Substance Use and Addiction Psychosexual workshops and trainings are available.

- 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.

- **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 and/or Child Welfare involved. **Referrals through Kingston Police/OPP/FACS only**

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

For details on the programs listed below, go to **www.youthdiversion.org/programs/**

- Youth Outreach ,SNAP Program
Rebound Program ,Youth Justice

Resolve Counselling Services

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

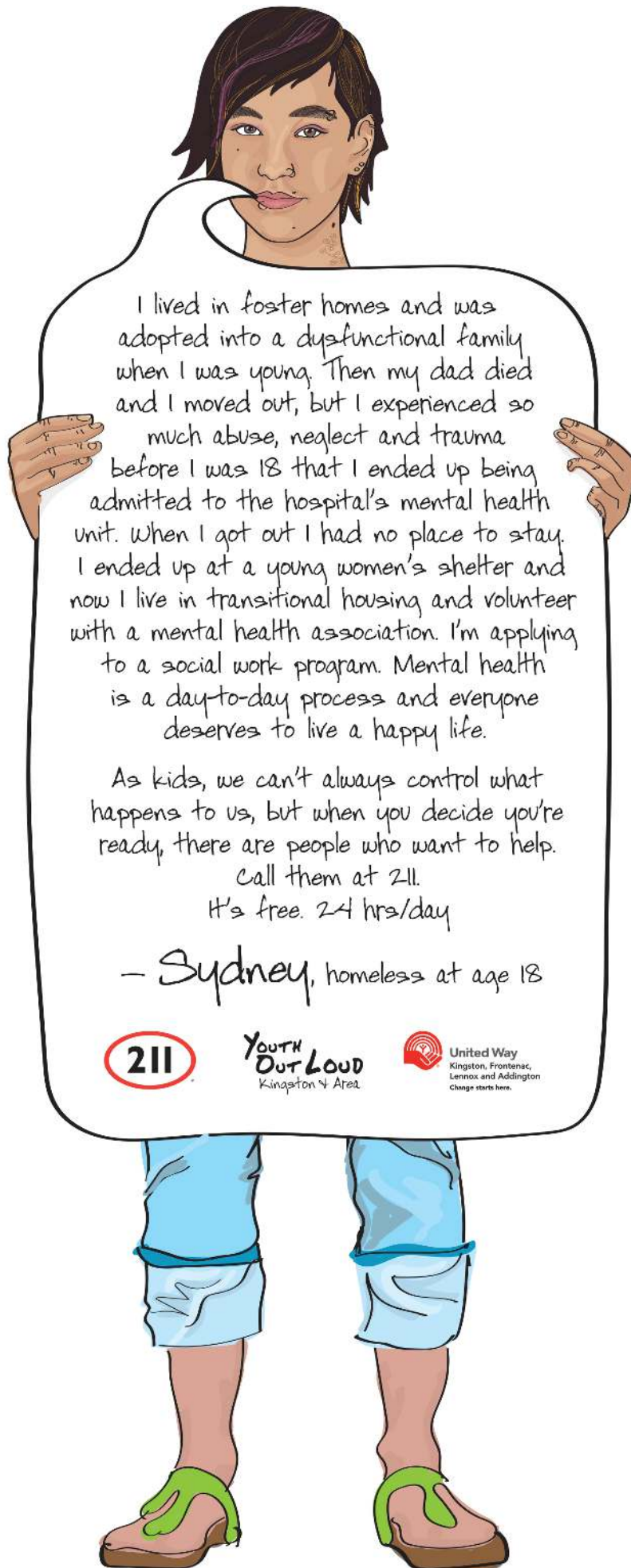
- 417 Bagot Street, Kingston
- **Youth in Transition Program**
- **Youth Housing Support Worker**
- **Youth Outreach Counselling Program**
Continuing - RISE and One Roof
providing phone counselling

Counselling for youth.

- In-person, phone and video counselling available.
- 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.

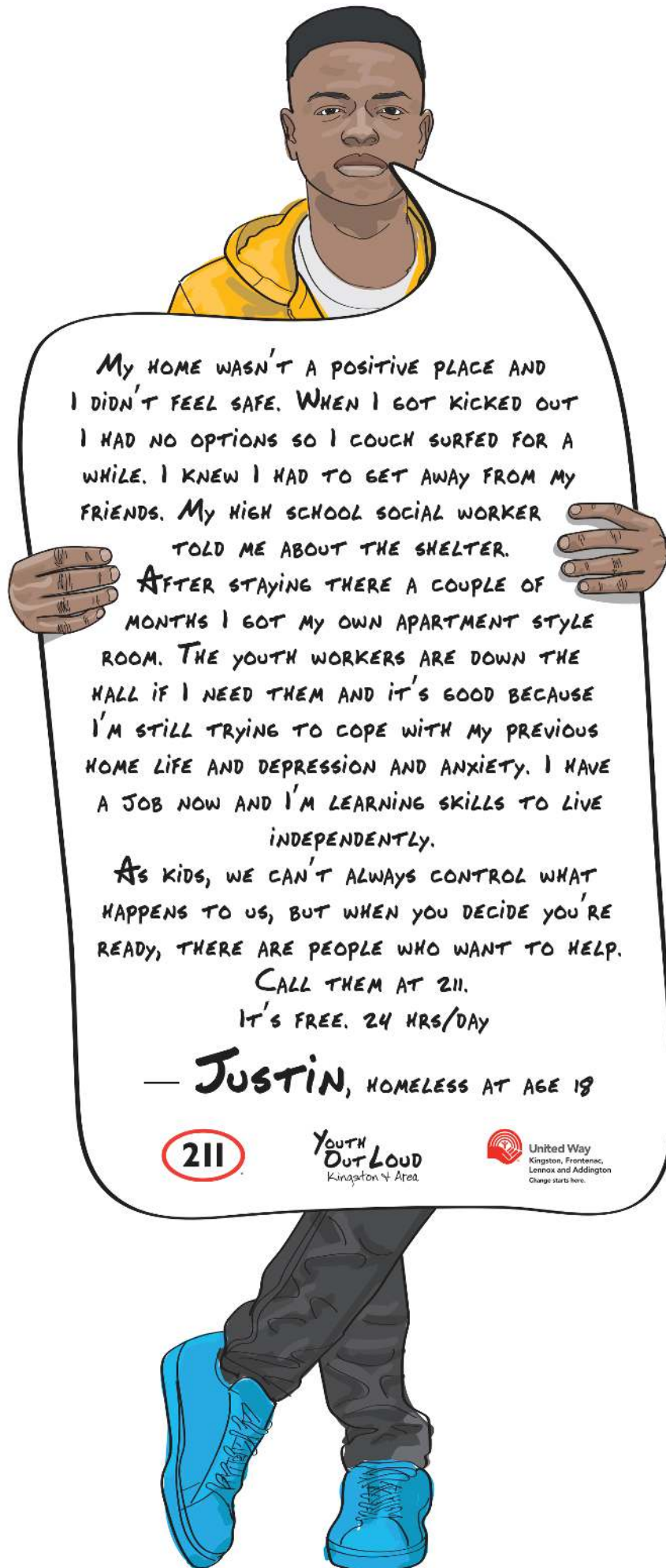
As kids, we can't always control what happens to us, but when you decide you're ready, there are people who want to help.

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



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