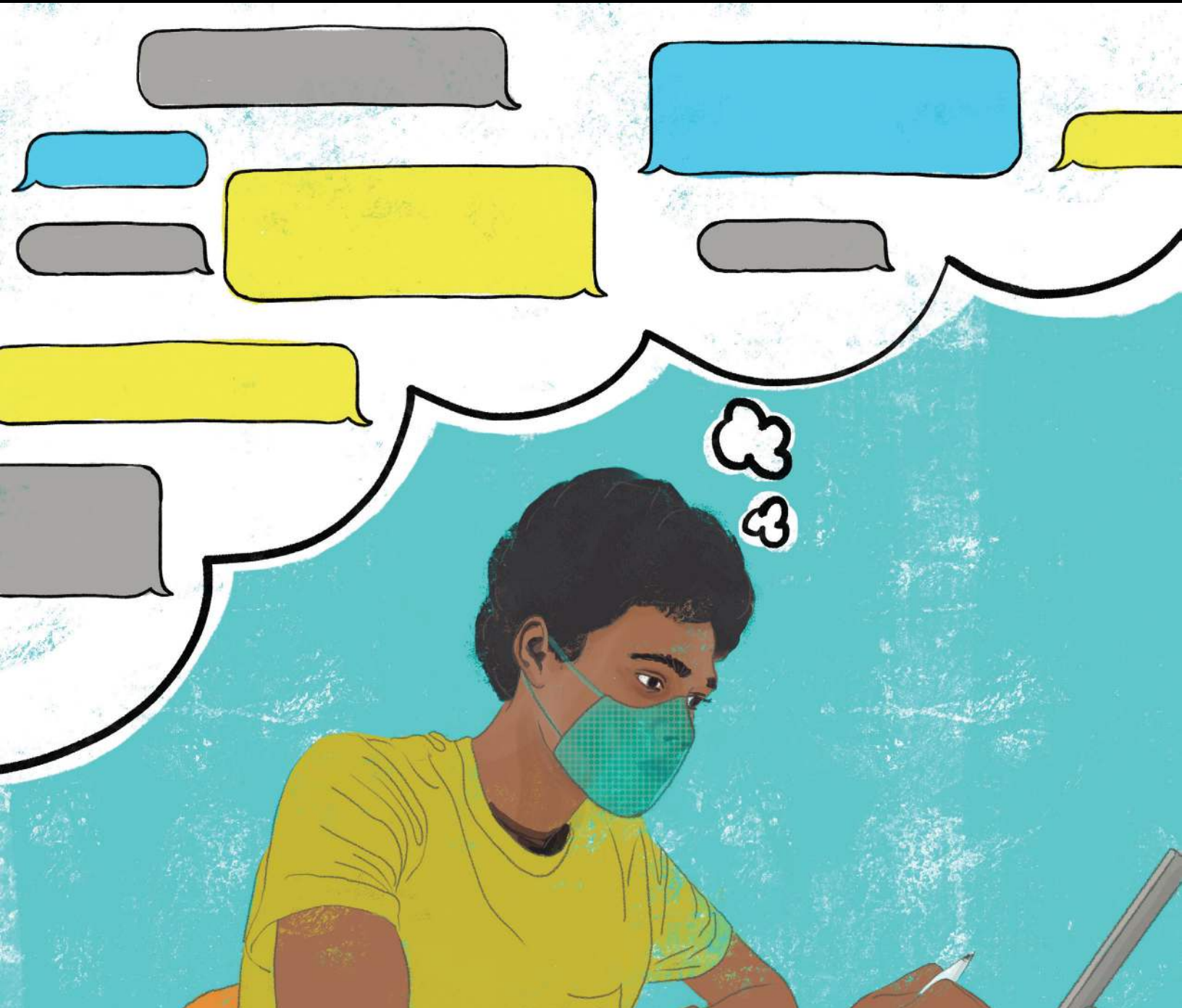


2024



United Way  
Kingston, Frontenac,  
Lennox and Addington

# Youth Services List



While many organizations have returned to 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.**

## Addiction & Mental Health Services KFLA

- 552 Princess Street, Kingston - Walk-in Crisis Services & General Info and Family Resource Centre
- 107 Wellington Street, Kingston - Services by appointment.
- 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
- **Jessica Nolan**, Youth Outreach Case Manager, Call: **613-328-2438**  
Email: [jnolan@amhs-kfla.ca](mailto:jnolan@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
- Smart Recovery walk-in group open to all ages every Wednesday at 107 Wellington St from 1-2:30pm

## 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](mailto:info@amhs-kfla.ca)

## FUSE Youth Group

For 2SLGBTQ+ youth ages 12-24 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](mailto:chards@amhs-kfla.ca)
- Facebook: [www.facebook.com/FUSE-Youth-Group-195460157149842](https://www.facebook.com/FUSE-Youth-Group-195460157149842)

## Crisis Services

Free, confidential and delivered in a respectful, non-judgmental 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/](http://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**

# Kingston Home Base Housing

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

- 620 Princess Street, Kingston
- **613-542-6672 x4**
- **Colleen McAlister**, Program Manager  
**cmcalister@kingstonhomebase.ca**

## ONE ROOF Kingston Youth Hub

Home of the KFLA Regional Youth Wellness Hub, Housing Programs, and Intensive Community Crime Prevention Program (ICCP). This hub works in partnership with 25+ youth-serving organizations to support youth aged 16-24.

- 622 Princess Street, Kingston
- **613-542-6672 x4**
- One Roof drop-in is open  
Monday – Friday 8:45am – 4pm
- Additional programming available  
Mon-Thurs until 7pm
- **Gennie Veryard**, Supervisor,  
**gveryard@kingstonhomebase.ca**
- **Lorrie Larock**, Care Coordinator  
**llarock@kingstonhomebase.ca**

## 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.

Must connect to Housing First through Prevention Diversion services

- **Linda Peck**, Prevention Diversion Worker  
Call: **613-542-6672 x146/128**  
**lpeck@kingstonhomebase.ca**
- **Jessica Leakey**, Prevention Diversion Worker,  
Call: **613-542-6672 x155**  
**jleakey@kingstonhomebase.ca**
- **Katie Wilson**, Housing First Assessment Worker,  
Call: **613-542-6672 x124**  
**kwilson@kingstonhomebase.ca**
- **Ashley Cochrane**, Housing First Case Manager  
Call: **613-542-6672 x151**  
**achochrane@kingstonhomebase.ca**
- **Brittany O'Grady**, Housing First Case Manager  
Call: **613-542-6672 x143**  
**bogrady@kingstonhomebase.ca**

## Youth Supportive Housing

### RISE@one4nine, Journey House & Sutherland

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

- **613-542-6672 x5**
- **Sara Hadley**, Program Coordinator,  
Call: **613-542-6672 x203**  
**shadley@kingstonhomebase.ca**
- **Amanda Benoit**, Case Manager (Supportive Housing)  
**abenoit@kingstonhomebase.ca**

- **Danielle Coles**, Case Manager  
(Supportive Housing)  
[dcoles@kingstonhomebase.ca](mailto:dcoles@kingstonhomebase.ca)
- **Wayne Hunter**, Community  
Worker (Supportive Housing)  
[whunter@kingstonhomebase.ca](mailto:whunter@kingstonhomebase.ca)

## Kingston Youth Shelter

### Emergency Shelter for Youth, 16-24yrs

KYS services can now be accessed at their new location at 365 Nelson Street. This location operates 24/7.

- Please call: **613-549-4236**
- Email: [kys@kingstonyouthshelter.com](mailto:kys@kingstonyouthshelter.com)

### Prevention Diversion Program

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

- Contact via Text or call: **613-449-2056**  
[alyssa@kingstonyouthshelter.com](mailto:alyssa@kingstonyouthshelter.com)

### 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](mailto:transitions@kingstonyouthshelter.com)

### Family Mediation Program

Youth aged 16-24 years 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](mailto:families@kingstonyouthshelter.com)

## Kingston Interval House

Young women ages 16+ years 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**  
or **1-800-267-9445**

In-Shelter Youth Workers and Outreach Workers available

- Call: **613-546-1833**
- Text: **343-309-5999**
- (Aboriginal, French language services available)

## Lennox & Addington Interval House

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

- 174 Centre Street North, Napanee
- For all program inquiries,  
Call: **613-354-0808**
- 24/7 Crisis Line: **613-354-1010**  
Toll Free: **1-800-667-1010**
- Text: **613-449-1080**
- [www.intervalhousenapanee.ca/contact](http://www.intervalhousenapanee.ca/contact)

**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

## 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.
- Phone calls and email available
- Contact Shannon,  
Call: **613-354-8937 ext. 7210**  
Cell: **613-539-9933**  
Email: [shannonr@kchc.ca](mailto:shannonr@kchc.ca) or  
[youthhubnapanee@kchc.ca](mailto:youthhubnapanee@kchc.ca)
- Updates via Facebook and Instagram @LAYouthHub

## Maltby Centre

Counselling services for youth up to 24yrs and their families, to address mental health concerns like anxiety, depression, suicidal thoughts, emotional regulation, trauma impact.

- 100 - 31 Hyperion Court, Kingston (Main Office)
- Call: **613-546-8535 or 1-844-855-8340**
- Mondays & Fridays from 8:30am-4:30pm  
Tues, Wed & Thurs from 8:30am-6pm
- For crisis support, when calling, indicate your situation is urgent.
- Email: [inquiry@maltbycentre.ca](mailto:inquiry@maltbycentre.ca)
- In-person, video, and phone services available, based on client preference.

- Walk-in Clinic: no appointment necessary. Tuesdays, 10am start - last appt. at 4:45
- Sites also in Napanee, Sydenham, Sharbot Lake and Northbrook.  
[www.maltbycentre.ca/contact-us/](http://www.maltbycentre.ca/contact-us/)

## Resolve Counselling Services

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

- 417 Bagot Street, Kingston
- **613-549-7850**

Available Programs:

- Youth in Transition Program
- Youth Housing Support Worker
- Youth Outreach Counselling Program – drop-in counselling hours have resumed weekly at One Roof.
- Youth Peer Support Program – for intake, contact Hailey at [hcarpenter@resolvecounselling.org](mailto:hcarpenter@resolvecounselling.org)

### Counselling for youth

In-person, phone and video counselling available. 9:00am – 5:00pm

- Call: **613-549-1180**
- Email: [intake@resolvecounselling.org](mailto:intake@resolvecounselling.org)

### Intake/Case Management

- To book a session, call **613-549-1180** or email [intake@resolvecounselling.org](mailto:intake@resolvecounselling.org)
- Mon, Wed – 8:30am-5:00pm  
Tues, Thurs – 8:30am-8:00pm  
Friday – 8:30am-4:00pm

## 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: 613-279-3151 x305  
Email Sarah: [sarahm@rfcs.ca](mailto:sarahm@rfcs.ca)
- Updates via Facebook @Rural Frontenac Youth Events or Instagram @RuralFrontenacYouthHub

## Sexual Assault Centre

Provides crisis support, counselling, information, referral and advocacy services for survivors of sexual violence, for 12+ years.

- 400 Elliott Avenue, Unit 1 (Rockcliffe Plaza), Kingston
- Email: [sack@sackingston.com](mailto:sack@sackingston.com)

### Crisis & Support Services

- 24 hours Crisis and Support Line: **1-877-544-6424**
- Chat and text support: [webelievesurvivors.ca](http://webelievesurvivors.ca)

### Counselling

- For intake appointment: **613-545-0762 ext.106**
- [jenn@sackingston.com](mailto:jenn@sackingston.com)

## St. Lawrence Youth Association

Sundance - Secure Custody/Detention Facility for Young Females (aged 12-17)

- 308 Achievement Place, Bath
- 613-384-4857 ext. 0
- **Joanna Frost-Howard**,  
Program Manager  
Call: **613-583-6606**  
Email: [joanna@slya.ca](mailto:joanna@slya.ca)
- **Brianna Spuehler**,  
Reintegration Worker Program  
Call: **613-449-7664**  
Email: [briannas@staff.slya.ca](mailto:briannas@staff.slya.ca)

Community Supervision Support - Supports youth (and their families) in conflict with the Law (aged 12-17)

- 845 Division Street, Kingston
- **Derek Campbell**,  
Director of Community Services  
Call: **613-542-9634 ext. 203**  
Email: [derek@slya.ca](mailto:derek@slya.ca)
- **Peter Cory**, Youth Justice  
Family Worker Program  
Call: **613-349-1004**  
Email: [peterc@staff.slya.ca](mailto:peterc@staff.slya.ca)

### 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

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

- Unit 102, 299 Concession Street, Kingston
- Call: **613-548-4535**

### 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 Psychoeducational 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.

- Maggie Cantarutti  
Call: **613-548-4535**  
Email: **mcantarutti@youthdiversion.org**
- Caitlin Donovan (on leave)  
Email: **cdonovan@youthdiversion.org**

## Youth Outreach Program

A prevention and intervention program that supports at-risk youth ages 12-21 years.

- **Allie McParland**, Youth Outreach Worker  
Call: **613-548-4525**  
Email: **amcparland@youthdiversion.org**

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

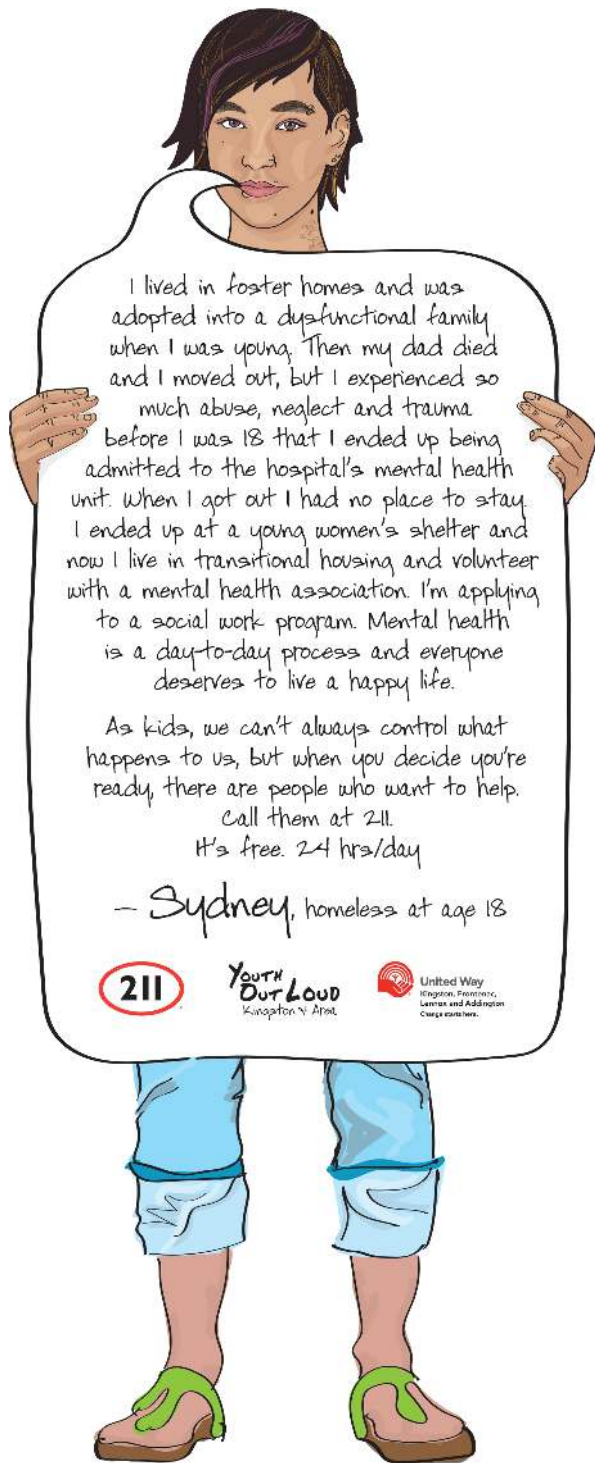
- Youth Outreach
- Youth Justice.

## Youthab

Youth Habilitation Quinte Inc. (Youthab) is a community-based non-profit helping young people obtain and maintain safe and affordable housing, good mental health and employment.

- Monday-Friday 8:30am-12, 1-4:30pm
- For assistance, or to book an appointment, call **613-969-0830** or email **info@youthab.ca**
- Crisis Intervention Centre: **1-800-757-7766**
- Transitional Age Youth (TAY) Connector (for youth 16-24yrs in Kingston, Napanee  
Email: **tay@youthab.ca**
- General Inquiries: **questions@youthab.ca**
- Offering Tele-support by calling: **613-453-2024**



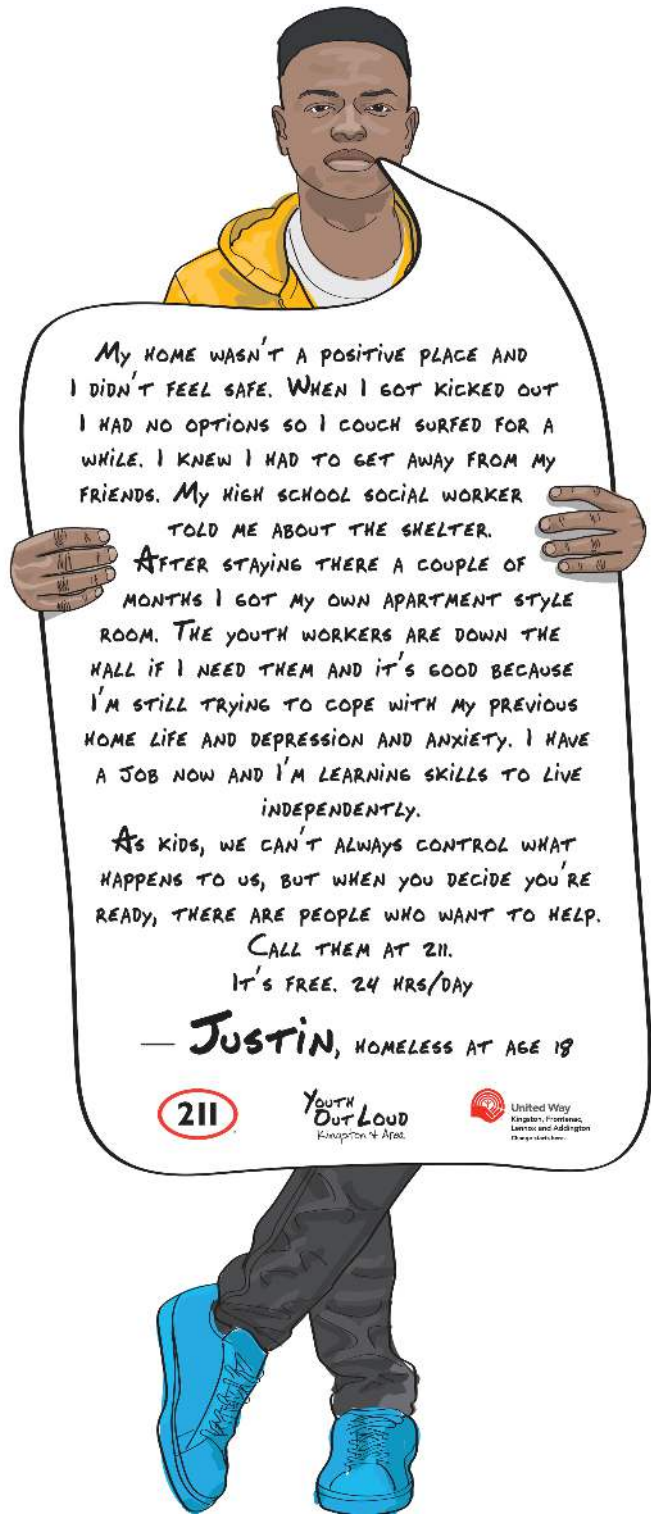


I lived in foster homes and was adopted into a dysfunctional family when I was young. Then my dad died and I moved out, but I experienced so much abuse, neglect and trauma before I was 18 that I ended up being admitted to the hospital's mental health unit. When I got out I had no place to stay. I ended 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 18



[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



**United Way**  
Kingston, Frontenac,  
Lennox and Addington