

## Community Resources for Women Experiencing Violence or Abuse

### Shelters:

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- 24-hour access to safe and secure emergency housing for single women and women with children
- 24-hour telephone counselling for support, information, advice, and referrals
- Provide individual and group counselling for women and children who are residing at the shelter
- Outreach services (for women not living at shelter) include individual and group counselling, information, and referrals
- Provide support, information, and assistance with transitional issues including safety planning, housing, family court and/or criminal court processes, obtaining income and/or employment

#### **Bethesda House**

- Located in Bowmanville
- Crisis line: 905-623-6050 or 1-800-338-3397
- Website: <http://bethesdahouse.ca>

#### **Denise House**

- Located in Oshawa
- Crisis line: 905-728-7311 or 1-800-263-3725
- TTY: 905-728-4394
- Website: <http://thedenisehouse.com>

#### **Herizon House**

- Located in Ajax
- Crisis line: 1-866-437-4966
- Website: [www.herizonhouse.com](http://www.herizonhouse.com)

#### **Y's WISH**

- Located in Oshawa
- Crisis line: 905-576-2997 or 1-888-576-2997
- Transitional support: 905-576-0182

### Legal & Police Services:

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#### **Durham Regional Police Victim Services Unit**

- Provides information and support regarding the involvement of the police in domestic violence situations.

- Answers questions about why charges were not laid in a given situation, the status of charges that have been laid, the progress of criminal court processes and options regarding safety.
- Telephone number: 905-579-1520 ext. 3400

### **Victim/Witness Assistance Program**

- Provides services to victims of domestic violence or abuse who are involved in the criminal court process because of charges being laid against their abuser.
- Telephone number: 905-743-2790

### **Family Law Information Centre**

- Provides information, referrals, and support about family court issues such as separation, divorce, child custody/access, child/spousal support, and restraining orders.
- Provides assistance with applications for interim (emergency) court orders for custody and access, restraining orders and exclusive possession of the family home.
- Telephone number: 905-579-1988 or 1-877-294-6524
- Walk in service: 150 Bond St. E, Oshawa, ON, on the first floor

### **Durham Community Legal Clinic**

- Provides legal representation to low-income Durham Region residents in some areas of law.
- Telephone number: 905-728-7321 or 1-888-297-2202
- Website: [www.durhamcommunitylegalclinic.ca](http://www.durhamcommunitylegalclinic.ca)

### **Luke's Place Support and Resource Centre**

- Provides support and information about child custody and access issues.
- Telephone number: 905-728-0978

### **Legal Aid Ontario Oshawa Office**

- Telephone number: 905-576-2334 or 1-866-595-0563
- Website: [www.legalaid.on.ca](http://www.legalaid.on.ca)

### **The Law Society Referral Service**

- Provides the name of a lawyer who will provide up to 30 minutes of free consultation to help you learn your rights and options. This services does not give legal advice. If you are in a crisis, in a shelter, in custody, or under 18 you may call toll free.
- Telephone number: 1-855-947-5255 or 416-947-5255

### **Legal Line**

- Legal Line provides free, pre-recorded legal information through telephone and internet systems. Legal Line does not provide legal advice.

- Telephone number: 416-929-8400
- Website: [www.legalline.ca](http://www.legalline.ca)

## Help Lines/Crisis Lines

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### **Assaulted Women's Helpline**

- Provides 24-hour anonymous telephone counselling, support, and referrals to abused women throughout Ontario.
- Telephone number: 1-866-863-0511

### **Durham Mental Health Services – Crisis Services**

- Provides phone support.
- Has crisis beds and a mobile crisis team
- Telephone number: 1-800-742-1890 or 905-666-0483
- Website: <http://dmhs.ca/cause/crisis-response/>

### **Crisis Intervention Team Lakeridge Health Oshawa**

- Telephone number: 905-576-8711 ext. 4384

### **Distress Centre Durham: Helpline**

- Offers 24-hour telephone support by trained volunteers to provide emotional support, crisis management and community referral information.
- Telephone number: 1-800-452-0688 or 905-430-2522

### **Durham Region Domestic Violence/Sexual Assault Care Centre**

- 24 hour emergency medical services and counselling support for victims of domestic violence and sexual assault.
- Provides medical care, forensic kits and documentation of injuries for victims. If you are 16 or older you can choose to have your injuries documented, but not reported to the police.
- Telephone number: 905-576-8711

### **Durham Rape Crisis Centre**

- 24-hour crisis line provides support and programs for individuals of all ages who have experienced childhood sexual abuse and/or recent sexual violence.
- Services include individual counselling, support groups, advocacy, and accompaniment to the hospital, police, and court proceedings.
- Telephone number: 905-668-9200
- Website: <http://drcc.ca/>

## Community Services

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### **Durham DRIVEN**

- Supports women experiencing gender-based violence by providing many specialized services at one location.
- Open every Monday with many different agencies on- and off-site.
- Phone number: 905-432-7233 or 1-877-723-3905
- Website: [www.durhamdriven.com/](http://www.durhamdriven.com/)

### **Women's Multicultural Resource/Counselling Centre of Durham:**

- Provides a variety of services for women of colour and immigrant/refugee women who have experienced abuse.
- Offers crisis intervention, telephone support, one-on-one and group counselling, referrals, information, advocacy, and interpretation services.
- Phone number: 905-427-7849 or 1-877-454-4035

### **Durham Mental Health Services – Support and Advocacy, Housing Programs:**

- Main Office: 905-666-0831
- Whitby: 905-448-0453
- Ajax Branch: 905-683-9124

### **Canadian Mental Health Association**

- Telephone number: 905-436-8760 ext. 103 or 104
- Website: [www.cmhadurham.org](http://www.cmhadurham.org)

### **Catholic Family Services**

- Provides individual, group and family counselling for adults and children. All faiths are welcome.
- Ajax: 905-428-1984
- Port Perry: 905-985-4221
- Oshawa: 905-725-3513
- Website: [www.cfsdurham.com](http://www.cfsdurham.com)

### **Family Services Durham**

- Provides individual, couple and family counselling as well as adult community support services.
- Provides the Partner Assault Response program and the Partner Assault Response Partner Contact program
- Offices in Ajax, Beaverton, Bowmanville, Cannington, Port Perry, Sunderland, Uxbridge and Whitby
- Telephone number: 1-866-840-6697 or 905-666-6240

### **Social Services – Income Support Intake Line**

- Telephone number: 1-877-678-6333 or 905-428-8982

**Lesbian, Gay, Bi, Youthline**

- Open Sunday to Friday from 4:00 pm to 9:30 pm
- Telephone number: 1-800-268-9688
- Website: [www.youthline.ca](http://www.youthline.ca)

**519 Anti-Violence Program**

- Counselling services and support groups for the LGBTQ community.
- Telephone number: 416-392-6874
- Website: [www.the519.org](http://www.the519.org)

**Carea Community Health Centre**

- Medical services, counselling services and group programs.
- Telephone number: 905-723-0036
- Website: [www.ochc.ca](http://www.ochc.ca)

**Children's Aid Society of Durham (CAS)**

- Offers guidance, counselling and referral services to families whose children are at risk.
- Investigates allegations that children are being abused or neglected.
- Telephone number: 905-433-1551
- Website: [www.durhamcas.ca](http://www.durhamcas.ca)

**Frontenac Youth Services**

- Supports adolescents and their families.
- Telephone number: 1-877-455-5527 or 905-579-1551
- Website: [www.frontenacyouthservices.org](http://www.frontenacyouthservices.org)

**Kinark Child and Family Services**

- Services and supports for children and youth with complex needs in the areas of child and youth mental health, autism and forensic mental health/youth justice.
- Telephone number: 1-888-454-6275
- Website: [www.kinark.on.ca](http://www.kinark.on.ca)

**Rose of Durham Young Parent Support Services:**

- Cost-free support groups and individual counselling for young parents.
- Telephone number: 905-432-3622
- Website: [www.roseofdurham.com](http://www.roseofdurham.com)