**Table of Contents**

Community Resource Websites & Online Counselling Resources Page 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Support/Counselling Services | | | | | Page 2 |
| LGBTQ Resources | | | | | Page 3 |
| Addiction Resources | | | | | Page 4 |
| Bereavement Resources & Self-Help, Wellness and Mindfulness Resources | | | | | Page 5 |
| Eating Disorder Resources | | | | | Page 6 |
| Child / Youth Parenting Resources | | | | | Page 7 |
| Psychiatry (Simcoe County) | | | | | Page 8 |
| Psychologists (Simcoe County) | | | | | Page 9 |
| Housing | | | | | Page 10 |
| Social Services, Family Services and Youth Justice | | | | | Page 11 |
|  | | | | |  |
|  | **Community Resource Websites** | | | | |
| Service | Additional Information | Contact | Website | | |
| 211 Ontario | Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. |  | [*www.211ontario.ca*](http://www.211ontario.ca/) | | |
| ConnexOntario | ConnexOntario is a non-profit 24/7 helpline for adults and youth seeking addictions and mental health services. |  | [*www.connexontario.ca*](http://www.connexontario.ca/) | | |
| E-Mental Health | Find mental health resources in your community and within Canada. |  | [*https://www.ementalhealth.ca/*](https://www.ementalhealth.ca/) | | |

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|  | **Online/Telephone Mental Health/Crisis Resources** | | |
| Service | Additional Information | Contact | Website |
| Togetherall | Togetherall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. |  | https://togetherall.com/en-ca/ |
| WES for Youth Online | Wellness and Emotional Support for Youth. Online mental wellness supports for youth. |  | wesforyouthonline.ca |
| BounceBack | Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive. | 1-866-345-0224 | *https://bouncebackontario.ca* |
| Kids Help Phone | Kids Help Phone is a 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people. | 1-800-668-6868 | [*https://kidshelpphone.ca/*](https://kidshelpphone.ca/) |
| Crisis Line (24/7) | Crisis intervention workers provide telephone support 24/7. If lines are busy, leave a message and a worker will call back in a timely manner. Crisis workers assess needs, risks, and are trained in suicide intervention and creating safety plans. Emergency services work closely with the Crisis Program and in the community – including our Crisis Outreach and Support Team (COAST). Face to face support can be offered in the community and is also required to be assessed for one of our short-term Crisis Bed admissions | Simcoe County/Muskoka 705-728-5044 or  1-888-893-8333 | [https://cmhastarttalking.ca/youth/crisisservices/](https://cmhastarttalking.ca/youth/crisis-services/)    http://www.cmhagb.org/ |

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|  | **Support Counselling Resources** | | |
| Service | Additional Information | Contact | Website |
| New Path  Child/Youth Walk-In  Counselling | New Path’s Walk-In Counselling Clinic provides a single-session counselling and can also be your first step in accessing other services. (Ages 0-17) | 705-725-7656  Orillia, Alliston, Collingwood & Barrie area | [*https://newpath.ca/*](https://newpath.ca/) |
| Canadian Mental  Health Association  Child/Youth Walk-In  Services | Barrie Location supports Simcoe County. Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. | Barrie: 705-726-5033  Bracebridge: 705-645-2262 | <https://cmhastarttalking.ca/youth/>  https://ontario.cmha.ca/ |
| Catholic Family  Services of Simcoe  County Walk-In | In Person & Virtual Counselling available. A nonprofit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + years. | 705-725-2503  Barrie, Bracebridge, Orillia Bradford, Collingwood, Huntsville, & Midland | [*https://cfssc.ca/*](https://cfssc.ca/) |
| Kinark Child and Family Services | Kinark provides clinical assessment and intervention to some of Ontario’s most complex and high-risk children and youth. Services are provided in the areas of Child and Youth Mental Health, Autism, Forensic Mental Health, Youth Justice. | Central Intake:  1-888-454-6275 | [*https://www.kinark.on.ca/*](https://www.kinark.on.ca/) |
| Family Mental  Health Initiative of  Simcoe County | Providing support through education, training and referrals to the family members of those individuals who have serious and persistent mental health difficulties. | 705-725-0363 or  1-800-324-3252 | *http://fmhi.ca/* |
| Simcoe County  Coalition; Child & Youth Family Services | A countywide alliance of organizations providing services to children, youth and their families in Simcoe County. | 705-238-6146  165 Ferris Lane, Barrie | [*http://www.simcoecountycoalition.ca/*](http://www.simcoecountycoalition.ca/) |
| Youth Haven | To support youth experiencing homelessness by providing safe shelter, programs and services | 705-739-7616 22 Wellington Street E, Unit 20, Barrie | *https://youthhaven.ca/* |
| Native  Friendship Centre | Offers multiple programs to service child, youth and families. Supports in Addictions, mental health, housing, children/youth supports, and healing. | 175 Bayfield Street, Barrie  705-721-7689 175 Yonge St. Midland 705-526-5589 | [*https://www.barrienfc.ca/*](https://www.barrienfc.ca/) |
| Chigamik | A multidisciplinary team; offers support with mental health, addiction, primary health, parenting and child/youth supports. | 287 Bayshore Dr, Midland [(705) 527-4154](https://www.google.com/search?q=chigamik&rlz=1C1GCEA_enCA1027CA1027&ei=Jah_Y8b7LPa8ptQPkvibaA&ved=0ahUKEwiGouebqsf7AhV2nokEHRL8Bg0Q4dUDCA8&uact=5&oq=chigamik&gs_lcp=&sclient=gws-wiz-serp) | <https://www.chigamik.ca/> |

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|  | **LGBTQ+ Resources** | |  |
| Service | Additional Information | Contact | Website |
| The Gilbert Centre  (LGBTQ and HIV  Support) | The Gilbert Centre is a community-based, not-for-profit organization that helps provides services to people living with and affected by HIV & the individuals and families from the lesbian, gay, bisexual, transgender, queer (LGBTQ) communities. Programs offered: Harm reduction, Living with HIV, Living with Hepatitis C, Older LGBTQ Adult Programs, LGBTQ Youth and Family connections, Gender Diverse and Trans Services, AA & NA Groups. | 705-722-6778   555-80 Bradford Street, Barrie, ON | [*http://www.gilbertcentre.ca/*](http://www.gilbertcentre.ca/) |
| North Simcoe  Muskoka Trans  Health Services | Brings trans-focused health care to the North Simcoe Muskoka area. The goal is to provide a trans-affirming, supportive approach for transgender people seeking health care in our region.A Peer Support Navigator and Nurse Practitioner provide social support and inclusive medical care to help clients identify and achieve their health and transition goals. | 705-739-3649  Ext. 391 | *https://www.cfht.ca* |
| Muskoka Pride | Provides a youth group for LGBTQ+ youth in the Muskoka area. Occurs every 2nd Friday of the Month from 6-8pm. | Bracebridge United Church; 46 Dominion St. | [*https://www.muskokapride.com/youth.html*](https://www.muskokapride.com/youth.html) |
| Youthline | Offers online peer support for LGBTQ+ Youth. Online, text or phone call chats are available. | Call – 1-800-268-9688 Text – 647-694-4275 | [*https://www.youthline.ca/*](https://www.youthline.ca/) |
| Rainbow Health Ontario | A directory of LGTBQ+ service providers within Ontario and offers health information for LGBTQ+ youth and families. | Online Resource | [*https://www.rainbowhealthontario.ca/fr/accueil/*](https://www.rainbowhealthontario.ca/fr/accueil/) |

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|  | **Addiction Resources** | |  |
| Service | Additional Information | Contact | Website |
| Canadian Mental  Health Association  Child/Youth Walk-In  Services | Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. | Simcoe 705-726-5033  Bracebridge: 705-645-2262 | [*https://cmhastarttalking.ca/youth/drop-inservices/*](https://cmhastarttalking.ca/youth/drop-inservices/)  https://ontario.cmha.ca/ |
| Royal Victoria  Hospital Residential  Withdrawal  Management Service | Helps individuals 16 years & older, begin their recovery in a safe and therapeutic environment (average stay 3-5 days).Pprovides: Non-medical co-ed residential withdrawal management service. An immediate and nurturing support system throughout the withdrawal process. Individual & group counseling sessions encouraging personal responsibility and accountability. Interdisciplinary healthcare team. | 705-726-5033  Ext. 438 | *https://cmhastarttalking.ca/* |
| Alateen | A peer support group for teens who are struggling with the effects of someone else’s problem drinking. |  | *https://al-anon.org/* |
| ConnexOntario | ConnexOntario provides treatment service information for people experiencing problems with gambling, drugs, alcohol, and/or mental health. | 1-866-531-2600 | <https://www.connexontario.ca/> |
| Friendship Centre | Offers Alcohol and Addiction programming for Indigenous youth and adults. | Midland: 705-526-5589 175 Yonge St  Barrie 705-721-7689  175 Bayfield St. | [www.gbnfc.ca](http://www.gbnfc.ca)  [barrienfc.ca](https://www.barrienfc.ca/) |
| ASYR – Addiction  Services for York  Region | Community Withdrawal Management Services (CWMS) program provides professional, non-medical counselling services to clients experiencing substance dependence, who have a goal of abstinence. This service is offered to people who:  Live in York Region, 16 years old or older, medically stable, apply voluntarily and want to stop their dependent use of substances | 1-905-841-7007 Or  1-800-263-2288 ext. 322 | [*https://www.asyr.ca/programs/*](https://www.asyr.ca/programs/) |

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| **Bereavement Resources** | | | |
| Service | Additional Information | Contact | Website |
| Hospice | Hospice provides emotional, spiritual and psychosocial support to individuals, families and agencies, who are anticipating a death or experiencing grief due to loss of a loved one or friend. | Simcoe: 705-725-1140  Locations across Simcoe Muskoka. | [https://www.hospicesimcoe.ca/griefbereavement-program/](https://www.hospicesimcoe.ca/grief-bereavement-program/) |
| Rainbows Canada | National, non-profit peer to peer support program to help children, youth and adults process grief related to divorce, death and other family loss. | 705-726-7407 Various Locations across Ontario | *https://www.rainbows.ca/* |
| Seasons Centre for  Grieving Children | Supports Simcoe County and surrounding area.  Peer-to-peer support programs in a safe home-like atmosphere for children, teens, young adults and their families grieving the death or life-threatening illness of a parent/guardian, sibling/friend. In-person or virtual. | 705-721-5437 | [*www.grievingchildren.com*](http://www.grievingchildren.com/) |
| Adams Funeral Home | Provides support during the funeral, but afterwards as well, especially through the difficult days that may follow.  Grief and Bereavement Seminars and one on one counselling are available for the grieving. This service is available to the community. | 705-728-4344  445 St. Vincent Street, Barrie, ON | <https://www.adamsfuneralhome.ca/> |
| Gilda’s Club Simcoe Muskoka | Supporting families that are going through Cancer diagnosis of a loved one. Peer support provided and counselling provided to those that have received a cancer diagnosis and their families. Grief Support is offered as well. | (705) 726-5199 | https://gildasclubsimcoemuskoka.org/ |

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|  | **Self-Help, Wellness and Mindfulness Resources** | | |
| Service | Additional Information | Contact | Website |
| Anxiety Canada | Self-help resources to manage anxiety. |  | [*https://www.anxietycanada.com/*](https://www.anxietycanada.com/) |
| Shared Care | Child and Youth mental health resources and tool kits. |  | <http://www.shared-care.ca/> |
| Candlelighters  Simcoe | Candlelighters Simcoe provides programs and services for children families impacted by childhood cancer |  | <https://www.candlelighterssimcoe.ca/> |

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|  | **Eating Disorder Resources** | |  |
| Service | Additional Information | Contact | Website |
| National Eating  Disorder  Information Centre | NEDIC’s uniquely designed Outreach and Education Program is for people of all ages from all walks of life. The presentations address eating disorders and related issues, build critical thinking and positive self-esteem and promote healthy, balanced lifestyles. | 1-866-633-4220 | <http://nedic.ca/> |
| Sheena’s Place | Offering hope and support to anyone 17+ affected by an eating disorder, as well as their families and friends, by providing a wide range of professionally facilitated support groups and services such as body image groups, skill building groups and expressive art groups. | 416-927-8900 | <https://sheenasplace.org/> |
| Edgewood Health  Network (Bellwood) | A six-week cycle, This group is open to those with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and other eating disorders including non-specific or undiagnosed eating disorders. | 1-866-926-4196 | <https://edgewoodhealthnetwork.com/> |
| Trillium Health Partners | The Eating Disorders Program is a Provincial program for 18+ offering inpatient, day patient, transition and outpatient treatment to individuals who are directly affected by an eating disorder. | 1-866-377-0286 | [http://trilliumhealthpartners.ca](http://trilliumhealthpartners.ca/) |
| Danielle’s Place | A not-for-profit organization serving ages 14 and up. | 289-266-0036 | <http://www.daniellesplace.org/> |
| Toronto General  Hospital Eating  Disorder Program | Offering a comprehensive assessment and intensive treatment to individuals 17 years or older with anorexia nervosa, bulimia nervosa or other forms of disordered eating. (Our program does not offer treatment for obesity or binge eating disorder.) | 416-340-3041 | [*https://www.uhn.ca*](https://www.uhn.ca/) |
| Soldier’s Memorial  Hospital Eating  Disorder Program | Provides assessment, education, and treatment to children and teens up to the age of 18 with eating disorders. | 705-325-2201 ext.  3558 | <https://www.osmh.on.ca/> |
| Southlake Regional Health Centre Child and Adolescent Eating Disorders  Program | The program is open to individuals 13 to 18 years of age who suffer from an eating disorder and live in York Region or Simcoe County. For the intake to any of Southlake's treatment services (e.g., Out-patient Program, Day Treatment Program), individuals and their families receive a half-day multidisciplinary assessment and are offered feedback and recommendations concerning diagnosis and treatment. Each assessment includes a family interview and separate individual sessions with a therapist and a dietitian. A medical assessment by the referring physician will be required in advance. | 1-905-830-5979 ext.  2825 | <http://www.southlakeregional.org/> |

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| **Child / Youth Parenting Resources** | | | | | | | | | | |
| Service | | | Additional Information | | | | Contact | Website | | |
| Health Connection –  Simcoe Muskoka  District Health Unit | | | One-on-one parenting counseling over the phone, prenatal classes, Healthy Babies Healthy Children Program, parenting classes as well as help for families to access other resources. | | | | 705-721-7520 or  1-877-721-7520 | [*http://www.simcoemuskokahealth.org/*](http://www.simcoemuskokahealth.org/) | | |
| Triple P – Positive Parenting Program | | | Free parenting tips and info about local parenting programs. Online Triple P program available for $80. | | | | Offered at various locations. | [*www.triplep-parenting.ca*](http://www.triplep-parenting.ca/) | | |
| Kinark Child and Family Services | | | Kinark provides clinical assessment and intervention to some of Ontario’s most complex and high-risk children and youth. | | | | Central Intake:  1-888-454-6275 | [*https://www.kinark.on.ca/*](https://www.kinark.on.ca/) | | |
| Georgian Bay Native Women’s Association | | | Offers parenting programming based on the traditional teachings for all indigenous women and children. | | | | 562 King Street, Midland  Phone: (705) 527-7043 | https://gbnwa.ca/ | | |
| Orillia Native Woman’s Group | | | Offers parenting programming based on the traditional teachings for all indigenous women and children. | | | | 110 Matchedash St N, Orillia T: 705-329-7755 | https://www.onwg.net/ | | |
| Friendship Centre | | | Offers parenting programming based on the traditional teachings for all indigenous women and children. | | | | Midland: 705-526-5589 175 Yonge St  Barrie 705-721-7689 175 Bayfield St. | [www.gbnfc.ca](http://www.gbnfc.ca)  [barrienfc.ca](https://www.barrienfc.ca/) | | |
| Children’s Treatment Network | | | Providing intake, service navigation and coordinated service planning, assessment and diagnostic services, specialized clinics and rehabilitation services, including physiotherapy, occupational therapy and speech language therapy. | | | | 1-866-377-0286 | <https://www.ctnsy.ca/> | | |
| Behaviour  Management  Services of Simcoe  County | | | Provides a range of behavioural services to children who have developmental disability with a significant cognitive delay and their families. Assessment of problem behaviour and treatment recommendations and implementation training. | | | | 705-728-9143 | https://www.mackenziehealth.ca/ | | |
| New Path  Child and Family  Services | | | Various locations across Simcoe Muskoka. Counselling will focus on the development of strategies to effectively cope with their presenting concerns. | | | | Central Intake: 705-725-7656 | <https://newpath.ca/> | | |
| Ontario Early Years Centre | | | Offer families/care providers with children prenatal through 6 years, a range of core services which can assist them in their parenting or caregiving role as well as provide a safe environment where children can experience a variety of learning activities and practice new found skills. | | | | 705-726-9082 | [*https://empowersimcoe.ca/earlyon-childfamily-centres/*](https://empowersimcoe.ca/earlyon-child-family-centres/) | | |
|  | | **Psychiatry (Face to Face Consultations - Simcoe County)** | | | | | | | | |  | | | |
| Psychiatrist | | Services Offered | | | Eligibility and How to Apply | | | | | | Fees for Service | | | |
| RVH Mental Health Ambulatory  Services | | Provides short-term consultation and stabilization for patients 16 and above.  Consultation for medication review is provided. Diagnostic clarification or short-term management. | | | Contact: 705-728-9090 Ext. 47210 Fax: 705-739-5631  Referrals from community physicians are accepted from the greater Barrie area.  Physician Referral Form: <https://www.rvh.on.ca/mhad/SitePages/mhadhome.aspx> | | | | | | Covered by OHIP | | | |
| RVH Simcoe Muskoka  Regional Child & Youth Mental Health | | Provides care for children/ youth up to the age of 18 who are experiencing crisis due to urgent mental health difficulties that may result in self-harm or pose a risk to others. | | | 705-728-9090  (ask for Child/Youth Mental Health Inpatient and Day Program) *https://www.rvh.on.ca/mhad/SitePages/cymh.aspx* | | | | | | Covered by OHIP | | | |
| Collingwood  General and Marine  Hospital | | A multidisciplinary team: Psychiatrists, Psychotherapists & Mental Health Therapists. For ages 16+ that are offered are assessments and on-going follow up with individualized treatment and/or group programs, perinatal consultations and treatment. | | | 705-444-6600 ext. 7227  <https://www.cgmh.on.ca/programs>[services/mental-health-services](https://www.cgmh.on.ca/programs-services/mental-health-services) | | | | | | Covered by OHIP | | | |
| Mental Health and Addiction Program@OSMH | | Assessment, treatment & ongoing support to 16+ & their families with mental illness/addictions. Crisis Response, Acute Out Patient, Day Hospital, Community Mental Health, In Patient & Perinatal Mental Health. | | | 705-325-2201  <https://www.osmh.on.ca/mental>[health/](https://www.osmh.on.ca/mental-health/) | | | | | | Covered by OHIP | | | |
| Alliston  Mary McGill  Community Mental  Health Centre | | Individual & group services offered using a variety of modalities including cognitive behavior therapy (CBT) & mindfulness meditation approaches. Individual/group counselling, consultative psychiatric, crisis service. | | | 705-435-6281 Stevenson  Memorial Hospital  [http://www.stevensonhospital.ca/inde](http://www.stevensonhospital.ca/inde%20) [x.html](http://www.stevensonhospital.ca/index.html)  Service Access:  Physician referral for psychiatry. Self-referral for same/next day crisis, counselling and group. Age 16+ | | | | | | Covered by OHIP | | | |
| Dr. Marcia  Benjamin | | Psychiatric consultation & follow-up for children/youth (4-15). Psychotherapy such as CBT/DBT for patients experiencing various mood disorders. | | | Contact: 705-728-9843 Fax: 705-728-8476  Fluent in French (Bilingual). Referrals from community physicians and pediatricians in the greater Barrie area are accepted.  15 Gallie Court, Suite 210, Barrie | | | | | | Covered by OHIP | | | |
|  | | | **Psychologists (Simcoe County)** | | | | | | |  | | |
| Psychologist | | | Services Offered | | | | Eligibility and How to Apply | | | Fees for Service | | |
| Dr. Ken Marek | | | Offering service for individual, couple, adolescents, children, marriage & family counselling. Psychological assessments (educational, personality & vocational), Performance enhancement | | | | Eligibility: Ages: 5 year(s) and up;  Referral from other professionals or self-referred  Business Line: 705-734-9742 After Hours: 705-722-4960 14 Debra Cres Barrie | | | -Extended health coverage and insurance sometimes covers psychological services May offer reduced fees depending on the circumstances. Not covered by OHIP. | | |
| Dr. Dianne Maing | | | Psychotherapy, clinical, &Psychoeducational assessments for children, youth & adults experiencing anxiety, depression, school/work-related issues, trauma & OCD. | | | | Eligibility: 6 year(s) and up  Intake; call for appointment, self-referral or by professional  Business Line: 705-970-3891  48 Alliance Blvd, Unit A203 | | | -May be covered by extended health care benefits    -Sliding scale where applicable | | |
| Dr. Tim Smith | | | Counselling and assessment services for children, teens, and adults. | | | | Eligibility: Ages: 6 year(s) and up; How to apply:  Appointment, contact by phone or email to set up initial appointment \* can be self referred  Business Line: 705-727-1529  48 Alliance Blvd Unit 207, Barrie | | | -$160 per hour with sliding fee scale possible  -Most services covered by private insurance plans ; Fee assistance available assistance is provided by subsidy | | |
| Dr. Andrea  Guthrie | | | Providing intervention services that can address a wide range of mental health difficulties. Using a wide range of treatment modalities, including Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT), and Exposure Therapy for Anxiety Disorders, Dialectical Behavior Therapy (DBT), Supportive Psychotherapy, Client Centered and Experiential Therapy. | | | Eligibility: Children, adolescents & adults. How to apply: Call for a brief phone consultation before the initial intake appointment.  Business Line: (705) 408-2031 15 Gallie Ct Suite 100 Barrie, ON | | | | The fee for therapy is based on guideline recommendations outlined by the Ontario Psychological Association (OPA). While psychological services are not covered by OHIP, they are often covered by your private insurance plan, work benefits package or EAP. | | | |  | |
| Dr. Jacqueline Rynard | | | Counselling & assessment services for children, adolescents & adults who are requiring cognitive behavioural therapy, solution-focused therapy, emotion-focused therapy, motivational interviewing, training in mindfulness and relaxation techniques. | | | Eligibility: Children, adolescents & adults.  How to apply: Call for an initial telephone consultation. Follow-up appointment.  Business Line: (705) 408-2798  Website: <http://barrie-psychologist.ca/>  93 Bell Farm Rd Suite 108, Barrie | | | | $170 per hour for psychotherapy. Most services covered by benefits plan. | | | |  | |

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|  | **Housing Supports** | |  | |
| Agency | Services Offered | Contact | Website |
| Guesthouse Shelter | Shelter for women and men that are experiencing homelessness. | Address: 522 Elizabeth St Midland Number: 705-527-4111 | <http://www.theguesthouseshelter.ca/> |
| Shelter Now | Transitional housing for men, women and children that are homeless. | Address: 102 – 850 Hartman Dr Midland 705-528-6941 | <https://shelternow.ca/> |
| Rosewood Shelter | Women’s shelter for women and children that have experienced domestic violence. | Address: 582 Hugel Ave Midland  Number: 705-526-4211 | <https://www.huroniatransitionhomes.ca/program.php?id=1> |
| David Busby’s Centre | Shelter for women and men that are experiencing homelessness. | Address: 88 Mulcaster St Barrie  Number: 705-828-3795 | <https://www.busbycentre.ca/> |
| Lighthouse Shelter | Shelter for women and men that are experiencing homelessness. | Address: 75 Queen St E Orillia  Number: 705-329-2265 | <http://orillialighthouse.ca/> |
| Green Haven Shelter | Women’s shelter for women and children that have experienced domestic violence. | Address: 570 Sundial Dr Orillia  Number: 705-327-7319 | <https://greenhavenshelter.com/> |
| Jubilee House | Women’s shelter for women and children that have experienced domestic violence. | Address: 79 Colborne St E Orillia  Number: 705-326-4337 | <https://jubileehouse.ca/> |
| BRAWC | Shelter for Women; offering supports for transitional housing. | Address: 164 Nottawasaga St Orillia Number: 705-326-3900 | No website at this time. There is a Facebook Page. |
| Athena’s Sexual Assault Counselling and Advocacy Centre | Committed to providing shelter, counselling & support to women identified individuals and their children, who have experienced abuse. | Crisis Line: 1-800-987-0799 (South Simcoe)  1-800-461-750 (North Simcoe) | [*http://www.huroniatransitionhomes.ca/*](http://www.huroniatransitionhomes.ca/) |
| Cedar Centre | Therapeutic services to children, adolescents, adults and families who have experienced childhood sexual abuse and childhood interpersonal trauma (including sexual, physical and emotional abuse, witnessing violence and neglect. | 1-800-263-2240  Location: 17705 Leslie Street, Unit 12, Newmarket, ON | [*www.cedarcentre.ca*](http://www.cedarcentre.ca/) |
| Women and  Children’s Shelter of  Barrie | The Women & Children’s Shelter of Barrie provides a safe refuge and emergency support services for abused women and their dependents in its commitment to end the cycle of violence. | Shelter Crisis Line:  705-728-8544 or  1-800-461-1716    Outreach Services: 705-721-9977 | [*http://barrieshelter.com/*](http://barrieshelter.com/) |

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|  | **Social Services** | |  |
| Agency | Services Offered | Contact | Website |
| Service Ontario | Support in Licensing, stickers, and Health Card. | Barrie: 705-722-5210 Midland: 705-526-1590 Orillia: 705-326-4424  Muskoka: 1-800-267-8097 Collingwood: 705-445-3530 | <https://www.ontario.ca/locations/serviceontario> |
| Social Services | Office to support in application for Ontario Works, ODSP and other assistance programming. | Barrie, Midland & Orillia 705-722-3132  Muskoka: 705-645-2412 Collingwood 705-722-3132 | [Social assistance | ontario.ca](https://www.ontario.ca/page/social-assistance) |
| YMCA Employment | Support in Employment services; job searching, resume building & interview support | Barrie: 705-241-2501  Midland: 705-528-0845  Muskoka: 705-787-0349 | <https://ymcaofsimcoemuskoka.ca/> |

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|  | **Family Services** | |  |
| Agency | Services Offered | Contact | Website |
| Simcoe Muskoka Family Connexions | Child Protection Services servicing Simcoe Muskoka for children and youth to the age of 18 | Various Locations across Simcoe County 1-800-461-4236 | [Simcoe Muskoka Family Connexions](https://familyconnexions.ca/) |
| Dnaagdawenmag Binnoojiiyag Child and Family Services | Child Protection Services servicing Indigenous families for children and youth to the age of 18. | Various Location across Ontario  705-295-7135 | [Home - Dnaagdawenmag Binnoojiiyag Child & Family Services](https://www.binnoojiiyag.ca/) |

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|  | **Youth Justice Services** | |  |
| Agency | Services Offered | Contact | Website |
| Elizabeth Fry Society | Diversion Program; diversion is for youth (12-17) that are involved in the justice system. | 705-725-0613 102 Maple Ave Barrie | [Home (elizabethfrysociety.com)](https://www.elizabethfrysociety.com/) |
| Native Friendship Centre | Youth Justice Program supports Indigenous youth going through the Justice System. | Barrie: 705-721-7689  175 Bayfield St.  Midland: 175 Yonge St  705-526-5589 | [www.gbnfc.ca](http://www.gbnfc.ca)  [barrienfc.ca](https://www.barrienfc.ca/) |
| Enaahtig Justice Program | Youth Justice Program supports Indigenous youth going through the Justice System. | 382 King St, Midland  Tel. (705) 526-2929 | [Enaahtig | Programs & Services](https://www.enaahtig.ca/services) |