

HIV/AIDS Regional Services1-800-565-2209
Kids Help Phone1-800-668-6868
LGBT Information Line1-800-268-9688
Mental Health Services
Hastings/Prince Edward Corp.613-967-4734
National Eating Disorder
Information Line1-866-633-4220
Open Line Open Mind613-310 (OPEN) 6736
Sexual Assault Centre for Quinte & District 613-967-6300
Sexual Assault Helpline (24 hr)1-877-544-6424
Three Oaks Shelter for Women and
Children613-966-3074
Tyendinaga Mohawk Family &
Children Services Crisis Line613-967-2003
or1-800-672-9515
QHC – Parent-Child & Youth
Clinic613-969-7400 x. 2691
QHC Mental Health Clinic613-969-7400 x. 2228
Volunteer & Information Quinte613-969-8862
Youth Habilitation Quinte Inc.613-969-0830

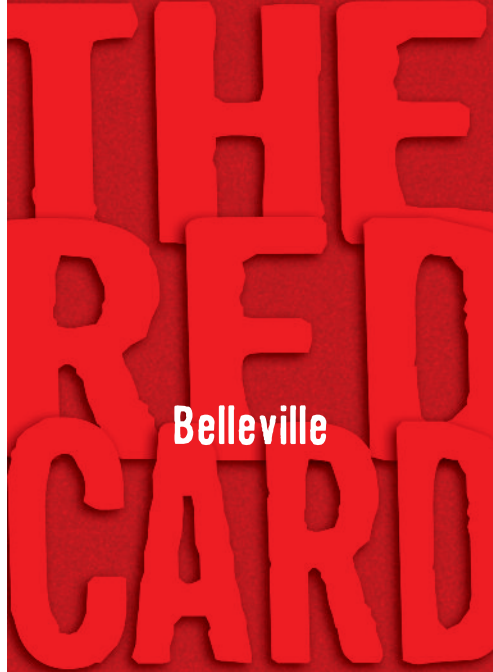


When you don't know
where to turn.™



www.hpechildrenandyouth.ca

March 2013



Where Can I Get Help to Find a Job?

Career Edge	613-969-0192
Community Employment Services/Summer Jobs Service	613-966-0205 & 1-866-860-5652
Employment Ontario Hotline	1-800-387-5656
Hastings County Ontario Works	613-966-8032
	1-800-267-0575
Meta Employment Services	613-966-9069
	& 1-888-401-9636
Service Canada/SIN# Information	1-800-206-7218

Where Can I Get Help to Complete My Education?

Algonquin and Lakeshore Catholic District School Board	1-800-581-1116
Centennial Secondary School	613-962-9233
Community Learning Alternatives	613-962-9615
General Education Development (GED)	1-800-573-7022
Hastings and Prince Edward District School Board	1-800-267-4350
Independent Learning Centre	1-800-387-5512
Loyalist College: College Prep Program	613-969-1913 x. 2456
Loyola Adult Day School	613-966-9210
Moir Secondary School	613-962-8668
Nicholson Catholic College	613-967-0404
Ministry of Education, Training, Colleges & Universities	1-800-387-5514

Quinte Secondary School	613-962-9295
South Hastings Alternative Personalized Education (SHAPE)	613-962-2140
St. Theresa Secondary School	613-968-6993

Where Can I Get Help to Find Food, Shelter & Clothing?

Community Advocacy & Legal Centre	613-966-8686
Gleaners Food Bank	613-962-9043
Good Food/Baby Box Programs (CDC)	613-968-2466
Hastings Housing Program Branch	613-968-3465
Hastings Housing Resource Centre	613-969-1748
Landlord and Tenant Information	1-888-332-3234
Our House	613-969-8874
Red Cedars Shelter Crisis Line – Tyendinaga	613-967-2003
Salvation Army	613-968-6834
Salvation Army Thrift Store	613-968-7776
Salvation Army Warm Room – Dec. to Mar.	613-968-6834
Salvation Army After Hours	1-866-414-0300
St. Vincent de Paul	613-966-8005
Youth Habilitation Quinte Inc.	613-969-0830

Where Can I Get Help for Financial Assistance?

Belleville Community Trust	613-962-3070
Credit Counselling Services	613-966-3556
Hastings County Ontario Works	613-966-8032

Where Can I Get Health Advice?

Bayview Medical Clinic	613-968-5709
Belleville and Quinte West Community Health Centre	613-962-0000
Hastings & Prince Edward Counties Health Unit	613-966-5513
Sexual Health Clinic	613-966-5513 x. 243
Needle Exchange Program	613-966-5513 x. 620
Tobacco Talk Line	613-966-5513 x. 600
Health Card Info Line	1-800-664-8988
Poison Control Centre	1-800-267-1373
Quinte Health Care Belleville General Hospital	613-969-7400
Telehealth	1-866-797-0000

Where Can I Go for Support Services?

Addictions Centre	613-969-0077
AIDS Hotline	1-800-668-2437
Alcoholics Anonymous, Al-Anon, Alateen	1-877-961-2134
Children's Mental Health Services	613-966-3100
Community Advocacy & Legal Centre	613-966-8686
Counselling Services of Belleville & District	613-966-7413
Crisis Intervention Hastings/Prince Edward	613-962-7227
Drug and Alcohol Information line	1-800-463-6273
Freedom Support Centre	613-969-1772
Highland Shores Children's Aid	613-962-9291
or	1-800-267-0570