

2<sup>nd</sup> ANNUAL

# Community Service Expo



**Thursday, November 7, 2013**

Valuable information to enhance your lifestyle!

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**Quinte Sports & Wellness Centre, 265 Cannifton Road, Belleville, 2-7pm**

Proudly Sponsored By

United Way Quinte



and

**United Way**  
of Quinte

East Central Ontario Training Board



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# 1. Alcoholics Anonymous

Fair Representative(s): Odie Morningstar

Phone Number: (613)661-4728

Website: <http://www.quinteeastaa.org/>

## Services Provided:

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Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

## 2. Belleville Pregnancy and Family Care Centre

Fair Representative(s): Heather Tapp, Holly Fillmore

Phone Number: (613)969-7866

Website: <http://bellevillepregnancyandfamilycarecentre.com/>

### Services Provided:

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The Belleville Pregnancy and Family Care Centre is a non-profit Christian organization. We provide support and education to those who are experiencing a crisis pregnancy as well as we have programs that provide service in prenatal, parenting and post abortive care.

### 3. Belleville and Quinte West Community Health Centre

Fair Representative(s): Cheryl, Elaine, Jennifer, Amy, Christine, and Bianca

Phone Number: (613)962-0000

Website: <http://www.bqwchc.com/>

#### Services Provided:

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The Belleville and Quinte West Community Health Centre is a not-for-profit health care organization that provides a wide range of services and programs to improve the health and wellbeing of people who live in the community.

## 4. Belleville & Quinte West CHC

### Telemedicine Program

Fair Representative(s): Heather Sylvester- Giroux

Phone Number: 613-962-0000

Website: <http://www.bqwchc.com/node/447>

#### Services Provided:

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Telemedicine is a confidential 2- way video conferencing healthcare system connecting patients at a local health centre to out -of -town specialists.



## 5. Belleville Racing and Dragon Boat Club

Fair Representative(s): Brenda Dettlinger, Danielle Dettlinger, Susan Clark, Barb Michno

Phone Number: 613-962-4362

Website: [www.bellevilledragonboatclub.com](http://www.bellevilledragonboatclub.com)

Services Provided:

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Belleville Racing and Dragon Boat Club (BRDBC) is a non-profit organization that wants to make water sports available to everyone in Belleville and surrounding areas.

## 6. Belleville Speak-Easy Toastmasters

Fair Representative(s): Brenda Dettlinger, Rob Dettlinger, Sandra Valks

Phone Number:

Website: [www.bellevillespeakeasy.toastmastersclubs.org](http://www.bellevillespeakeasy.toastmastersclubs.org)

### Services Provided:

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Toastmasters is an International organization that has 3 clubs in the Belleville area. Develop your communication and leadership skills, overcome negative messages from the past, gain confidence in a no-pressure atmosphere, one of the greatest investments you can make in yourself.

## 7. Big Brothers Big Sisters

### Of Hastings and Prince Edward Counties

Fair Representative(s): Josh Mitchell & Amber Hayes

Phone Number: (613)962-3666

Toll free at 1(855)962-3666

Website: [www.bigsneeded.ca](http://www.bigsneeded.ca)

Email: [information.hpec@bigbrothersbigsister.ca](mailto:information.hpec@bigbrothersbigsister.ca)

Services Provided:

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Provides mentoring programs to children in need in the communities we serve.

## 8. Brain Injury Association Quinte District

Fair Representative(s): Pamela Holmstead, Christine Hobbs, Mary Ellen Thompson

Phone Number: (613)967-2756

Toll Free: 1(866)894-8884

Website: <http://biaqd.ca/>

### Services Provided:

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The Brain Injury Association Quinte District is dedicated to supporting individuals with acquired brain injury, their families and their communities by promoting awareness through education, information, and outreach services

## 9. Canadian Mental Health Association HPE

Fair Representative(s): Sandie Sidsworth, Roby Graves, Judy Brant

Phone Number: (613)969-8874

Website: <http://www.hastings-cmha.org/>

### Services Provided:

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We provide transitional housing for the homeless, counseling, groups, workshops and employment support for those struggling with mental health issues, and hoarding support.

## 10. Children's Mental Health Services

Fair Representative(s): Lynda Hart, Shelley Jones

Phone Number: (613)966-3100

Website: <http://www.cmhs-hpe.on.ca/>

### Services Provided:

Working with youth ages 0-18 years and their families, provides a range of mental health services from least intrusive to most intensive. This includes assessment, individual, family and group therapy, case consultation, case management, intensive in-home and in-school services, day treatment, residential services, and crisis line.

# 11. City of Belleville Recreation, Culture and Community Services

Fair Representative(s): Caitlin Gnidec, Brittany Denny

Phone Number: (613)966-4632

Website: <http://www.belleville.ca/city-hall/directory/recreation-culture-community-services>

## Services Provided:

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The City of Belleville Recreation, Culture & Community Services Department provides diverse and inclusive fitness and recreation opportunities for people of all ages. We strive to establish and improve leisure and fitness opportunities for the members of our community.

## 12. CNIB (Canadian National Institute For the Blind)

Fair Representative(s): Scott Birney, Brenda Fielding, Vicki Baker

Phone Number: (613)966-8833

Website: [www.cnib.ca](http://www.cnib.ca)

### Services Provided:

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CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.



## 13. Community Advocacy & Legal Centre

Fair Representative(s): Carrie McGeown

Phone Number: 613-966-8686 x60

Website: <http://www.communitylegalcentre.ca/>

### Services Provided:

The Community Advocacy & Legal Centre provides access to justice through quality legal services, advocacy and information for people living on a low income or in poverty.

## 14. Community Development Council of Quinte

Fair Representative(s): Jim Mallabar, Bev Heuving

Phone Number: 613-968-2466

Website: <http://www.cdcquinte.com/>

### Services Provided:

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Community Development Council of Quinte (CDC-Q) operates food programs which include: The Good Food Box, The Good Baby Box, Community Gardens, and The Good Food Box Kitchen. The CDC-Q also raises awareness on social issues that create poverty and conducts research and forms alliance to reduce poverty.

## 15. Community Employment Services

### Loyalist College

Fair Representative(s): Nicole Hoselton

Phone Number: (613)966-0205

Website: <http://www.loyalistcollege.com/programs-and-courses/community-employment-services/overview>

#### Services Provided:

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CES offers a full range of free employment services for job seekers of all ages & community employers, such as: access to our employment resources centre, 1;1 job search assistance, job matching, access to programs such as Second Career, Self-Employment Benefit & Summer Jobs Service Program.

## 16. Community Learning Alternatives (CLA)

Fair Representative(s): Daniel Dufoe and Alexandra Bell

Phone Number: (613)962-9615

Website: <http://cla-buildingskills.ca/>

### Services Provided:

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CLA provides upgrading and essential skills training for adult learners with employment and education goals.

## 17. Community Living Prince Edward

Fair Representative(s): Linda Duffy-Brown, Bev Dick, Lee Quann

Phone Number: (613)476-6038

Website: [www.clpe.on.ca](http://www.clpe.on.ca)

Email: [info@clpe.on.ca](mailto:info@clpe.on.ca)

### Services Provided:

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CLPE is a non-profit developmental service agency that provides a wide range of services for infants, children, youth, adults, seniors & families. Mission: We exist to facilitate the participation of people with disabilities in the life of the community and its economy. Vision: That all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively.

## 18. Community Organized Support & Prevention (Quinte)

Fair Representative(s): Linda Seeley, Cindy Henderson, Rhonda Lummiss-McCleery, David Hill, Stacy Scott, Kerry Cole

Phone Number: (613)966-7410

Website: <http://www.cosp.ca/>

Email: info@cosp.ca

### Services Provided:

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Community Organized Support & Prevention (Quinte) [C.O.S.P] is a non-profit agency that offers prevention, restorative and intervention programming for youth in conflict with the law, community service programming for adults, and positive school support.

## 19. Continuing On In Education

Fair Representative(s): Chris Houlden, Peggy Dalby

Phone Number: (613)962-8350

Website: <http://www.continuingonineducation.ca/>

Email: [coed@continuingonineducation.ca](mailto:coed@continuingonineducation.ca)

### Services Provided:

Continuing On In Education offers a fully supported, community-based day program and after hours respite program for adults with special needs. We offer support, to enhance skills in literacy, numeracy, daily living skills, communication, health and fitness and supported work placements.

## 20. Counselling Services of Belleville and District (CSBD)

Fair Representative(s): Tracey Corrigan, Renee O'Hara, Ellen Anderson,  
Michelle Vieira, Anne Clark

Phone Number: (613) 966-7413

Website: <http://www.csbd.on.ca/>

Email: [csbd@csbd.on.ca](mailto:csbd@csbd.on.ca)

### Services Provided:

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CSBD is a community-based resource agency responding to the need for assessment, counselling, advocacy and support. There are 10 programs providing support to the community.



## 21. Early Literacy Specialists - Family Space and Kingston Literacy & Skills

Fair Representative(s): Donna Kaye, Susan Ramsay

Phone Number: (613)966-9427

Website: [http://www.familyspace.ca/oes\\_early\\_literacy\\_program.cfm](http://www.familyspace.ca/oes_early_literacy_program.cfm)

### Services Provided:

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The Early Literacy Specialists work with parents and professionals in Hastings and Prince Edward Counties to support children's emergent literacy development from birth to 6 years of age.

## 22. Family Space Quinte Inc.

Fair Representative(s): Lisa Elliot, Amy McGuinness

Phone Number: (613) 966-9427 or toll free at 1-800-952-2279

Website: <http://www.familyspace.ca/>

### Services Provided:

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Quinte Space Quinte Inc. is a multi-service child and family organization which offers various programs and services across Hastings and Prince Edward County. This program includes Licenced Home Child Care, Ontario Early Years Centre (OEYC), and Resource Consultant Program.

## 23. Freedom Reins

### Equine Assisted Growth & Learning

Fair Representative(s): Lisa Young, Tara Whyte

Phone Number: (613) 394-3911

Website: [www.freedomreinseal.com](http://www.freedomreinseal.com)

Email: [freedomreins@gmail.com](mailto:freedomreins@gmail.com)

#### Services Provided:

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Equine Assisted Psychotherapy (EAP) is a collaborative effort, experiential in nature, involving professionals, horses and clients that encourages emotional growth and learning, and addresses specific client needs. A mental health professional and a horse professional lead activities where clients learn about themselves and others by applying certain skills during ground exercises with horses.

## 24. Girls Incorporated of Limestone

Fair Representative(s): Hanna Kitchingman, Danielle Lemmon

Phone Number: (613)779-7707

Website: <http://www.girlsinclimestone.ca/>

### Services Provided:

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Girls Inc. Limestone provides life-skills education and mentoring programs for girls, and is at the heart of girls' lives and forefront of the girls' right movement. With programs that are grounded in research and tested in the field, our organization celebrates and empowers girls and young women, and advocates for an equitable world.

## 25. Hastings County Children's Services

Fair Representative(s): Tammy Garrison

Phone Number: (613)966-9771

Toll free at 1(866)966-9771

Website: <http://www.hastingscounty.com/municipal-services/childrens-services.html>

Services Provided:

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Child Care Subsidy, Raising the Bar.

## 26. Hastings County Social Services Ontario Works

Fair Representative(s): Nicole Wilson, Darlene Satamo, Lori Smith

Phone Number: (613)966-8032

Website: <http://www.hastingscounty.com/municipal-services/ontario-works-and-employment-services-.html>

### Services Provided:

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Hastings County Social Services provides financial assistance and employment services to residence within Hastings County.

## 27. Hastings & Prince Edward Counties Health Unit

Fair Representative(s): Kristina Chadwick, Sarah Gignac

Phone Number: (613)966-5513

Website: [www.hpechu.on.ca](http://www.hpechu.on.ca)

### Services Provided:

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The Hastings & Prince Edward Counties Health Unit's mission is to enable the people in Hastings and Prince Edward counties to achieve and maintain optimal health through health protection and promotion, as well as disease and injury prevention.

## 28. Highland Shores Children's Aid

Fair Representative(s): Heather Ronsky, Jennifer Bishop

Phone Number: (613)962-9291

toll free at 1(800)267-0570

Website: <http://highlandshorescas.com/contact>

### Services Provided:

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Highland Shores Children's Aid protects and cares for vulnerable children and youth in the counties of Prince Edward, Hastings and Northumberland and provides programs and services that help to empower them and their families.



## 29. K3C Credit Counselling

Fair Representative(s): Delima Whittle

Phone Number: (613)966-3556

Toll Free at 1(800)379-5556

Website: [www.k3ccreditcounselling.org](http://www.k3ccreditcounselling.org)

Email: [Belleville@k3c.org](mailto:Belleville@k3c.org)

### Services Provided:

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K3C is a division of K3C Community Counselling Centres. We are not-for-profit charitable organization established in 1968, dedicated to helping our clients achieve financial stability.

## 30. Lambs for Children

Fair Representative(s): Ruth Forget

Phone Number: (613)476-1128

Website: <http://www.edithfoxcentre.org/lambs.html>

### Services Provided:

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The Centre provides clinical grief counseling to all aspects of loss utilizing the human/animal bond, horticulture and the arts.

# 31. Loyalist College

## Children & Youth Worker Program

Fair Representative(s): Cathy Waite

Phone Number: (613)969-1913

Website: <http://www.loyalistcollege.com/programs-and-courses/full-time-programs/child-and-youth-worker>

### Services Provided:

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Through non-judgmental support, advocacy, the formation of therapeutic relationships and the use of therapeutic interventions, Child and Youth Counsellors empower children, youth and their families to make positive changes in their lives.

## 32. Loyalist College

### Continuing Education

Fair Representative(s): Colleen Ringham, Heather Cockerline, Anna Bennett, Melanie Roy

Phone Number: (613) 969-1913 Ext. 2260

Website: [https://www.loyalistbanner.com/PROD/cewkcrss.P\\_IndexPage](https://www.loyalistbanner.com/PROD/cewkcrss.P_IndexPage)

#### Services Provided:

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Loyalist College Continuing Education provides flexible delivery of programs towards personal, educational and professional goals. Our Kids Camp provides summer activities for children combining learning with fun.

## 33. Mental Health Services

### Hastings Prince Edward Corp.

Fair Representative(s): Janet Evans

Phone Number: (613)967-4734 or (613)968-2619

Website: <http://www.mentalhealthservices.ca/>

#### Services Provided:

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Mental Health Services Hastings Prince Edward is a community-based mental health agency providing a range of client-centred services and supports individuals sixteen and older who are affected by mental health problems or illness.

## 34. META Employment Services

Fair Representative(s): Frankie Tom, Tanya Coughlin, Kelly Stanhope, Barb Huffman

Phone Number: (613)966-9069

Website: <http://www.metaemploymentservices.com/>

### Services Provided:

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META provides Employment Ontario programs and services to individuals who are unemployed, laid-off, job searching, interested in education, training or seeking an apprenticeship. We are committed to helping Employers at no cost with the hiring process from start to finish.

## 35. Mohawks of the Bay of Quinte

### Community Wellbeing

Fair Representative(s): Brandi Hildebrand, Allison Brant, Brandy Maracle

Phone Number: (613)967-0122

Website: <http://www.mbq-tmt.org/administration-and-services/community-wellbeing/community-wellbeing---introduction>

#### Services Provided:

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The Community Wellbeing Centre provides health and social services in a culturally sensitive manner to the members of the Mohawks of the Bay of Quinte.

## 36. Quinte Health Care Domestic Violence Sexual Assault Response Program

Fair Representative(s): Teresa Gauthier

Phone Number: 613-969-7400 or 613-332-2825 ext 5024

Website: <http://www.qhc.on.ca/domestic-violencesexual-assault-response-program-c67.php>

### Services Provided:

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We are a group of specially trained nurses available 24/7 to all 4 QHC sites. We respond to domestic violence, adult and pediatric sexual assault.



## 37. Quinte Health Care Parent Child & Youth Clinic

Fair Representative(s): Darlene Stuckless, Leslie Ford, Jacqui Spence Gray, Clair Berube

Phone Number: (613) 969-7400, ext. 2691

Website: <http://www.qhc.on.ca/parentchild--youth-clinic-c72.php>

### Services Provided:

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Parent Child and Youth Clinic (PCYC) is a hospital-based, outpatient program for children 4 to 15 years with an objective to provide assessment/diagnosis and client-centered treatment through a model of care that is strength-based.

## 38. Quinte and District Rehabilitation

Fair Representative(s): Amy Sager, Kathleen Emdin, Judy White, Jane Lavery

Phone Number: (613) 966-5015

Website: <http://www.quinterehab.com/>

### Services Provided:

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Quinte Rehab provides rehabilitation services for Occupational Therapy, Physiotherapy, Speech and Language Therapy, Dietetics and Social Work including assessment, treatment, consultation and education in the home, school, workplace and in our clinic.

## 39. Quinte United Immigrant Services (QUIS-CEOTIS-QLIP)

Fair Representative(s): John Robertson, Nancy Sayeau

Phone Number: 613)968-7723

Website: <http://www.quis-immigration.org/>

### Services Provided:

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QUIS has direct essential services for newcomers to Canada such as Permanent Residents, Convention Refugees, Caregivers & Temporary Permit Holders. CEOTIS has Translation & Interpretation services. QLIP is focused on improving access to services and building a more inclusive welcoming community.

## 40. Regional Cadet Support Unit (Central)

Fair Representative(s): James Sutherland

Phone Number: (613)392-2811

Website: [www.cadets.ca](http://www.cadets.ca)

### Services Provided:

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Cadets Canada is a proactive youth development organization offering a dynamic, community-based program for youth ages 12-18 years, to prepare them for the transition to adulthood and to become leaders of tomorrow through a series of fun, safe, challenging activities at no cost.

## 41. Small Business Centre

Fair Representative(s): Kristina Lane

Phone Number: (613)961-0590

Toll free at 1(877)961-0590

Website: <http://www.smallbusinessctr.com/>

Email: [infor@smallbusinessctr.com](mailto:infor@smallbusinessctr.com)

### Services Provided:

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The Small Business Centre provides counselling, resources, seminars, and workshops for new and existing businesses. We administer some youth entrepreneurship programs including Summary Company, an opportunity for students aged 15-29 years to start their own summary business and gain valuable skills.

## 42. South East Community Care Access Centre (CCAC)

Fair Representative(s): Carole Park

Phone Number: (613)966-3530

Website: <http://www.ccac-ont.ca/>

### Services Provided:

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The South East CCAC provides community health care services for people of all ages, including infants, children and youth. Children may receive care at school through the CCAC's School Health Support program up to the age of 21 with medical or rehabilitation needs.

## 43. Trenton Military Family Resource Centre

Fair Representative(s): Maude Jean Workman, Audrey Cochrane

Phone Number: (613)392-2811

Website: <http://www.familyforce.ca/sites/Trenton/EN/Pages/default.aspx>

### Services Provided:

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The Trenton MFRC provides services and resources that support the well-being of military families serving at 8 Wing/CFB Trenton. By military families, we include all military, regular force or reservist, and their parents and close relatives. In all our work, we comply with the Privacy Code of the Director of Military Family Services (DMFS). All our services are confidential.

## 44. Three Oaks Shelter and Services

Fair Representative(s): Jennifer Loner

Phone Number: (613) 967-1416 ext 223

**24 Hour Crisis Line** at 613 966 3074 or

Toll Free: 1 800 267 0533

Website: <http://threeoaksshelterandservices.ca/site/>

Email: [publiced@bellnet.ca](mailto:publiced@bellnet.ca)

### Services Provided:

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Three Oaks provides emergency shelter and outreach services in Hastings County; offering 24 hour assistance to women and children who have experienced violence.



## 45. Triple P

Fair Representative(s): Julie London

Phone Number: (613)968-1144

Toll free at 1(877)968-1144

Website: [www.tripleontario.ca](http://www.tripleontario.ca)

Email: [triplep@familyspaces.ca](mailto:triplep@familyspaces.ca)

### Services Provided:

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Parenting program that provides multiple levels of support in a variety of delivery modalities, Triple P is designed for every parent's needs.

## 46. Volunteer Information Quinte

Fair Representative(s): Amanda Witty

Phone Number: (613)969-8862

Toll Free: 1(866)340-0899

Website: <http://www.viq.ca/>

### Services Provided:

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Volunteer recruitment and referral to and for over 250 non-profit organizations in Hastings and Prince Edward Counties - a place where you can find out about available volunteer opportunities, management, workshops and more.

## 47. Worker's Help Centre

Fair Representative(s): CJ Christie, Cam Jay, Andy Hanson

Phone Number: (613) 969-4357 (969-HELP)

Website: <http://www.unitedwayquinte.ca>

### Services Provided:

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The Workers Help Centre is a joint initiative of the Quinte Labour Council and The United Way of Quinte, providing assistance for workers with issues involving Employment Insurance, Employment Standards, Health & Safety and more.

## 48. Youth Habilitation Quinte Inc.

Fair Representative(s): Amanda Bolyea, Amanda Chamberlain

Phone Number: (613)969-0830  
toll free at 1(866) 859-9222

Website: <http://www.youthab.ca/>

### Services Provided:

Youthhab provides a spectrum of services for young people 16 to 24. These services include mental health counselling, employment and supportive housing.

## 49. Community Service Network

An open forum for service providers in Hastings & Prince Edward Counties to share and obtain up-to-date information on supports, services, programs and resources in the community.

For more information, contact any member of the Steering Committee:

- Linda Duffy-Brown, Community Living Prince Edward, 613-476-6038 x111
- Julie K. London, Triple P – Positive Parenting Program, 613-968-1144
- Audrey Gillis – Trenton Military Family Resource Centre, 613-955-0902
- Geoff Said – Hastings & Prince Edward District School Board, 613-966-1170 x2251

## 50. Children and Youth Services Network

A community planning table comprised of representatives from over 50 community organizations that serve children, youth and their families across Hastings and Prince Edward Counties.

**OUR VISION:** *Children, youth and families living in Hastings-Prince Edward easily access a responsive service system that meets their needs.*

For more information, please visit <http://hpechildrenandyouth.ca>

To become involved, contact: Wendy Anderson, Coordinator  
613-966-3100 x246  
[wanderson@cmhs-hpe.on.ca](mailto:wanderson@cmhs-hpe.on.ca)

# Notes

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# Working Together ...

COMMUNITY LIVING  
Prince Edward



Hastings & Prince Edward  
**CHILDREN AND YOUTH  
SERVICES NETWORK**  
RÉSEAU DE SERVICES DESTINÉ AUX ENFANTS ET AUX JEUNES

Community  
**Service  
Network**



TRENTON  
**MFRC / CRFM**



**VOLUNTEER & INFORMATION CENTRE**  
OF HASTINGS AND PRINCE EDWARD COUNTIES



Hastings and Prince Edward  
District School Board