

## WELLNESS & EDUCATION RESOURCES

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

| RESOURCE   | INFORMATION   | CONTACT  |
|--|---|--|
| <b>WELLNESS RESOURCES</b>                            |   |  |
| Boost  | Child & Youth Advocate – resources available such as books, professional resources for abuse  | 1-855-424-1100<br><a href="http://www.boostforkids.org">www.boostforkids.org</a>   |
| EdgeWest   | Drop-in youth clinic (ages 13-29) providing comprehensive health care for youth in Toronto West End   | 416-652-4363<br><a href="http://www.edgewest.ca">www.edgewest.ca</a>   |
| Good2Talk  | Confidential services for post-secondary students providing professional counselling and information and referrals for mental health, addictions, and well-being  | 1-866-925-5454 (operates 24/7)<br><br>Crisis Text Line: text GOOD2TALKON to 686868<br><br><a href="http://www.good2talk.ca/ontario/">www.good2talk.ca/ontario/</a>   |
| Mindyourmind   | Various wellness tools, mental health education and resources, blog   | <a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a><br>Safety Planning App:<br><a href="https://besafeapp.ca/">https://besafeapp.ca/</a>  |
| Peel Children's Centre Mobile Crisis Response        | Crisis Support  | 416-410-8615   |
| Sherbourne Health – Supporting Our Youth (SOY)       | Health promotion services and programming by LGBTQSQ youth and young adults   | <a href="http://www.soytoronto.com">www.soytoronto.com</a>   |
| Stella's Place                                       | Comprehensive mental health services (ages 16-29) includes drop-in Virtual Counselling, peer support, employment, wellness and recovery services  | 416-461-2345 ext. 0<br>(Tues & Thurs: 3pm -6pm)<br><br>BeanBagChat App:<br>Mon-Thurs: 12pm-9pm<br>Fri & Sun: 5pm-9pm<br><br><a href="mailto:connect@stellasplace.ca">connect@stellasplace.ca</a><br><a href="http://www.stellasplace.ca">www.stellasplace.ca</a> |
| Woodgreen Community Services                         | Youth wellness center, sisters in action (for young Muslim women), employment services  | 416-645-6000 ext.2133<br><a href="mailto:skwaku@woodgreen.org">skwaku@woodgreen.org</a><br><a href="http://www.woodgreen.org/services/youth">www.woodgreen.org/services/youth</a>  |
| <b>EDUCATION RESOURCES</b>                           |   |  |
| Jamaican Canadian Association                        | Tutorial programs, advocacy, scholarships   | 416-746-5572<br><a href="http://www.jcaontario.org">www.jcaontario.org</a>   |
| Malton Youth Wellness Hub                            | Homework help/tutoring, outreach, access to food  | 437-242-8381<br><a href="mailto:Malton@youthhubs.ca">Malton@youthhubs.ca</a>   |
| Scarleteen   | Sex education resources   | <a href="http://www.scarleteen.com">www.scarleteen.com</a>   |
| Stepstones   | Youth support program: mentorship, education through homeless prevention program, and healthy living program  | 416-893-5196<br><a href="mailto:info@stepstonesforyouth.com">info@stepstonesforyouth.com</a><br><a href="http://www.stepstonesforyouth.com">www.stepstonesforyouth.com</a>   |
| Strides Toronto (Formerly East Metro Youth Services) | Community based children's mental health center (up to 18 years of age)<br><br>Includes: Autism services, ADD/ADHD seminars, community counselling and support programs, day treatment, after school programs, intensive child and family services, mental health T.O, Whats Up Walk-In Counselling, youth outreach | 416-438-3697<br>416-321-5464<br><br><a href="http://www.emys.on.ca">www.emys.on.ca</a>   |

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|---------------------------------|--|---|
| Teen Health Source              | Information concerning sexual health, part of Planned Parenthood Toronto                       | Text: 647-933-5399<br>Call: 416-961-3200<br>Email: <a href="mailto:teenhealthsource@ppt.on.ca">teenhealthsource@ppt.on.ca</a><br><a href="http://www.teenhealthsource.com">www.teenhealthsource.com</a> |
| Turning Point Youth Services    | School and justice programs  | 416-925-3250 ext.224<br><a href="http://www.turningpoint.ca">www.turningpoint.ca</a>  |
| <b>EMPLOYMENT RESOURCES</b>     |  |   |
| Eva's Initiatives               | Employment training  | 416-977-4497<br><a href="http://www.evas.ca">www.evas.ca</a>  |
| LOFT                            | Employment support focusing on helping youth achieve educational and career goals              | 416-797-1994<br><a href="http://www.loftcs.org">www.loftcs.org</a>  |
| Springboard                     | Employment services, youth justice services  | <a href="http://www.springboardservices.ca">www.springboardservices.ca</a>  |
| Stella's Place                  | Pre-employment specialist services<br>By appointment only                                      | 416-164-2345<br><a href="mailto:connect@stellasplace.ca">connect@stellasplace.ca</a>  |
| Woodgreen Community Services    | Youth employment services  | 416-645-6000 ext.2133<br><a href="mailto:skwaku@woodgreen.org">skwaku@woodgreen.org</a><br><a href="http://www.woodgreen.org/services/youth">www.woodgreen.org/services/youth</a>                       |
| YES (Youth Employment Services) | Deliver programs and services helping youth find a job or start a business, career counselling | 416-504-5516<br><a href="http://www.yes.on.ca">www.yes.on.ca</a>  |
| Youth Wellness Hubs             | Education and employment services within Ontario found on website                              | <a href="http://www.youthhubs.ca/en/">www.youthhubs.ca/en/</a>  |

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.