FOREWORD

I would like to welcome you to the new “Mental Health Resource Guide”. It does serve an important role in guiding service users and providers alike in navigating what seems to be a very elaborate, but somewhat perplexing system of resources.

This guide was the collective effort of numerous contributors, but I would like to thank Dr. Tariq Munshi who has spearheaded this idea and made it happen.

This guide should be seen as a living document, and I would encourage any reader who finds some omissions or inaccuracies in the newly developed resources to send a quick note to Dr. Munshi for inclusion in the document at this stage. In the future Dr. Feakins and Krista Robertson would also be involved in doing updates.

Roumen Milev
Professor & Head
Department of Psychiatry
Queen’s University
“We make a living by what we get, but we make a life by what we give.”

- Winston Churchill
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We would like to show our appreciation and gratitude to the following individuals who contributed to the development of this resource guide:

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<table>
<thead>
<tr>
<th>FOOD</th>
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| **Good Food Box – Kingston**  
**Address:** 400 Elliott Ave, Kingston, ON K7K 6M9  
**Tel:** 613-542-5486  
**Email:** goodfoodbox@nkchc.kchc.ca  
**Contact:** Mary Wood, Organizer  
**Hours:** Mon.-Fri. 9:00a.m.-4:30p.m.  
**Description:** Place order and pay at the beginning of the month; pick-up is on the third Thursday of each month  
**Eligibility:** No restrictions  
**Referral/How to Apply:** Call and leave a message with your name, phone number and area  
**Fees:** Service  
**Services available in:** English  
**Areas served:** Frontenac County, Greater Napanee, Kingston, Leeds and the Thousand Islands |
| **Good Food Box – Sydenham**  
**Address:** Rural Visions Centre  
4419 George St, Sydenham, ON K0H 2T0  
**Tel:** 613-375-6477  
**Toll-Free:** 1-800-763-9610  
**Fax:** 613-376-6734  
**Website:** http://www.sfcsc.ca  
**Email:** info@sfcsc.ca  
**Contact:** Kate Hulton, Family Services Coordinator  
**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.  
**Description:** Fresh produce packages offered once a month at minimal cost  
**Eligibility:** No restrictions  
**Referral/How to Apply:** Call for the nearest location  
**Fees:** Service  
**Services available in:** English, French  
**Areas served:** Central Frontenac, North Frontenac, South Frontenac (parts) |
| **Martha’s Table**  
**Address:** 629 Princess St, Kingston, ON K7L 1E2  
**Tel:** 613-546-0320  
**Friendship Room:** 613-530-3771  
**Fax:** 613-546-0313  
**Website:** http://www.marthastable.ca/  
**Email:** marthastable@bellnet.ca  
**Contact:** Ronda Candy, Managing Director  
**Hours:** Mon.-Fri. 9:00a.m.-9:00p.m., 1:00p.m.-3:30p.m.  
**Meal service times:** Mon.-Fri. 3:30p.m.-5:15p.m.  
**Eligibility:** All welcome for meals  
**Referral/How to Apply:** Drop-in at meal times  
**Fees:** Service ($1/dinner; none for children 10 and under if accompanied by adult)  
**Services available in:** English  
**Areas served:** Kingston |
| **North Frontenac Food Bank**  
**Mailing Address:** c/o NFCS, PO Box 250  
Northern Frontenac Community Services Corporation, Sharbot Lake, ON K0H 2P0  
**Fax:** 613-279-2565  
**Hours:** Mon.-Fri. 8:30a.m.-12:00p.m.,1:00p.m.-4:30p.m.; food provided Tues. & Frl.  
**Eligibility:** No restrictions |
Referral/How to Apply: References from community social workers & agencies through the access point
Fees: None
Services available in: English
Areas served: Central, North & South Frontenac

Partners in Mission Food Bank
Address: 140 Hickson Ave, Kingston, ON K7K 2N6
Tel: 613-544-4534
Fax: 613-544-4709
Website: http://www.kingstonfoodbank.net
Email: foodbank@kingston.net
Contact: Sandy Singers, Executive Director
Hours: Mon. - Fri. 8:30a.m. - 12:00p.m. and 1:00p.m. - 4:30p.m.
Pickup Hours: Mon. - Fri. 2:00p.m. - 4:00p.m.
Eligibility: Eligibility is determined by reviewing shelter costs and income; assistance is provided once a month with about 3 to 5 day’s worth of food
Referral/How to Apply: No referrals are necessary — service users are required to call to arrange a time for an intake interview
Fees: None
Services available in: English
Areas served: Kingston

The Salvation Army – Citadel
Address: 816 Centennial Dr, Kingston, ON K7M 0A4
Tel: 613-548-1600
Fax: 613-548-4613
Website: http://www.kingstonsa.ca
http://www.salvationarmy.ca
Email: citadel@kingstonsa.ca
Hours: Tues.-Fri. 9:30a.m. - 4:00p.m.
Description: Heat cooling centre, food bank, meal drop-in program
Eligibility: No restrictions
Referral/How to Apply: Call or visit the centre
Fees: None
Services available in: English
Areas served: Kingston

The Salvation Army – Community and Family Services
Address: 342 Patrick St, Kingston, ON K7K 6R6
Tel: 613-548-4411
Fax: 613-548-8562
Website: http://www.salvationarmy.ca
Email: cfsdirector@kingstonsa.ca

Contact: Beverley Harvey, Housing Outreach & Community Ministries Coordinator
Hours: Mon.-Tues. & Thu.-Fri. 9:00a.m. - 12:00p.m. & 1:00p.m. - 4:00p.m., Wed. 1:00p.m. - 4:00p.m.
Description: Offers emergency assistance (food, clothing or furniture), pastoral care, low income assistance bank program, rent deposit assistance, supervised child access program, summer camps, after-school program, family tracing, Christmas hampers
Eligibility: No restrictions
Fees: None
Services available in: English
Areas served: Frontenac County, Kingston
SHELTERS & HOUSING

Kingston Interval House
Mailing Address: P.O. Box 21042, Kingston, ON K7L 5P5
Crisis Tel: 613-546-1777
Tel: 613-546-1833 or 613-546-4136
Toll-free: 1-800-267-9445
TTY: 613-546-4461
Fax: 613-546-6300
Website: http://www.kingstonintervalhouse.com
Email: info@kingstonintervalhouse.com
Contact: Malika Seguin
Hours: 24 hours, daily
Description: 24-hr crisis line and domestic abuse emergency shelter for women & their children.
Eligibility: Women 16 and older and their children. Priority given to those who have been physically, emotionally or sexually abused or who fear assault.
Referral/How to Apply: Self-referral preferred
Fees: None
Services available in: English, interpretive services can be arranged
Areas served: Frontenac County, Kingston

Kingston Youth Shelter
Address: 234 Brock St, Kingston, ON K7L 1S4
Tel: 613-766-3200
Fax: 613-544-7396
Website: www.kingstonyouthshelter.com
Email: staff@kingstonyouthshelter.com
Contact: Jason Beaubia
Hours: 24 hours, daily
Description: Provides emergency overnight shelter for homeless youth. Provides food, counselling, and support.
Eligibility: Open to youth 16-24 (youth under 16 will be referred to appropriate resources)
Referral/How to Apply: Call or drop-in
Fees: None
Services available in: English
Areas served: Kingston-Frontenac

Dawn House Women’s Shelter
Address: 302 Victoria St, Kingston, ON K7L 3Z1
Crisis Tel: 613-545-1379 (24 hours)
Tel: 613-545-9640
Fax: 613-545-4071
Website: http://www.dawnhouse.net
Email: dhouse@kingston.net
Contact: Maggie McLaren
Hours: 24 hours, daily
Office Hours: Mon.-Fri. 9:00a.m.-4:00p.m.
Description: 24-hour emergency shelter (temporary - up to 45 days) for homeless women and their children, 24-hour crisis line, counselling, basic necessities, information and referrals, computer access, housing assistance, client advocacy, public education
Eligibility: Women 16 years of age and older and their children
Fees: None
Services available in: English, interpretive services can be arranged
Areas served: Frontenac County, Kingston

Elizabeth Fry Society of Kingston
Address: 127 Charles St., Kingston, ON K7K 1V8
Tel: 613-544-1744 (24 hours) or 1-888-560-3379 (24 hours)
Fax: 613-544-0676
Website: www.efrykingston.ca
Email: info@efrykingston.ca
Contact: Trish Crawford
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Women’s correctional support services agency offering a variety of services to women in conflict with the law, including counselling. Provides a Community Reintegration Program offering direct services such as substance abuse and relapse prevention services to conditionally released women.
Eligibility: Open to all women who are, have been, or are at risk of being in conflict with the law.
Referral/How to Apply: Call for immediate help or online for less urgent help
Fees: None
Services available in: English
Areas served: Kingston-Frontenac, Lennox & Addington

Home Base Housing
Address: 540 Montreal St, Kingston, ON K7K 3J2
Tel: 613-542-6672
Fax: 613-542-6317
Website: http://www.kingstonhomebase.ca
Email: info@kingstonhomebase.ca
Contact: Tom Greening
Hours: Mon.-Fri. 9:00a.m.-4:30p.m.
Description: Provides a variety of services related to seeking, gaining or maintaining affordable housing in Kingston. Refers clients to mental health and other resources.
Lennox & Addington Interval House
Mailing Address:
P.O. Box 113, Napanee, ON K7R 3L4
Crisis Tel: 613-354-1010 (24 hours)
Tel: 613-354-0808
Toll-Free Tel: 1-800-667-1010 (24 hours)
Fax: 613-354-7311
Email: intervalhouse@on.aibn.com
Contact: Sue Weir, Executive Director
Description:
• Shelter for abused women with or without children
• Offers 24 hour crisis line, safe shelter, counselling, referral, information, transportation, advocacy, court and other accompaniments, and children’s programming
• 13 beds
Eligibility: Open to abused women 16+ and their children
Fees: None
Areas served: Lennox & Addington County

Women’s Outreach Services
Description:
Domestic violence outreach program
• Offers individual counselling, support groups, life skills groups, groups for children who have witnessed violence
• Secondary office in Amherstview open Tues. by appointment
• Services available in Deseronto by appointment Mon.-Fri.
Eligibility: Open to abused women 16+ and their children
Referral/How to Apply: All women who wish to access outreach counselling services begin with a transitional assessment to determine what their goals for counselling are following this assessment, they are assigned a counsellor
Fees: None
Areas served: Lennox & Addington County

Ryandale Shelter for the Homeless
Address:
23 Elm St, Kingston, ON K7K 1M8
Mailing Address:
P.O. Box 624, Kingston, ON K7K 4X1
Tel: 613-548-8466
Fax: 613-548-1735
Website: www.ryandale.org
Email: ryandale@istar.ca, ryandaleshelter@cogeco.net
Contact: Terri Fleming, Director
Connie Schwartz, Executive Director
Hours: Mon.-Fri. 9:00a.m.-5:00p.m.
Shelter: Mon.-Sun. 4:00p.m.-8:00a.m.
Description:
Homeless shelter; provides overnight accommodation to adult men, women and families with children in emergency circumstances
Eligibility: Open to adults 18+ or families in a housing crisis
Referral/How to Apply: Self-referral, or referral by the City of Kingston Social Services Department

Home Base Housing
– In From the Cold Emergency Shelter
Address:
540 Montreal St, Kingston, ON K7K 3J2
Tel: 613-531-3779
Fax: 613-544-3629
Website: http://kingstonhomebase.ca/in-from-the-cold-emergency-shelter/
Email: info@kingstonhomebase.ca
Contact: Colleen McAlister-Lacombe
Hours: Mon.-Sun. 8:00a.m.-8:00p.m.
Description:
Shelter for those in need, including individuals suffering from mental health problems and addiction.
Eligibility: 16 year(s) and up, open to those in need, teenagers may be referred to the Kingston Youth Shelter.
Accepts individuals suffering from mental health problems and addiction.
Referral/How to Apply: Call to confirm bed availability or drop in after 8:00p.m.
Fees: None
Areas served: English
Areas served: Kingston

Home Base Housing – Lily’s Place
Address:
333 Kingscourt Ave, Kingston, ON K7K 4R4
Tel: 613-767-6180 (24 hours)
Fax: 613-767-5912
Website: http://kingstonhomebase.ca/lily’s-place-shelter/
Email: info@kingstonhomebase.ca
Contact: Angela Watson
Hours: Mon.-Sun. 24 hours
Description:
Provides shelter, support, and counselling. Refers clients to mental health and other resources.
Eligibility: Single women and families
Referral/How to Apply: Call for more information or to arrange an intake
Fees: None
Services available in: English
Areas served: Frontenac County, Kingston, Lennox & Addington County

Eligibility: 16 years and up, homeless or in an unsafe situation. Accepts individuals suffering from mental health problems and addiction.
Referral/How to Apply: Call or drop in
Fees: None
Areas served: English, French
Areas served: Frontenac County, Kingston, Lennox & Addington County
Salvation Army – Kingston Harbour Light

Address: 562 Princess St, Kingston, ON K7L 1C7
Tel: 613-546-2333 (24 hours)
Fax: 613-546-4699
Website: www.kingstonharbourlight.org
Email: vchih@cmhc-schl.gc.ca
Contact: Vivian Chih

Areas served: Kingston area

Description:
Salvation Army – Kingston Harbour Light offers affordable, barrier-free apartments with optional support services for individuals with mental illness or developmental disability and individuals with low incomes.

Eligibility:
Eligibility: People with a mental illness or developmental disability and individuals with low incomes

Referral/How to Apply:
Referral/How to Apply: Fill out online form at www.fcmhas.ca or contact CMHC representative

Fees:
Fees: Rental fees

Areas served:
Areas served: Kingston area

Residential Treatment Program

Description:
Residential Treatment Program provides a safe environment for individuals in need of structured housing.

Eligibility:
Eligibility: Open to men 18+

Referral/How to Apply:
Referral/How to Apply: Come in person at 4:00p.m. each day to see if a bed is available; Addiction treatment program - applications must be made through the Program Director and there is a required assessment and interview

Fees:
Fees: None

Areas served:
Areas served: Ontario

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Housing Services

Description:
Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Housing Services offers affordable, barrier-free apartments with optional support services for individuals with mental illness or developmental disability and individuals with low incomes.

Eligibility:
Eligibility: People with a mental illness or developmental disability and individuals with low incomes

Referral/How to Apply:
Referral/How to Apply: Fill out online form at www.fcmhas.ca or contact CMHC representative

Fees:
Fees: Rental fees

Areas served:
Areas served: Kingston area
Correctional Facilities – Half-Way Homes
Portsmouth Community Correctional Centre

Mailing Address:
P.O. Box 7500, 1455 Bath Rd, Kingston, ON K7L 5E6
Tel: 613-545-8360
Fax: 613-545-8707

Contact: Brian Wheeler, Area Director

After Hours: 613-545-8365 (24 hours)
Mon.-Sun. 24 hours

Description:
• A federal “half-way” facility offering community-based living for adult men
• Rehabilitation programs take place in the community

Eligibility: Open to men on various forms of federal conditional release who are directed to the facility by the National Parole Board

Referral/How to Apply: Referral via parole officers

Fees: Geared to income

Services available in: English, French

Areas served: Canada
COUNSELLING SERVICES

K3C Community Counselling Centres
Address: Unison Place, 417 Bagot St, Kingston, ON K7K 3C1
Tel: 613-549-7850
Fax: 613-544-8138
Website: www.k3c.org
Email: kccc@k3c.org
Contact: Ron Tulloch, Executive Director
Hours: Tues. & Wed. 8:30a.m.-5:00p.m.
Description: Individual programs included: Adult Protective Service Program, Family Counselling Service, Youth Counselling, Women's Counselling Program, Community Mediation and Restorative Justice Services (Resolve Kingston) and Credit Counselling (see separate program listings).
Areas served: Kingston-Frontenac, Lennox & Addington

Kingston Interval House – Community Outreach Program
Mailing Address: P.O. Box 17000, c/o 33 Health Services, CFB Kingston, Station Forces, Kingston, ON K7K 7B4
Crisis Tel: 613-541-5330 (24 hours)
Tel: 613-541-5010 ext. 5120
After Hours: 613-539-0667 (Cell phone)
Email: goodjohn.ci@forces.gc.ca
Contact: Cathy Goodjohn, Team Leader Mental Health Services/Base Addiction Counsellor
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: Addiction services include individual counselling, group programs, education, and treatment services.
Eligibility: Open to all military forces personnel and their families.
Areas served: CFB Brockville, CFB Kingston

John Howard Society of Kingston and District
Address: 771 Y2 Montreal St, Kingston, ON K7K 3J4
Tel: 613-542-7373
Toll-Free: 1-888-325-7930
Fax: 613-542-2733
Website: www.johnhowardkingston.ca
Email: ED@johnhowardkingston.ca
Contact: Tyler Fainstat, Executive Director
Hours: Mon.-Thu. 8:30a.m.-4:30p.m.; Fri. 8:30a.m.-4:00p.m.
Description:
• Provides counselling, referral and advocacy services to offenders, ex-offenders, their families, people affected by crime and the criminal justice system.
• Offers Employment Assistance Services, Community Intake/Support, Youth Academic Intervention Program, Institutional Services, Community Education, Volunteer Recruitment and Training and Equi Pass computer training and software skills certificate.
Areas served: Kingston-Frontenac, Lennox & Addington

Kingston Community Chaplaincy
Address: 100 Sydenham St., Kingston, ON K7L 3H5
Tel: 613-549-8899 (24 hours)
Website: www.KingstonCommunityChaplaincy.org

Psychosocial Health Services – Base Addiction Services
Address: 1 Entretien Ave., Kingston, ON K7K 1A1
Mailing Address: P.O. Box 17000, c/o 33 Health Services, CFB Kingston, Station Forces, Kingston, ON K7K 7B4
Crisis Tel: 613-541-5330 (24 hours)
Tel: 613-541-5010 ext. 5120
After Hours: 613-539-0667 (Cell phone)
Email: goodjohn.ci@forces.gc.ca
Contact: Cathy Goodjohn, Team Leader Mental Health Services/Base Addiction Counsellor
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description:
• Addiction services include individual counselling, group programs, education, and treatment services.
Eligibility: Open to all military forces personnel and their families.
Areas served: CFB Brockville, CFB Kingston
Email: rachelrobinson@kingstoncommunitychaplaincy.org
Contact: Rachel Robinson, Director/Community Chaplain
Resource Centre Office Hours:
Mon.-Fri. 10:00a.m.-2:00p.m.

Spiritual 12-Step Support Group:
Mon. 10:00a.m.-11:00a.m.
Narcotics Anonymous: Tues. 7:00p.m.-9:00p.m.
Meeting with the Chaplain: By appointment

Description:
• Offender reintegration program
• Support for inmate families
• Accompaniment program and referral service for recently released ex-inmates and inmate families
• Pre-release planning (arranged by Institutional Parole Officers and Chaplains)
• Welcome Pack Program for former inmates

Eligibility: Open to adults 18+ who are inmates, ex-inmates or victims and their families and friends and youth at risk
Fees: None
Areas served: Kingston area

Kingston Pregnancy Care Centre
Address:
120 Clarence St, Suite 231, Kingston, ON K7L 1X4
Client Line Tel: 613-545-0425
(goes to a 24 hour hotline when centre is closed)
Admin Line Tel: 613-545-0214 (goes to voicemail)
Fax: 613-545-9407
Website: http://www.kingstonpcc.org
Email: info@kingstonpcc.com
Contact: Donna Bell
Hours: Mon. 10:00a.m.-6:00p.m.,
Tues., Thurs., & Fri. 10:00a.m.-4:00p.m.,
Wed. closed

Description:
Offers a variety of pregnancy-related services, including information on pregnancy and abortion, counselling, crisis counselling, and support groups.

Eligibility: Open to any woman who is pregnant and in need of support or any woman in need of post-abortion support
Referral/How to Apply: Call support line
Contact Form.
Fees: None
Services available in: English
Areas served: Kingston

Land O’Lakes Community Services
- Women’s Program
Address:
12497A, Hwy 41, Northbrook, K0H 2G0
Northbrook Tel: 613-336-8934
Sharbot Lake Tel: 613-279-3151

Toll-Free Tel: 1-877-679-6636
Fax: 613-336-2044
Website: http://www.lolcs.com/
Email: d.gervaishermer@lolcs.com
Contact: Susan Andrew-Allen
Hours: Mon.-Fri. 8:30a.m.-4:00p.m.

Description:
Domestic violence program providing a continuum of crisis and support services to women experiencing abuse and/or violence. Offers safety planning, crisis support, legal and medical information, transportation, counselling and referrals.

Eligibility: Women ages 16+ experiencing abuse and/or violence
Referral/How to Apply: Call or drop in
Fees: None
Services available in: English

Fem’aide
Crisis Tel: 1-877-336-2433 (24 hours)
Tel: 416-849-1813
TTY: 1-866-860-7082 (24 hours)
Website: http://www.femaide.ca/
Email: info@femaide.ca
Hours: Phone line is open 24/7

Description:
Helpline for Francophone women dealing with violence.

Eligibility: French-speaking women, aged 16 years or older
Referral/How to Apply: Call support line
Fees: None
Services available in: French
Areas served: Ontario

Telehealth Ontario
Tel: 1-866-797-0000 (24 hours)
TTY : 1-866-797-0007 (24 hours)
Hours: Phone line is open 24/7

Description:
Telephone service offering health advice or general health information from a Registered Nurse.

Eligibility: General public of Ontario
Referral/How to Apply: Call the phone line
Fees: None
Services available in: English and French with translation support for 110 languages
Areas served: Ontario
Canadian Mental Health Association
Address: 6 Ordnance St., Kingston, ON K7K 5T9
Tel: 613-549-7027
Fax: 613-549-7098
Website: www.kingston.org/cmha
Contact: Brenda Miller

Crisis 76 Stuart St, Kingston, ON K7L 2V7

Areas served: Kingston, Lennox & Addington

Description:
Provides mental health support services, including education, direct services, advocacy, referrals, support groups, and information.

Eligibility: Open to anyone in need

Referral/How to Apply: Call phone line

Website: http://www.victimservicesontario.ca/
Contact by phone
Services available in: English
Areas served: Ontario

Telephone Aid Line Kingston
Crisis Tel: 613-544-1771
Tel: 613-531-8529
Fax: 613-531-3312
Website: http://telephoneaidlinekingston.com/
Contact: talk@kingston.net

Description:
A phone line offering an anonymous listening service to anyone in need.

Eligibility: Anyone in crisis or distress

Website: http://www.victimservicesontario.ca/
Contact: talk@kingston.net

Description:
Provides on scene, short-term emotional, and practical assistance to victims of crime or tragic circumstance.
Eligibility: Open to victims of crime or tragic circumstance
Referral/How to Apply: Referred by police, ire, ambulance, or Queen’s Campus Security
Fees: None
Services available in: Interpretative services can be arranged for most languages
Areas served: Kingston & Frontenac areas

Assaulted Women’s Helpline (The)
Mailing Address:
P.O. Box 369, Station B, Toronto, ON M5T 2W2
GTA Crisis Tel: 416-863-0511
Tel: 416-364-4144 or 1-888-364-1210
GTA TTY: 416-364-8762
Toll-Free: 1-866-863-0511
Toll-Free TTY: 1-866-863-7868
#SAFE (#7233) on mobile phone
Fax: 416-364-0563
Website: www.awhl.org
Contact: Huong Pham
Hours: Mon.-Fri. 9:00a.m.-5:00p.m.
Description: 24-hour helpline for women who have experienced any kind of abuse. Provides counselling, legal information, emotional support, shelter referrals, safety planning, and culturally appropriate resources.
Eligibility: Women who are experiencing or have experienced abuse, or anyone who knows a woman who is being abused
Fees: None
Services available in: 154 different languages
Areas served: Ontario

Sexual Assault Centre Kingston
Address:
400 Elliott Avenue, Suite 1, Kingston, ON K7K 6M9
Crisis Tel: 613-544-4624 (24 hours)
or 1-877-544-4624 (24 hours)
Tel: 613-545-0762
Francophone: 1-877-336-2433
Fax: 613-545-9744
Website: http://www.sackingston.com/
Email: sack@sackingston.com
Contact: Kim Allen
Hours: Mon.-Fri. 9:00a.m.-4:00p.m.
   Evening hours available by appointment
Description: Provides emergency, crisis, and supportive counselling, and information, referral, and advocacy services and programs for survivors of sexualized violence.
Eligibility: Services open to any survivor of sexual assault (recent or past sexualized violence) age 16+. Supports survivors of all types of sexualized violence including, but not limited to, sexual assault, rape, sexual harassment, child sexual abuse, incest, and ritualized abuse.
Fees: None
Services available in: American Sign Language (ASL), Langue Des Signes Quebecois (LSQ), English, French
Areas served: Kingston area

Centre for Abuse and Trauma Therapy
Address:
234 Concession St., Suite 200, Kingston, ON K7K 6W6
Tel: 613-507-2288
Fax: 613-507-2289
Website: http://www.centrefortherapy.ca
Email: info@centrefortherapy.ca
Hours: By appointment only
Description: Provides short and long-term counselling for survivors of trauma and abuse. Specialized services and resources for child pornography and prostitution survivors.
Eligibility: Open to men, women and youth 16+
Referral/How to Apply: Call or email for appointment
Fees: On a sliding scale
Services available in: English
Areas served: Kingston area (50km radius)

Canadian Hearing Society – CONNECT Counselling Services Kingston
Address:
Frontenac Mall, 1300 Bath Rd., D4, Kingston, ON K7M 4X4
Tel: 613-544-1927
TTY: 1-877-817-8209
Toll-free: 1-877-544-1927
After Hours Interpreting Emergencies:
1-866-256-5142
TTY: 1-866-831-4657
Fax: 613-544-1975
Website: www.chs.ca
Email: cpage@chs.ca
Contact: Brian McKenzie
Hours: Mon.-Fri. 9:00a.m.-5:00p.m.
Description: Provides professional counselling to individuals hard of hearing dealing with mental health issues, addiction, relationship problems, domestic violence, or other serious challenges.
Eligibility: Culturally deaf, oral deaf, deafened and hard of hearing individuals of all ages, and their families
Referral/How to Apply: Fill in contact form online or call to put in service request
Fees: None
Services available in: American Sign Language (ASL), Langue Des Signes Quebecois (LSQ), English, French
Areas served: Kingston area
HOSPITAL BASED SERVICES

Hotel Dieu Hospital – Urgent Care Centre
Address: 166 Brock St, Kingston, ON K7L 5G2
Crisis Tel: 613-546-1240
Tel: 613-544-3310 (Patient representative: ext. 3040)
Website: http://www.hoteldieu.com/urgentcare.html
Contact: Maureen Pickering
Hours: 8:00a.m.-10:00p.m. daily
Eligibility: No restrictions
Referral/How to Apply: Drop-in & bring your valid OHIP card; visit triage area first
Fees: Service for non-OHIP insured services
Services available in: English, interpretive services can be arranged
Areas served: Kingston

Kingston General Hospital – Emergency Department
Address: 76 Stuart St, Kingston, ON K7L 2V7
Crisis Tel: 613-548-2333
Website: http://www.kgh.on.ca/en/specialtiesandservices/Pages/Emergency-medicine.aspx
Hours: 24 hours, daily
Description: Urgent care centre. The only site in Kingston that accepts ambulance service. Offers emergency psychiatric services.
Eligibility: No restrictions

Kingston General Hospital – Inpatient Unit Burr 4 Unit A, B & C
Address: 76 Stuart St, Kingston, ON K7L 2V7
Tel: 613-549-6666 ext. 6020
Contact: Troy Savage
Hours: 24 Hours
Description: Provides inpatient psychiatric care to Adults & Geriatrics on unit A & B, Children & Adolescents on Unit C.
Eligibility: Patients admitted through the emergency department and from the community by psychiatrists on call.
Referral/How to Apply: As above
Fees: Service for non-OHIP insured services
Services available in: English, interpretive services can be arranged
Areas served: Kingston

Intensive Transitional Treatment Program
Address: Burr 4, 76 Stuart Street, Kingston General Hospital
Crisis Tel: 613-549-6666
Tel: 613-549-6666
Website: http://www.kgh.on.ca
Contact: Dr Finch
Hours: 9.00a.m.-5.00p.m.
Description: 4-week program with individual and group therapy for patients discharged from Burr 4, referred by emergency psychiatry team, Frontenac crisis/transitional case management teams and community psychiatrists
Eligibility: As above
Referral/How to Apply: Use prescribed form to refer patients
Fees: OHIP coverage
Services available in: English
Areas served: Kingston and surrounding areas

Providence Care: Mental Health Services
Address: 752 King St. W., Kingston, ON K7L 4X3
Crisis Tel: 9-1-1
Tel: 613-546-1101
Auto-Attendant Tel: 613-548-5567
Toll-Free Tel: 1-800-785-1707
Fax: 613-548-5577
Website: www.providencecare.ca
Contact: Mauro Ruffolo
Hours: (approx.) variable – call for arrangement
Description: Psychiatric facility offering inpatient, outpatient, and community treatment and rehabilitation services. Inpatient adult services include treatment and rehabilitation for adults with schizophrenia, mood disorders, personality disorders, and dual diagnosis
Eligibility: Clients are adults and seniors
Referral/How to Apply: Most programs require physician referral
Fees: Covered by OHIP. Some accommodation fees.
Services available in: English, interpretive services available
Areas served: Southeastern Ontario

Providence Care: Mental Health Services – Inpatient Forensic Mental Health
Crisis Tel: 9-1-1
Tel: 613-546-1101 ext. 5865 or 5443 or 5458
Auto-Attendant Tel: 613-548-5567
Website: www.providencecare.ca
Contact: Al Martin
**Lennox & Addington County General Hospital**
- **Address:** 8 Richmond Park Dr., Napanee, ON K7R 2Z4
- **Tel:** 613-354-3301
- **Fax:** 613-354-1705

**24 hour Emergency Service**
- **Description:**
  - A community general hospital providing 24-hour emergency services, general surgery, acute inpatient care, chronic care, and outpatient clinics.
  - Member of Health Care Network of South Eastern Ontario
- **Fees:** Usually covered by OHIP or similar health plans
- **Areas served:** Hastings, Lennox & Addington

**Continuing Care (Ext 235)**
- **Description:**
  - Offers long-term chronic care within the hospital
  - 8-bed unit
  - Ward beds available
- **Eligibility:** Open to those requiring long term chronic care, palliative care and/or slow-stream rehabilitation
- **Referral/How to Apply:** Physician and by referral to Marg Garrison
- **Fees:** For some non-OHIP insured services. Fee assistance available
- **Services available in:** English, interpretative services can be arranged

**Emergency Department and SA/DV Program (24 Hours)**
- **Description:**
  - Emergency services are available for this acute care, community general hospital
  - Offers a Sexual Assault/Domestic Violence Program
- **Fees:** For non-OHIP insured services. Visitors from out of province must pay fees

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**Providence Care: Mental Health Services – Seniors Mental Health**
- **Address:**
  752 King St. West, Kingston, ON K7L 4XC
- **Tel:** 613-384-6107 ext. 5936 or 5771 or 5772
- **Fax:** 613-384-6107
- **Website:** www.providencecare.ca
- **Contact:** Kelly Baker
- **Hours:** (approx.) variable – call for arrangements
- **Description:**
  Offers inpatient and outpatient mental health for seniors with severe mental illness, cognitive impairment, and behavioral disturbance.
- **Referral/How to Apply:** Physician’s referral required. Call to inquire about receiving a referral.
- **Fees:** Covered by OHIP and other insurance. Some accommodation fees.
- **Services available in:** English, interpretative services available
- **Areas served:** Southeastern Ontario

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**Lennox & Addington County General Hospital – Emergency Services**
- **Address:** 8 Richmond Park Dr., Napanee, ON K7R 2Z4
- **Crisis Tel:** 9-1-1
- **Tel:** 613-354-3301
- **Fax:** 613-354-1705
- **Website:** http://www.lacgh.com/
- **Contact:** Peggy Rice
- **Hours:** 24 hours
- **Description:** Provides emergency medical treatment.
- **Fees:** Usually covered by OHIP or similar health plans.
- **Services available in:** English, French
- **Areas served:** Lennox & Addington, and surrounding areas

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**Hours:** (approx.) Mon.-Fri. 8:30a.m.-4:30p.m.

**Description:**
Provides assessment, treatment, rehabilitation, and consultation to people with severe mental illness who come into conflict with the law.

**Eligibility:** Clients are adults and seniors

**Referral/How to Apply:** Most programs require physician referral

**Fees:** Covered by OHIP. Some accommodation fees

**Services available in:** English, interpretative services available

**Areas served:** Kingston
Providence Care: Community Mental Health Services
Address: 752 King St. West, Kingston, ON K7L 4XC
Tel: 613-546-1101
Auto-Attendant Tel: 613-548-5567
Website: www.providencecare.ca

Description:
- **Assertive Community Treatment (ACT):** Provides extensive treatment, rehabilitation and support services for those who experience a serious mental illness who are living in the community.
  - Address: 525 & 533 Montreal St., Kingston, ON K7K 3H9
  - Tel: 613-540-6165
- **Community High Intensity Treatment (CHITT):** Provides 24/7 service to clients making the transition from hospital to community.
  - Address: 525 & 533 Montreal St., Kingston, ON K7K 3H9
  - Tel: 613-540-6165
- **Case Management Services:** Provides treatment, rehabilitation and support services for those who experience a serious mental illness who are living in the community.
- **Community Connections:** A rehabilitation program teaching skills and coping strategies for successful community living.
  - Address: 234 Concession St., Suite 301, Kingston, ON K7K 6W6
  - Tel: 613-530-2400
- **Housing and Community Integration:** Supports adults with serious mental illness who cannot live independently in the community.
  - Address: LaSalle Mews, 300-303 Bagot St., Kingston, ON K7K 5W7
  - Program Manager: Yola Oczkowski
  - Tel: 613-542-8344

Eligibility: Varies by program
Referral/How to Apply: Varies by program
Fees: Most programs covered by OHIP
Services available in: Interpretative services may be available for some programs
Areas served: Southeastern Ontario
Providence Care: Community Mental Health Services – Voices, Opportunities & Choices Employment Club (VOCEC)

Address:
525 Montreal Street, Kingston, ON K7K 3H9
Tel: 613-531-4912
Toll-Free Tel: 1-888-501-4912
Fax: 613-531-4119
Website: http://www.vocec.com
Email: bhvvocec@kingston.net
Contact: Adam Rayner

Description:
Provides employment for consumers of mental health services. Employment opportunities include the Hands-On Carwash, Little Green Thumb, Treasure Cafe, ECOporium store and VOCEC print service.

Eligibility: Individuals diagnosed with a mental illness, under the care of a recognized mental health team, and not working full-time at another employer

Referral/How to Apply: Complete VOCEC application, which can be downloaded online or picked up at the office

Fees: None

Services available in: English

Areas served: Southeastern Ontario

Hotel Dieu Hospital - Detoxification Centre

Address:
240 Brock St, Kingston, ON K7L 1S4
Tel: 613-549-6461 (24 hours)
Fax: 613-546-4254
Website: http://www.hoteldieu.com
Email: karremc@hdh.kari.net
Contact: Catherine Karremans

Hours: 24 hours, daily

Relapse Prevention Group:
Tues. and Thurs. 11:00a.m.-12:00p.m.

Description:
Provides short-term, non-medical withdrawal management service for women and men who want to detoxify from alcohol and/or street drugs, who are in withdrawal, who are waiting for intake into a treatment program, or who are in danger of a relapse. Also provides 24-hour telephone support and crisis response.

Eligibility: Age 16+

Referral/How to Apply: Call or drop in

Fees: None

Services available in: English

Areas served: Kingston area

Hotel Dieu Hospital – Mental Health Program: Anxiety Disorder Clinic

Address:
Johnson 5, 166 Brock St., Kingston, ON K7L 5G2
Tel: 613-544-3400 ext. 3552
Fax: 613-544-9666
Website: http://www.hoteldieu.com
Email: roym@hdh.kari.net (Contact: Monique Dacosta)
Contact: Dr. Rumen Milev

Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
**Toll**
105 Wellington St, Kingston, ON K7L
552 Princess St, Kingston, ON K7L

**Addictions**
385 Princess St, Kingston, ON K7L

Primary Support Groups and
Frontenac, Lennox & Addington
Addiction and Mental Health Services
Prescott and surrounding
areas

Objectives:
TBA

**Description:**
TBA

**Eligibility:**
Open to adults 18+

**Referral/How to Apply:**
Physician referral required

**Services available in:**
English, interpretive services can be arranged

**Areas served:**
Kingston-Frontenac

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**Hotel Dieu Hospital – Mental Health Program:**
**Heads Up Program (Southeastern Ontario District Early Intervention in Psychosis)**

**Address:**
Centenary 5, 166 Brock St., Kingston, ON K7L 5G2

**Tel:** 613-544-3400 ext. 2550 or 1-866-485-2728

**Fax:** 613-545-1364

**Email:** dumblej2@hdh.kari.net

**Contact:** Michelle Matthews

**Hours:** Mon.-Fri. 8:00a.m.-4:00p.m.

**Description:**
Early intervention program for psychosis. Provides assessments, multidisciplinary treatment, and support groups.

**Eligibility:**
People age 14-35 who are experiencing their first psychotic break or who have been diagnosed within the last 6 months and have not started treatment

**Referral/How to Apply:**
Self-referrals accepted. Call intake manager Jennifer Jackson at 613-544-3400 ext. 2528.

**Services available in:**
English, interpretive services available

**Areas served:**
Kingston, Belleville, Brockville, Bancroft, Prescott and surrounding areas

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**Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Community Support Groups and Activities**

**Primary Office Address:**
385 Princess St, Kingston, ON K7L 1B9

**Addictions Office:**
552 Princess St, Kingston, ON K7L 1C7

**Admin Office:**
105 Wellington St, Kingston, ON K7L 3C7

**Tel:** 613-544-1356

**Toll-Free Tel:** 1-866-616-6005

**Website:**
www.fcmhas.ca

**Hours:**
Varies by group

**Description:**

- **Aftercare:**
  Abstinence-based therapy group. Closed group - referral only by addiction team.
  **When:** Tues. 9:00a.m.-11:00a.m., Fri. 9:00a.m.-11:00a.m.
  **Where:** 552 Princess St.

- **Anger Management (Addictions):**
  Psycho-educational skill building group for men. Closed group - mandated.
  **When:** Wed. 1:30p.m.-3:00p.m.
  **Where:** St. John’s Church Hall, 41 Church St.

- **Anger Management:**
  Skill building group. Closed group, mandated – referrals from probation.
  **When:** Tues. 9:30a.m.-11:00a.m.
  **Where:** 552 Princess St.

- **Art Therapy Group:**
  Art therapy group; no experience needed. Closed group.
  **When:** Wed. 1:30p.m.-3:00p.m.
  **Where:** St. John’s Church Hall, 41 Church St.

- **Asperger’s Social Skills Group:**
  Social skills building group. Closed group.
  **When:** TBA
  **Where:** 385 Princess St.

- **Calm, Cool & Collected:**
  Psycho-educational peer support group. Closed group - by referral.
  **When:** Tues. 2:00p.m.-3:30p.m.
  **Where:** 552 Princess St.

- **C.H.A.T.:**
  Drop in to learn about and navigate mental health and addiction services offered.
  **When:** Tues. 1:00p.m.-2:00p.m.
  **Where:** 385 Princess St. Cafe

- **Community Gardens:**
  Meet new people while improving your gardening skills.
  **When:** Wed. 9:30p.m.-11:30p.m.
  **Where:** 31 Lyons St. garden

- **Facing the Shadows:**
  Therapy for sex addiction. Closed group - by referral only.
  **When:** Tues. afternoons - TBA
  **Where:** TBA

- **Family Group:**
  Skill-building therapy group open to all family members of addiction clients.
  **When:** Mon. 6:00p.m.-9:00p.m.
  **Where:** 552 Princess St.

- **Family Support Group:**
  Family support group.
  **When:** 1st & 3rd Mondays 6:30p.m.-8:30p.m.
  **Where:** Ongwanada, 191 Portsmouth Ave., Rm. 410

- **Feed Your Soul Soup & Spirituality Group:**
  Group offers opportunity for fellowship, meditation, spiritual encouragement, and other activities.
  **When:** Fri. 11:00a.m.-2:00p.m.
  **Where:** St. John’s Church, 41 Church St.

- **Fun with Arts and Crafts!:**
  Arts and crafts group
  **When:** Wed. 1:30p.m.
  **Where:** St. John’s Church, 41 Church St.

- **Getting Started:**
  Open to anyone interested in addiction recovery. Prerequisite for ‘Making Changes’ program (below).
  **When:** Wed. 1:30p.m.-3:00p.m.
  **Where:** 552 Princess St., Training room

- **Healthy Living & Weight Management:**
  Topics include: healthy food choices, weight gain with psychotropic meds, blood pressure, diabetes, cholesterol and recipe exchange.
  **When:** Tues. 9:00a.m.-11:00a.m.
  **Where:** 552 Princess St.

- **Making Changes:**
  ‘Getting Started’ is a prerequisite.
  Group for individuals in their early stages of change to explore their relationships with substance use and learn coping strategies.
  **When:** Thurs. 9:30a.m.-11:00a.m.
  **Where:** 552 Princess St.

- **Making Connections:**
  Support group topics include: Grief & Loss, Healthy Living, Community Resources, Stigma, Self-Esteem, Self-care Action Plan, Coping Skills/Goal Setting, Healing Through Music, and Anger
Areas served:

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington

Primary Office Address: 385 Princess St, Kingston, ON K7L 1B9

Addictions Office: 552 Princess St, Kingston, ON K7L 1C7

Admin Office: 105 Wellington St, Kingston, ON K7L 3C7

Crisis Tel: 613-544-4229 (24 hours, 365 days)

Crisis Cell: 613-328-5791

Crisis Pager: 613-548-2122

Toll-Free Crisis Tel: 1-866-616-6005

Walk-in Services (385 Princess St.): Mon.-Fri. 8:30a.m.-4:30p.m.

Mobile Crisis Team Availability: Mon.-Fri. 8:30a.m.-12:00a.m. & Sat.-Sun. 12:00p.m.-12:00a.m.

Tel: 613-544-1356

Toll-Free Info Line: 1-866-616-6005

Fax: 613-544-2346 (clinical); 613-544-5804 (admin)

Website: http://www.amhs-kfla.ca

Email: info@amhs-kfla.ca

Contact: Don Seymour

Hours: Mon.-Fri. 8:30a.m.-4:30p.m.

Description:

A community mental health program with the support elements of: a 24-hour crisis line, a crisis/intake team, assertive community treatment teams (ACTT), a vocational program, a family resource centre, a case management team, a transitional case management team, court support, and a residential support team.

Eligibility: Open to anyone in need. Clients referred to appropriate FCMHAS resources after intake.

Referral/How to Apply: Call or drop in at 385 Princess St. All referrals and inquiries pertaining to accessing services should be directed to the Crisis/Intake Team.

Fees: For some services

Services available in: English, French

Areas served: Kingston-Frontenac

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Management & Assertiveness.

When: Thurs. 1:00p.m.-2:30p.m.

Where: 385 Princess St., Training room.

- Managing Powerful Emotions: Psycho-educational group for addiction clients. Closed group - by referral.

  When: Wed. 1:00p.m.-4:00p.m.

  Where: 552 Princess St.

- Mindfulness-Based Cognitive Therapy: Therapy group. Closed group - open to any client of the agency, referral only.

  When: Mon. 1:00p.m.-3:30p.m.

  Where: 552 Princess St.


  When: Tues. 5:30p.m.-7:00p.m. (youth); 7:00p.m.-9:00p.m. (adults).

- Music Appreciation/Healing Through Music: Music appreciation group open to all. Bring an instrument if you have one.

  When: Thurs. 1:00p.m.-2:30p.m.

  Where: Peers of the Roundtable, 60 Queen St.


  When: Thurs. 3:00p.m.-4:30p.m.

  Where: H’Art Studios, 237 Wellington St.

- NAMI: Group offering educational/skills training, emotional support and empowerment for family members dealing with severe mental illness. Must pre-register at the Family Resource Centre.

  When: Wed. 6:30p.m.-9:30p.m.

  Where: 552 Princess St.

- Problem Solving & Support: Peer support group.

  When & Where: Mon. & Fri. 1:00p.m.-2:15p.m. at 552 Princess St.; Wed. 2:00p.m.-3:15p.m. at 385 Princess St. Cafe.

- Professionals Groups (Addictions): Therapy group for addiction professional clients. Closed group - by referral only.

  When: Mon. 5:15p.m.-7:15p.m.

  Where: 552 Princess St.

- Roots & Wings – Thrive: Parenting program for mothers who have a history of substance involvement or are currently substance-involved. Closed group - by referral.

  When: Wed. 1:00p.m.-4:00p.m.

  Where: 552 Princess St.

- Seeking Safety: Psycho-educational therapy group for trauma. Closed group - by referral.

  When: Mon. & Thurs. 9:00a.m.-11:30a.m.

  Where: 552 Princess St.

- Structured Relapse Prevention: Psycho-educational group for addiction clients. Closed group - by referral.

  When: Tues. 2:00p.m.-4:00p.m.

  Where: 552 Princess St.

- Thinking Through Things: Psycho-educational group for probation mandated clients. Closed group - by referral.

  When: Wed. 9:30a.m.-11:00a.m.

  Where: 552 Princess St.

Eligibility: Varies by group

Referral/How to Apply: Varies by group

Fees: None

Areas served: Kingston area
Email: nsacct@fcmhs.ca
Contact: Rob Yeo
Description: A multidisciplinary team that provides education, support and treatment to meet the needs of clients and maximize their independence.
Eligibility: Open to those over the age of 16, have a serious mental illness and require intensive treatment and support.
Referral/How to Apply: Contact Access Team (613-544-1356 ext. 2356), drop-in at 385 Princess St. or ill out online form.
Fees: None
Areas served: Kingston and surrounding areas

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Court Support Services
Primary Office Address: 385 Princess St, Kingston, ON K7L 1B9
Addictions Office: 552 Princess St, Kingston, ON K7L 1C7
Admin Office: 105 Wellington St, Kingston, ON K7L 3C7
Tel: 613-544-1356 ext. 2225
Fax: 613-544-2346
Website: www.amhs-kfla.ca
Contact: Rob Yeo
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Helps those charged with a minor court offence who are struggling with a serious mental illness and/or substance use and gambling problems.
Eligibility: Individuals who have mental health issues and have been charged with an offence.
Referral/How to Apply: Fill out online form, contact Access Team at 613-544-1356 ext. 2356, or drop-in at 385 Princess St.
Fees: None
Services available in: English
Areas served: Kingston area

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Crisis Services
Address: 385 Princess St, Kingston, ON K7L 1B9
Crisis Tel: 613-544-4229 (24 hours, 365 days)
Crisis Cell: 613-328-5791
Crisis Pager: 613-548-2122
Toll-Free Crisis Tel: 1-866-616-6005
Website: www.amhs-kfla.ca
Contact: Rob Yeo
Walk-in Services: Mon.-Fri. 8:30a.m.-4:30p.m.
Mobile Crisis Team Availability: Mon.-Fri. 8:30a.m.-12:00a.m. & Sat.-Sun. 12:00p.m.-12:00a.m.
Description: Offers confidential crisis support and intervention to any individual in the community. Provides referrals and other community resource information. If needed, a mobile unit will respond to the caller.
Eligibility: Open to anyone in crisis, including mental health and addictions crises, or anyone that knows someone in crisis.
Referral/How to Apply: Call or drop in at 385 Princess St.
Fees: None
Services available in: English, interpreter can be arranged.
Areas served: Kingston area

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Enhanced Transitional Case Management Services/ Transitional Case Management Services
Address: 385 Princess Street, Kingston, ON K7L 1B9
Crisis Tel: 613-544-1356
Tel: 613-544-1356
Website: www.amhs-kfla.ca
Contact: Rob Yeo
Hours: 8:30a.m.-4:30p.m.
Description: Offer mental health service to psychiatric patients who are either discharged from the acute inpatient services or need further input following engagement with crisis team. The idea is to transition them back to their family physician or to transfer their care to a community mental health team for ongoing follow up. The enhanced TCM is for individuals diverted from the emergency department for followup.
Eligibility: They are referred by the above services and do not have follow up with a psychiatric service.
Referral/How to Apply: Referral from acute services i.e. Crisis, ER and inpatients
Fees: None
Services available in: English
Areas served: Kingston and surrounding areas

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Case Management Services
Address: 552 Princess Street, Kingston, ON K7L 1C7
Tel: 613-544-1356
Fax: 613-544-2346
Website: www.amhs-kfla.ca
Contact: Rob Yeo
Hours: 8:30a.m.-4:30p.m.
Description: The service is for mental health patients for ongoing follow up in the community. They have a designated case manager with access to a psychiatrist.
Eligibility: Ongoing mental health issues
**Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Rural Outreach Program**

Crisis Tel: 613-544-4229  
Tel: 613-544-1356

Website: [www.amhs-kfla.ca](http://www.amhs-kfla.ca)  
Contact: Rob Yeo

Hours: 8:30a.m. - 4:30p.m.

**Description:**  
Provide mental health services to the rural areas.

**Eligibility:** Experiencing mental health or addiction issues

**Referral/How to Apply:** Through Access Team or Crisis Service

**Fees:** None

**Services available in:** English, French

**Areas served:** Kingston area

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**Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Vocational Services**

Address: 552 Princess St, Kingston, ON K7L 1C7  
Tel: 613-544-1356 ext. 2225  
Fax: 613-544-2346

Website: [www.amhs-kfla.ca](http://www.amhs-kfla.ca)  
Contact: Rob Yeo

Hours: Mon. & Fri. 8:30a.m.-4:30p.m.

**Description:**  
Offers help preparing for, finding, and keeping a job.

**Eligibility:** They need to have a psychiatric diagnosis and be willing to engage in the service leading to an employment or volunteering.

**Referral/How to Apply:** Fill out online form, contact Access Team at 613-544-1356 ext. 2356, or drop-in at 385 Princess St.

**Services available in:** English

**Areas served:** Kingston area

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**The Kingston Institute of Psychotherapy & Neurofeedback**

Address: 916 Princess St, Kingston, ON K7L 3E7  
Tel: 613-531-6127  
Fax: 613-507-6127

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

Email: info@kipn.org

Contact: Alexander Legnini

Hours: Mon.-Fri. 8:00a.m.-8:00p.m., closed weekends.

**Description:**  
Provides short and long-term psychotherapy in conjunction with neurofeedback training.

**Eligibility:** Diagnosed with psychiatric disorder: referral required by physician. If no diagnosis, self-referral is allowed.

**Referral/How to Apply:** Drop in or call to make an appointment

**Fees:** Free consultation. Session fees range from $35 to $315. Most services not covered by OHIP.

**Services available in:** English

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**Health, Counselling and Disability Services - Queen’s University at Kingston**

Address: La Salle Building, 146 Stuart St., Kingston, ON K7L 3N6

**Appointments/Cancellations Tel:** 613-533-2506 (24 hours)

**Counselling Service Tel:** 613-533-6000 ext. 78264

**Disability Services Tel:** 613-533-6467 (24 hours)

**Nurse Line Tel:** 613-533-6859

Fax: 613-533-6740

Website: [http://www.queensu.ca/hcds/](http://www.queensu.ca/hcds/)

**Health Service Email:** health.services@queensu.ca

**Counselling Service:** counselling.services@queensu.ca

**Disability Service:** hcds.dso@queensu.ca

**Contact:** Mike Condra

**Hours:** Mon.-Fri. 9:00a.m.-4:30p.m.
Description: Offers a variety of services for Queen's students, including mental health services such as counselling for individuals experiencing crisis and acute difficulties, and psychiatric services.

Eligibility: Open to Queen's students
Referral/How to Apply: Referral required for psychiatric services. Appointments required for most services. Call or drop-in to make an appointment.
Fees: Covered by OHIP
Services available in: English, Hindi, Punjabi, Urdu, German. Other languages may be available.
Areas served: Kingston

Maple Family Health Team – Mental Health Services
Central Office - Maple Family Health Team
Address: 1036 Princess St., Unit D2, Kingston, ON K7L 1H2
Tel: 613-531-5888
Fax: 613-546-2799
Website: http://www.maplefht.ca/
Contact: Richard Milner
Hours: Mon.-Fri. 9:00a.m.-5:00p.m.
After-Hours Clinic (located at 1036 Princess St.): Mon.-Fri. 5:00p.m.-7:45p.m., Sat.-Sun. 9:30a.m.-2:00p.m.
Description: Family health organization with multiple sites. Mental health services available at all locations, provided by a psychiatrist, psychologist, and mental health counselor.
Eligibility: Open to people of all ages. Children and adolescents may be referred to other community treatment services.
Referral/How to Apply: Referrals made by family doctors of the Maple Family Health Team.
Fees: Covered by OHIP. Must be part of the Maple Family Health Team to access services.
Services available in: English, French available for some services
Areas served: Kingston

Queen's Family Health Team
Address: Haynes Hall, 115 Clarence St., Kingston, ON K7L 5N6
220 Bagot St., Kingston, ON K7L 5E9
Tel: 613-533-9303 (24 hours)
Fax: 613-549-5403
Website: http://familymedicine.queensu.ca/patients
Email: info@qfht.ca
Contact: Diane Cross
Hours: Mon.-Fri. 8:30a.m.-4:30a.m.
After Hours Walk-In Clinic (Clarence St. Location):
Mon.-Thurs. 5:00p.m.-8:00p.m.; Sat. 1:00 p.m. – 4:00p.m
Description: Family health team. Offers psychiatric, counselling, and social work services.
Eligibility: Some services available to non-patients

Referral/How to Apply: Must be a patient of the Queen's Family Health Team to access mental health services
Fees: OHIP
Services available in: English, French, Mandarin, Cantonese
Areas served: Kingston

Personality Disorders Service Chrysalis Program
Tel: 613-546-1101 ext. 5767
Fax: 613-540-6122
Description:
• In-depth assessment, consultation and treatment to people with severe personality disorders
• Outpatient day program "Chrysalis" operates 4 days a week
• All individuals participate in a daily community group for therapeutic support and challenge, and a weekly group to set and monitor goals
Eligibility: Open to adults 18+ with a severe personality disorder
Referral/How to Apply: Referral by either a medical, mental health or social service professional
Fees: None
Services available in: English, French
Areas served: Kingston-Frontenac, Lennox & Addington, Leeds & Grenville

Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington
Address: 70 Dundas Street East, Napanee, ON K7R 1H9
37 Dundas Street East, Napanee, ON K7R 4C1
Amherstview (L&A Social Services Building) & Northbrook (Land O Lakes Community Services Building) sites by appointment only.
Crisis Tel: 613-354-7388
Toll Free: 1-800-267-7877
Tel: 613-354-7521
Fax: 613-354-7524
Website: www.amhs-kfla.ca
Description:
Crisis response 24/7, mobile crisis, short term counselling, groups, case management service, court diversion, concurrent disorders counselling and treatment.
Referral/How to Apply: Contact crisis team, drop in at the office, referral form.
Fees: OHIP
Services available in: English, French
Areas served: Lennox & Addington, Amherstview, Northbrook
ADDICTIONS SERVICES

Addictions and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Options for Change Addiction Services

Primary Office Address: 385 Princess St, Kingston, ON K7L 1B9

Addictions Office: 552 Princess St, Kingston, ON K7L 1C7

Admin Office: 105 Wellington St, Kingston, ON K7L 3C7

Tel: 613-544-1356
Fax: 613-544-2346

Website: www.fcmhas.ca
Contact: Rob Yeo

Hours: Mon. - Fri. 8:30 a.m. - 4:30 p.m.

Description: Provides a wide range of treatments for people with alcohol and drug and/or gambling concerns and provides services for family members and significant others.

Eligibility: Open to people with addiction and/or gambling issues and their families

Referral/How to Apply: Fill out online form, contact Access Team at 613-544-1356 ext. 2356, or drop-in at 552 Princess St.

Fees: None

Services available in: English

Areas served: Kingston and other areas of Ontario.

Street Health Centre
(Part of Kingston Community Health Centre)

Address: 235 Wellington St, Kingston, ON K7K 0B5
Tel: 613-549-1440
Fax: 613-549-7986

Website: http://www.kchc.ca/index.cfm/street-health-centre/
Email: info@streethealth.kchc.ca
Contact: Strafford Murphy, Director

Clinic Hours: Open 365 days a year
Mon.-Fri.: 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m., Sat., Sun. & holidays 9:30 a.m. - 1:00 p.m.

Outreach Hours: Mon., Wed., & Fri. 4:00 - 7:00 p.m.

Description: Harm reduction health centre for individuals who are using street substances, homeless, released from Corrections, youth at risk, or street involved. Programs include outreach service, health care, methadone treatment, hepatitis C program, counselling services, and needle exchange program.

Eligibility: 16 years & up

Referral/How to Apply: No referrals necessary
Fees: None

Services available in: English

Areas served: Frontenac County, Kingston, Lennox & Addington

Gamblers Anonymous
– Eastern Ontario: K Town Gamblers

Address: 552 Princess St, Kingston, ON K7L 1C7

Ottawa Area Hotline: 613-567-3271

International Service Office Tel: 213-386-8789

Kingston Meeting: Wed. 6:30 p.m., closed meeting (compulsive gamblers only). Other locations listed on website.

Description: A self-help support group for those with an admitted gambling problem, and their friends and families.

Gamblers Anonymous Eligibility: Anyone who has a desire to stop gambling

Kingston Meeting Eligibility: Compulsive gamblers only

Referral/How to Apply: Attend meetings
Fees: None

Areas served: Kingston area

Sex and Love Addicts Anonymous

Address: 473 Church Street, Suite 122, Toronto, ON M4Y 2C5
Tel: 1-416-486-8201

Website: www.slaa-ontario.org (Ontario) or http://slaafws.org/ (International)
Email: info@slaa-ontario.org

Description: Mutual support group for those with sexual or love addictions. Offers in-person, telephone, and online meetings.

Eligibility: Anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment.

Referral/How to Apply: Call hotline or check website for meeting times. Online and telephone meeting information available at http://slaafws.org/.

Fees: None

Services available in: English, some literature available in other languages

Areas served: In-person meetings available in Toronto and other areas of Ontario. Telephone and online meetings available internationally.

Kingston Community Health Centres

Address: 263 Weller Ave, Kingston, ON K7K 2V4
Tel: 613-542-2949
Fax: 613-542-3872

Confidential Medical Fax: 613-542-7657
Website: http://www.kchc.ca
Email: info@kchc.ca
Contact: Hersh Sehdev

Hours: Mon., Tue., Thu., & Fri. 8:00 a.m. - 5:00 p.m., Wed. 8:00 a.m. - 8:00 p.m.
Description: Oversees community health care services, children’s programs, education support programs and addiction services, dental health program, and immigrant services.

Eligibility: No restrictions

Referral/How to Apply: Call or send an email to set up an appointment

Fees: None

Services available in: English, French, Hindi, Italian, Portuguese, Romanian, Serbo-Croatian, Spanish, other languages available upon request

Areas served: Kingston, Napanee

Connex Ontario Health Services Information

Tel: 519-439-0174 (Mon.-Fri. 8:30a.m.-4:30p.m.)
Fax: 519-439-0455
Website: http://www.connexontario.ca
Email: administration@connexontario.ca
Contact: Marion Wright

Description: Operates three helplines offering information and referral services: Drug & Alcohol Helpline, Mental Health Helpline, & Ontario Problem Gambling Helpline.

Eligibility: No restrictions

Referral/How to Apply: Contact by phone

Fees: None

Services available in: English; French; Interpretive services in 170 languages can be arranged

Areas served: Ontario

Narcotics Anonymous

Address: 136 Princess St., Kingston, ON K7L 1A0
Tel: 1-888-811-3887
Website: http://www.limestonena.com/home.php
Email: info@limestonena.com
Hours: Meeting times and locations listed online.

Description: A group of recovering addicts who meet regularly to help each other stay clean.

Eligibility: Anyone with a drug addiction of any kind who wishes to recover.

Referral/How to Apply: No referral necessary, simply show up to a scheduled meeting.

Fees: None

Services available in: English

Areas served: Kingston and surrounding areas

Sex Addicts Anonymous

Tel: 1-800-477-8191
Website: http://saa-recovery.org/
Email: kingstonsaa@gmail.com
Hours: Meeting times listed online.
Office hours are Mon. to Fri., 10:00a.m.-6:00p.m.

Description: Provides support groups for individuals hoping to recover from addictive sexual behaviors.

Eligibility: Anyone with sexual addictions.

Referral/How to Apply: No referral necessary, simply show up to an open meeting. Email or call for more information about meetings.

Fees: None

Services available in: English

Areas served: Kingston and surrounding areas

Change Health Care Inc. - Kingston

Address: 7 Hickson Avenue, Kingston, ON K7K 2N4
Tel: 613-549-6060
Fax: 613-549-1142
Website: http://www.changehealthcare.ca
Email: info@changehealthcare.ca
Contact: Kate Johnston

Hours: Mon.-Fri. 6:30a.m.-4:00p.m.; Sat. & Sun. 8:00a.m.-12:00p.m.

Description: Addiction treatment clinic focused on those addicted to opiates (heroin, morphine, Percocet/Percodan, codeine, opium, etc.). Offers methadone and suboxone treatments.

Eligibility: Anyone dependent on opium substances.

Referral/How to Apply: Self-referrals or physician referrals accepted

Fees: Services covered by OHIP. Cost of methadone is $6/day without ODP drug card

Services available in: English

Areas served: Kingston

ACT Kingston

Address: 166 Division Street, Kingston, ON K7L 3M6
Tel: 613-544-0228
Website: http://www.acttoronto.co

Description: Issues with drug addiction and is looking for a detox program or possibly mental health services in Kingston, Ontario, list treatment and recovery centres close by.

Eligibility: Opiate addiction

Referral/How to Apply: Contact the centre either by phone or walk in

Fees: None

Services available in: English, French

Areas served: Kingston and surrounding areas

Drug & Alcohol Helpline

Tel: 1-800-565-8603 (24 hours, daily)
Website: http://www.drugandalcoholhelpline.ca
Email: info_ref_services_dart@connexontario.ca
**Description:**
Provides support, education, and information about services for individuals with drug and alcohol addictions.

**Eligibility:** No restrictions

**Referral/How to Apply:** Contact by phone

**Fees:** None

**Services available in:** English, French, interpretive services in 170 languages can be arranged

**Areas served:** Ontario

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**Ontario Problem Gambling Helpline**

**Tel:** 1-888-230-3505 (24 hours, daily)

**Website:** www.opgh.on.ca

**Email:** info_ref_services_opgh@connexontario.ca

**Description:**
Provides support, education, and information about services for individuals with gambling issues.

**Eligibility:** No restrictions

**Referral/How to Apply:** Contact by phone

**Fees:** None

**Services available in:** English, some services available in French

**Areas served:** Kingston-Frontenac, Lennox & Addington County

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**Alcoholics Anonymous (AA) Kingston**

– District 36, Area 83 (Kingston area)

Meetings are held in different locations throughout the week – locations are posted on the website

**Mailing Address:**
P.O. Box 1726, Kingston, ON K7L 5J6

**Tel:** 613-549-9380 (24 hours)

**Website:** www.kingstonaa.org

**Email:** aadistrict36@gmail.com

**Hours:** Variable; listed on website.

**Description:**
Members share their experiences with anyone seeking help with a drinking problem. Primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Eligibility:** Anyone who has a problem with alcohol or has a desire to stop drinking. Non-alcoholic guests welcome at open meetings.

**Referral/How to Apply:** Find meeting times on website, no formal application necessary.

**Fees:** None

**Services available in:** English, French and Spanish literature available

**Areas served:** Kingston-Frontenac, Lennox & Addington

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**KFL&A Public Health**

**Address:**
221 Portsmouth Ave, Kingston, ON K7M 1V5

**Tel:** 613-549-1232

**Toll-Free:** 1-800-267-7875

**Description:**
Provides a wide variety of public health programs and services, and information about other community resources.

**Eligibility:** Open to children and adults of all ages.

**Referral/How to Apply:** Registration needed for some programs and services

**Fees:** For some programs and services.

**Services available in:** English

**Areas served:** Kingston-Frontenac, Lennox & Addington

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**Canadian Armed Forces Mental Health Services**

**Canadian Forces Base Kingston**

33 CF Health Services Centre
26 Somme Avenue, Building ME-40
PO Box 17000 Station Forces
Kingston, ON K7K 7B4

**Tel:** 613-541-5010

**Website:** http://www.forces.gc.ca/en/caf-community-health-services-mental/index.page

**Email:** Maureen.milmoyl@forces.gc.ca

**Contact:** Karen King

**Hours:** Mon.-Fri. 7:30a.m.-4:00p.m.

**Description:**
Offers Mental Health Programs for a broad range of mental health and operational trauma concerns, a Psychosocial Program for counselling and consultations, and an Addictions Treatment Program.

**Eligibility:** Open to members of the Canadian Armed Forces.

**Referral/How to Apply:** Self-referrals accepted for Psychosocial Program. Physician referral required for Mental Health Program. Contact local CAF medical to access services.

**Services available in:** English, French

**Areas served:** Kingston
National Alliance on Mental Illness (NAMI)
Address: c/o CMHA Ottawa Branch, 1355 Bank Street, Suite 301, Ottawa, ON K1H 8K7
Tel: 613-737-7791
Email: familytofamily.on@bell.net
Contact: Madeleine Bertrand
Hours: NAMI Classes, 6:30p.m.-9p.m., Spring and Fall, 552 Princess St, Kingston, call for dates
Description: For information on the Family-to-Family Programs in Ontario, contact Madeleine Bertrand, Director, Family-to-Family Programs. The Family-to-Family Programs in Ontario are free education program and support to families, friends and partners of people with a mental illness, and in some parts of Ontario an education program to service providers.
Referral/How to Apply: For more information and to register for the course, please contact Patricia Ofer or Lori MacEwen, Family Resource Centre, 385 Princess St., Kingston, ON K7L 1B9, at 613-544-2886 or by email at frc@fcmhs.ca
Fees: None
Services available in: English
Areas served: Kingston and surrounding areas

Providence Care: Mental Health Services
Outpatient Mental Health: Westwood School
Address: 752 King St. W., Kingston, ON K7L 4X3
Tel: 613-546-1101 ext. 5449 or 5615
Website: www.providencecare.ca
Hours: The school operates four-and-a-half days a week, September to June
Description: Offers educational programs for individuals with serious mental health disabilities. The school provides one-on-one attention and learning tailored to each student, in collaboration with the student’s care team and has two teaching staff from the Limestone School of Continuing Education
Eligibility: Students are clients of Providence Care Mental Health Services or Frontenac Community Mental Health Services.
Referral/How to Apply: By caseworker or doctor
Fees: None
Services available in: English
Areas served: As above

Ontario Disability Support Program
Address:
Ministry of Community and Social Services
Ontario Disability Support Program
Income and Employment Supports
1055 Princess Street, Suite 103, Kingston, ON K7L 5T3
Services available in: English, interpretive services available
Areas served: Kingston-Frontenac, Lennox & Addington

Providence Care: Community Brain Injury Services (CBIS)
Address: 303 Bagot St., Suite 401, Kingston, ON K7K 5W7
Tel: 613-547-6969, ext. 127
Fax: 613-547-7472
Website: www.providencecare.ca
Email: hartmanj@providencecare.ca
Contact: Joni Hartman
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provides rehabilitation and support services for adults with moderate to severe acquired brain injuries.
Services include:
• Outreach: Program for adults with moderate to severe brain injury offering pre-vocational rehabilitation.
• Supported Living Program: 24 hour service for adults with severe acquired brain injury who need specialized support to be part of the community.
• Psychology Services: Provides assessment, counselling, consultation, and clinical direction for all client services.
• Reconnection Groups: Offers a series of activity-based groups.
Eligibility: For individuals with acquired brain injuries.
Referral/How to Apply: All types of referrals accepted, including personal referrals. Referral forms available online.
Fees: Covered by OHIP unless private rehabilitation funding is available. Some accommodation expenses.

Acquired Brain Injury System Navigation of Southeastern Ontario
Address: 303 Bagot St., LaSalle Mews, Suite 401, Kingston, ON K7K 5W7
Tel: 613-547-6969
Toll-Free: 1-800-871-8096
Fax: 613-547-6472
Website: http://braininjuryhelp.ca/
Email: henryr1@providencecare.ca
Contact: Rachael Henry
Hours: 8:30a.m.-4:30p.m.
Description: Acquired Brain Injury service coordinator. Accepts referrals, provides education, and connects people with resources and services in the community.
Eligibility: Individuals living with an ABI or traumatic brain injury and their families, and the professionals involved in their care.
Referral/How to Apply: Call or call out online referral form. Self-referrals and other referrals accepted.
Fees: Covered by OHIP if other insurance (e.g. auto insurance if injury is related to automobile accident) is not available.
Bereaved Families of Ontario – Kingston Region  
Address:  
Gordon F. Tompkins Funeral Home - Township Chapel  
435 Davis Drive, Kingston, ON K7M 8L9  
Tel: 613-634-1230  
Toll Free: 1-877-823-2601  
Email: bfo@kingston.net  
Website: www.bfo-kingston.ca  
Contact: David Cupido  
Hours: By appointment only  
Meeting Hours: Meeting dates and times listed online  
Description: Provides mutual-support programs, services and resources to people who are experiencing the death of a loved one.  
Eligibility: Open to anyone who is dealing with the death of a loved one  
Referral/How to Apply: Call or attend meetings  
Fees: None  
Services available in: English  
Areas served: Kingston, Napanee, Gananoque, Brockville  

KFL&A Public Health  
Address:  
221 Portsmouth Ave, Kingston, ON K7M 1V5  
Tel: 613-549-1232  
Toll-Free: 1-800-267-7875  
TTY: 613-549-7692 or 1-866-299-1136  
Napanee Office Tel: 613-354-3357  
Sharbot Lake Office Tel: 613-279-2151  
Cloyne Office Tel: 613-336-8989  
Fax: 613-549-7896  
Website: www.klapublichealth.ca  
Contact: Charles Simonds  
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.  
Description: Provides a wide variety of public health programs and services, and information about other community resources.  
Eligibility: Open to children and adults of all ages  
Referral/How to Apply: Registration needed for some programs and services  
Fees: For some programs and services  
Services available in: English, some services available in French  
Areas served: Kingston-Frontenac, Lennox & Addington  

Providence Care: St Mary’s of the Lake Hospital  
Address:  
340 Union St., Kingston, ON K7L 5A2  
Crisis Tel: 9-1-1  
Tel: 613-544-5220  
Auto-attendant Tel: 613-548-7222  
Fax: 613-544-6655  
Website: www.providencecare.ca  
Email: info@providencecare.ca  
Contact: Cathy Szabo  
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.  
Description: Provides a variety of inpatient and outpatient services, including physical rehabilitation, complex medical care, restorative rehabilitative care, palliative care, end-of-life care, seniors’ health, and other specialty clinics.  
Eligibility: Open to people ages 16+  
Referral/How to Apply: Some programs require referral from physician or other health care professional  
Fees: Fees usually covered by OHIP. Some accommodation fees.  
Services available in: English, French, interpretative services available  
Areas served: Southeastern Ontario  

Mood Disorders Association of Ontario  
Address:  
36 Eglinton Ave. W., Suite 602, Toronto, ON M4R 1A1  
Tel: 416-486-8046  
Toll-Free Tel: 1-888-486-8236  
Fax: 416-486-8127  
Website: www.mooddisorders.on.ca  
Email: info@mooddisorders.on.ca  
Contact: Karen Liberman  
Hours: Mon.-Fri. 9:30a.m.-5:00p.m.  
Description: Provides information about mood disorders and local resources. Also offers a calendar of monthly events.  
Areas served: Ontario
LONG TERM CARE AND RELATED SERVICES

Community Care & Access Centre
Tel: 613-544-7090
Toll-Free: 1-800-869-8828
Fax: 613-544-1494 1-866-839-7299
Website: www.se.ccac-ont.ca
Email: Gary.Buffett@se.ccac-ont.ca
Contact: Jacqueline Redmond, Chief Executive Officer

Hours:
- Administration Mon-Fri 8:30 a.m.-4:30p.m.
- Intake Mon-Sun 8 a.m.-8p.m.
- on-call for active or current clients

Description:
- Connects individuals to community health care services
- Information and referral for health services at www.southeasthealthline.ca
- Coordinates professional home health services and personal care support
- When needed, will connect individuals with organizations to better meet their needs
- If unable to live safely at home with any combination of community services helps investigate living alternatives such as supportive residential options, retirement homes, long term care homes, convalescent and respite care
- Access point to Long-Term Care Home admission
- Care Connectors help people without family physicians obtain a family health care provider

Referral/How to Apply:
Information and Referral - No restrictions

In-home CCAC provided services –
- A valid Ontario Health Card and a medical condition that can be adequately treated in the home, school or clinic - assessed by a Care Coordinator
- There are some restrictions as outlined in the Long Term Care Act and provincial guidelines

Care Connect – If you do not have a family doctor

Long Term Care Home admission –
- Assessed by a Care Coordinator by telephone (ask for the Access Team), drop-in or written request
- CCAC staff are also available in hospitals across Ontario to help plan for patients’ return home

Fees:
- None
- All services provided by CCACs are funded by the Ministry of Health and Long-Term Care
- Services are provided using provincial guidelines
- There is no direct cost to the client for CCAC services

Services available in: English, French

Alzheimer Society – Kingston, Frontenac, Lennox & Addington
Address: 175 Rideau St., Lower Level, Kingston, ON K7K 3H6
Tel: 613-544-3078
Toll-Free: 1-800-266-7516
Fax: 613-544-6320
Website: http://www.alzheimer.ca/en/kla

Email: ask@alzking.com
Contact: Jan White
Hours: Mon.-Fri.: 9:00a.m.-4:30p.m.
Description:
Provides care, support, information and education for people living with dementia.

Eligibility: People living with Alzheimer’s and related dementias, and their families and caregivers

Areas served: Kingston-Frontenac County, Lennox & Addington

Southern Frontenac Community Services Corporation

Family Services Address: 4419 George St., Sydenham, ON K0H 2T0
Seniors Services Address: 4295 Stage Coach Road, Sydenham, ON K0H 2T0
Tel: 613-376-6477
Toll-Free: 1-800-763-9610
Fax: 613-376-6734
Website: http://www.sfcsc.ca/
Email: info@sfcsc.ca
Contact: Joan Cameron
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description:
Provides a variety of community support services, including family and bereavement support services, and services for people with Alzheimer’s and other dementias. This includes the Adult Day Service, which offers activities and support for elders with Alzheimer’s and other dementias.

Eligibility: Open to seniors 55+, physically disabled adults, low-income families, children 0-6 and their parents.

Referral/How to Apply: Call to access services.

Fees: Most services are free of charge. Adult Day Service is $20/day.

Services available in: English
Areas served: South Frontenac and Kingston North of Hwy 401

Providence Care – Hildegard Centre
Address: Providence Manor
275 Sydenham St., Kingston, ON K7K 1G7
Tel: 613-549-4164
Auto-Attendant Tel: 613-548-7222
Fax: 613-549-7472
Website: www.providencecare.ca
Email: bruceb@providencecare.ca
Contact: Angie Tingren-Watkins
Adult Day Program Hours:
Tues.-Fri. 7:30a.m.-4:45p.m.
Day Away Program Hours: Mon. 7:30a.m.-4:45p.m., Tues. & Thurs. 9:00a.m.-3:30p.m.
Description:
Both programs provide a variety of activities planned to maintain or enhance participants’ well-being and abilities.
Eligibility: The Adult Day Program is open to adults with physical disabilities, memory loss, sensory limitations and social or emotional problems. The Day Away Program is open to adults in the early or middle stages of Alzheimer Disease or related dementia.

Referral/How to Apply: All clients referred by CCAC; can contact CCAC to request a referral.

Fees: $20/day

Services available in: English

Areas served: Kingston-Frontenac, Lennox & Addington

Providence Care: Mental Health Services – Kingston Scales

Address: 752 King St. West, Kingston, ON K7L 4XC
Tel: 613-546-1101 ext. 5940 or 5652
Fax: 613-548-5569
Website: http://www.providencecare.ca/clinical-tools/Kingston-Scales/Pages/default.aspx
Email: kscales@queensu.ca
Contact: Dr. Lindy Kilik
Description: Provides scales for assessing Alzheimer's disease and other dementias.

Eligibility: Used for individuals suspected of having progressive dementias

Referral/How to Apply: Download scales for free online

Fees: None

Services available in: English

Areas served: Southeastern Ontario

Providence Care: Behavioral Support Services

Address: 640 Cataracaui Woods Dr., Unit 2, Kingston, ON K7P 2Y5
Tel: 613-384-9088
Fax: 613-384-6107
Website: www.providencecare.ca
Email: allairen@providencecare.ca
crawforp@providencecare.ca
mccallk1@providencecare.ca
Contact: Kathy Baker or Darcy Woods-Fournier
Hours: On-call 24/7

Description: Enhances services for seniors living with responsive behaviors due to dementia, mental health needs, addictions, and other neurological disorders.

Programs:
• Behavioral Support Services (BSS) Mobile Response Teams: Provides 24 hour support for residents and staff in long-term care homes.
• Geriatric Psychiatry Outreach: Provides specialized assessment and consultation for people living in long-term care homes, retirement homes, hospital, or their own homes.
• Psychogeriatric Resource Consultants: Supports staff through consultation and education.

Eligibility: Open to people age 65+ with an Axis 1 diagnosis (typically Alzheimer's or other dementias) and behavioral issues who are currently in long-term care or going into long-term care.

Referral/How to Apply: Referrals made by long-term care facilities or MHS; call to request referral.

Fees: Covered by OHIP

Services available in: English

Areas served: Southeastern Ontario

Central Frontenac Community Services Corporation – Rural VISIONS Centre

Address: 4419 George St., Sydenham, ON K0H 2T0
Mailing Address: P.O. Box 43, Sydenham, ON K0H 2T0
Tel: 613-376-6477
Toll-Free: 1-800-763-9610
Fax: 613-376-6734
Website: www.ruralvisionscentre.org
http://www.sfcsc.ca
Email: cfcsc@personainternet.com, info@sfcsc.ca
Contact: Kate Hulton, Family Services Coordinator
Hours: Jan. 2-Dec 24, Mon.-Fri. 8:30 a.m.-4:30 p.m.

Description:
• A multiservice centre providing community support services
• Offers: Information and referral, Home help, Congregate dining, Respite care including palliative care, Transportation, Income tax assistance, Friendly visiting, Client intervention and assistance, Frozen Meals on Wheels, Foot care, Bereavement support and caregiver support, Training, information and education for seniors and physically disabled adults (Adult-based services)
• Provides: food security, access to financial assistance with heating, housing costs and transportation to low income families with children
• Also administers financial assistance for renters and homeowners in North, Central and South Frontenac
• Coordinates local Ontario Early Years Centre services including a Parent Resource Lending Library, Pre-natal and parenting classes, Baby Talk Drop-In, Grand Friends, Welcome to Newborn and Sydenham Playgroup
• Offers licensed home childcare

Eligibility: Open to seniors 55+, physically disabled adults, low-income families, children 0-6 and their parents. Financial assistance open to those in need who meet eligibility criteria

Referral/How to Apply: Some programs require registration

Fees: For some services. Fee assistance may be available.

Areas served: South Frontenac and Kingston North of Hwy 401
Long Term Care

Description:
Offers a variety of programs for older adults and people with physical disabilities. In addition to the programs detailed below, this division also offers Palliative Care and Bereavement Support, Client Intervention & Assistance, Hearing Health Care Clinics and Income Tax Clinics.

Adult Day Service
Offers full and half day programming to improve the quality of life for individuals with Alzheimer Disease, other dementias and the frail/elderly and provide respite for Caregivers
- Located at Rural VISIONS Centre in Sydenham on Mondays, Tuesdays and Fridays.

Caregiver Support (Information and Education)
Provides support for caregivers of older adults, information to help with care decisions, educational sessions, a lending library, an Alzheimer Support Service and referrals to other community support services.

Caregiver Support (Respite)
Provides temporary relief to those caring for seniors, disabled adults and palliative care patients
- Offers meal or snack preparation, assistance with toileting and dressing, bedtime and waking assistance, or companionship in client’s homes
- There is a waiting list

Eligibility: Open to seniors 55+ and/or disabled adults. Some restrictions may apply

Referral/How to Apply: Assessment required for some programs

Areas served: Kingston, North of Hwy 401, South Frontenac, excluding Bedford District

Contact: Julie Shillington, Administrator
Hours: Mon.-Fri. 8:30a.m.-5:00p.m.

Description:
- Municipal long-term care facility with 128 beds
- Offers a rural estate setting
- Private, semi-private and basic (ward) rooms available and a secure environment offered if needed
- Practices the GentleCare philosophy
- Waiting list: varies

Eligibility: Open to those deemed eligible by a Case Manager for the Community Care Access Centre

Referral/How to Apply: Contact the Community Care Access Centre 1-800-869-8828

Fees: Service

Areas served: Kingston-Frontenac area

The John M. Parrott Centre
Address: 309 Bridge St W, Napanee, ON K7R 2G4
Tel: 613-354-3306 (24 hours)
Fax: 613-354-7387 (24 hours)
Contact: Brian Smith, Director

Description:
- A municipally-owned long-term care facility
- Provides accommodation for up to 168 residents in 120 private and 24 basic (semi-private) rooms
- Offers a secure unit for Alzheimer patients

Eligibility: Open to adults 18+ who have been declared eligible for admission by a Case Manager with the Community Care Access Centre

Referral/How to Apply: Apply through the South East Community Care Access Centre

Fees: Program

Areas served: Southeastern Ontario

Fairmount Home
Address: 2069 Battersea Rd, Glenburnie, ON K0H 1S0
Tel: 613-546-4264 (24hr)
Website: http://www.frontenaccounty.ca/en/fairmounthome/landing.asp

Contact: Marilyn Benn, Administrator
Description:
A private long-term care facility for 150 people

Eligibility: determined by a Case Manager with the CCAC

Referral/How to Apply: Apply through the South East Community Care Access Centre

Fees: Program

Services available in: English, French, Italian, Portuguese

Areas served: Southeastern Ontario
PATIENT RIGHTS AND LEGAL SERVICES

Kingston Community Legal Clinic
Address: 345 Bagot St., Kingston, ON K7K 6T8
Tel: 613-541-0777
Fax: 613-547-4978
Website: http://kclc.ca
Contact: John Ross Done, Executive Director
Hours: Mon.-Thurs. 8:30a.m.-4:30p.m.; Fri. 1:00p.m.-4:30p.m.
Description:
• Kingston Community Legal Clinic promotes justice, equality, rights and independence for low-income people by: providing legal services in matters relating to poverty, housing, income support, human rights, health, employment and education
• Engages in community development
Eligibility: Open to those within areas served who meet the financial eligibility guidelines
Fees: None; Clients may be asked to contribute to legal disbursements (medical reports, etc.) if able
Services available in: English; Interpretive services can be arranged
Areas served: Kingston area

Legal Aid Ontario
Address: 507 Princess St., Kingston, ON K7L 1C6
116 John St., 3rd Floor, Napanee, ON K7R 1R2
Tel: 613-546-1179 (Kingston)
613-546-1179 (Napanee)
Toll Free Tel: 1-800-668-8258 (Kingston)
1-866-294-0658 (Napanee)
Fax: 613-545-5407 (Kingston)
613-354-3030 (Napanee)
Website: www.legalaid.on.ca
Contact: Peter Radley, Area Director (Kingston)
William G. Sirman, Area Director (Napanee)
Hours: Mon.-Fri. 8:30a.m.-4:00p.m. (Kingston)
Mon.-Fri. 9:00a.m.-4:30p.m. (Napanee)
Description:
• Provides needs testing for financial assistance for legal fees under the guidelines of Legal Aid Ontario to citizens of Kingston and Frontenac County
• Aid may be available for serious types of criminal cases such as indictable offences and family law matters
• A special Duty Counsel form is available at Interval House which allows for up to two hours of free legal advice to financially qualifying victims of domestic assault who need quick legal advice
Eligibility: Eligibility is based on services requested and financial assessment
Referral/How to Apply: Apply during business hours. Appointments may be required
Fees: None

Psychiatric Patient Advocate Office
Address: 752 King St. W., Room 1005E, Kingston, ON K7L 4X3
Mailing Address: P.O. Box 603, Kingston, ON K7L 4X3
Tel: 613-548-5575
Toll-Free Tel: 1-800-578-2343
Fax: 613-540-6107
Email: www.ppaio.gov.on.ca
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description:
• Provides independent, confidential advocacy services to patients and former patients of Providence Care, Mental Health Services and rights advice to inpatients of Providence Care MHS
• The advocate addresses concerns related to treatment, legal rights and entitlements and quality of life by negotiating solutions based on client instruction
• The office provides public education on topics related to mental health and recovery
Eligibility: Open primarily to inpatients of Providence Care, Mental Health Services and also available to outpatients and former patients of Providence Care, Mental Health Services
Fees: None
Services available in: English, interpretive services can be arranged
Areas served: Southeastern Ontario as well as Haliburton, Northumberland, Peterborough and Renfrew Counties

Kingston Community Legal Clinic
Address: 345 Bagot St., Kingston, ON K7K 6T8
Tel: 613-541-0777
Fax: 613-547-4978
Website: http://kclc.ca
Contact: John Ross Done, Executive Director
Hours: Mon.-Thurs. 8:30a.m.-4:30p.m.; Fri. 1:00p.m.-4:30p.m.
Description:
• Kingston Community Legal Clinic promotes justice, equality, rights and independence for low-income people by: providing legal services in matters relating to poverty, housing, income support, human rights, health, employment and education
• Engages in community development
Eligibility: Open to those within areas served who meet the financial eligibility guidelines
Fees: None; Clients may be asked to contribute to legal disbursements (medical reports, etc.) if able
Services available in: English; Interpretive services can be arranged
Areas served: Kingston area
DEVELOPMENTAL DISABILITIES

ARCH Disability Law Centre
Address: 425 Bloor Street East, Suite 110, Toronto, ON M4W 3R4
Tel: 416-482-8255
Toll-Free Tel: 1-866-482-2724
TTY: 416-482-1254
Toll-Free TTY: 1-866-482-2728
Fax: 416-482-2981
Toll-Free Fax: 1-866-881-2723
Website: http://www.archdisabilitylaw.ca/
Email: archlib@lao.on.ca
Contact: Ivana Petricone
Hours: Mon.-Fri. 9:00a.m.-5:00p.m.
Description: Legal aid clinic providing legal services to people with disabilities in Ontario.
Eligibility: People with disabilities who meet Legal Aid Ontario’s financial eligibility guidelines
Referral/How to Apply: No referral necessary. Call the phone number for legal advice or to book an appointment.
Fees: None
Services available in: English, French, ASL, and any other language through the use of an interpreter
Areas served: Ontario

K3C Community Counselling Centre
- Adult Protective Service Program
Address: K3C Community Counselling Centre, 417 Bagot Street, Kingston, ON K7K 3C1
Tel: 613-549-7850
Fax: 613-544-8138
Website: www.k3c.org
Email: info@k3c.org
Hours: Mon. and Thurs. 8:30a.m.-8:00p.m., Tues. and Wed. 8:30a.m.-5:00p.m., Fri. 8:30a.m.-4:00p.m.
Description: Provides support for adults with development disability who are living on their own so that they are able to live independently, safely, and securely as possible in the community.
Eligibility: Must have a developmental disability and must meet eligibility guidelines
Referral/How to Apply: Must apply and have eligibility confirmed through the local Developmental Service Organization office in Napanee
Fees: None

Services available in: English, French
Areas served: South Frontenac County

Ontario Ministry of Community and Social Services – Kingston Branch
Address: 362 Montreal St., Kingston, ON K7K 3H5
Tel: 613-546-2695
Website: http://www.mcss.gov.on.ca/en/mcss/
Contact: Helena Jaczek
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: A ministry of the government that runs programs for social assistance, community and developmental disability services, and child and spousal support.
Eligibility: Depends on the service. Must be a resident of Ontario.
Referral/How to Apply: Each service has its own application process
Fees: None
Services available in: English, French
Areas served: Ontario

Northern Frontenac Community Services Corporation – Adult Services
Address: 1020 Elizabeth St., Sharbot Lake, ON K0H 2P0
Tel: 613-279-3151
Toll-Free: 1-855-279-2052
Fax: 613-279-2565
Website: http://nfcs.ca/
Email: core@frontenac.net
Contact: Don Amos
Hours: Mon.-Fri. 8:30a.m.-4:30 p.m.; Closed 12:00p.m.-1:00p.m. daily
Description: Offers a variety of community services for adults, including a family counselling program for issues such as drug and alcohol use, an Adult Protective Services program for adults with developmental disabilities, and various community support services.
Eligibility: Available to seniors and those ages 18+ with physical disabilities.
Areas served: Residents of Central, North and parts of South Frontenac Townships.

Autism Ontario
Address: 1179 King Street West, Suite 004, Toronto, ON M6K 3C5
Kingston Address: 361 Montreal Street, Kingston, ON K7K 3H4
Tel: 416-246-9592 or 1-800-472-7789 (toll-free)
Kingston Phone Number: 613-507-7896
Fax: 416-246-9417
Website: http://www.autismontario.com/
**Email:** kingston@autismontario.com  
**Contact:** Leah Mittchin  
Paula Ball (Kingston)  
**Hours:** Tues. and Thurs. 9:30a.m.-2:00p.m.  
**Description:**  
Provides knowledge information about services to those with an ASD.  
**Eligibility:** A diagnosis of an Autism Spectrum Disorder  
**Fees:** Information and resources available for free online; fees exist for membership and events.  
**Services available in:** English (depends on the service or event)  
**Areas served:** Ontario

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**Ongwanada**  
**Address:**  
191 Portsmouth Avenue, Kingston, ON K7M 8A6  
**Tel:** 613-548-4417  
**Fax:** 613-548-8135  
**Website:** http://www.ongwanada.com/  
**Email:** info@ongwanada.com  
**Contact:** Allan Twohey  
**Description:**  
Provides support for people with developmental disabilities and their families through a wide range of services and community supports.  
**Eligibility:** Must have, be a family member of, or work with someone with a developmental disability  
**Referral/How to Apply:** Referrals are accepted from the person with the developmental disability, a family member, professional, or agency workers  
**Services available in:** English  
**Areas served:** Kingston and Eastern Ontario

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**Ongwanada - Adult Protective Services**  
**Mailing Address:**  
P.O. Box 122, 113 Richmond Blvd, Unit 10, Napanee, ON K7R 3M3  
**Tel:** 613-354-9904  
**Fax:** 613-354-5045  
**Website:** www.ongwanada.com  
**Email:** info@ongwanada.com  
**Contact:** Allan Twohey  
**Description:**  
Advocates the rights of adults with developmental disabilities, helps them gain access to services, and also offers counselling, crisis intervention and other supports unavailable in the community.  
**Eligibility:** Open to adults (18 and older) with developmental disabilities  
**Referral/How to Apply:** Referrals are accepted from the person with the developmental disability, a family member, professional, or agency workers. Shortly after the referral is made a home visit takes place to determine whether the program is appropriate for the individual.

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**Services available in:** English  
**Areas served:** Southern Lennox & Addington County

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**Ongwanada - Community Behavioral Service Kingston**  
**Address:**  
114 Wright Crescent, Kingston, ON K7L 4T8  
**Tel:** 613-548-4417. For services for a child, call ext. 3311; for services for an adult, contact Developmental Services Ontario.  
**Fax:** 613-548-8652  
**Website:** www.ongwanada.com  
**Email:** info@ongwanada.com  
**Contact:** Allan Twohey  
**Description:**  
Provides assessment of problem areas and design of behavioral support plans, as well as support for parents and teachers. The therapist visits the home or day program weekly to work with the person and teach families and teachers to carry out the program.  
**Eligibility:** People aged 2+ with a developmental disability who live with their families or another caregiver in the community, or children whose parents or guardians have a developmental disability.  
**Referral/How to Apply:** Referrals are accepted from the client, parents, physicians, teachers, and other professionals and agencies. All referrals are made through Ongwanada’s Intake Coordinator.  
**Services available in:** English  
**Areas served:** Kingston and Eastern Ontario

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**Ongwanada - Residential and Respite Services**  
**Address:**  
191 Portsmouth Avenue, Kingston, ON K7M 8A6  
**Tel:** 613-548-4417. For services for a child, call ext. 3311; for services for an adult, contact Developmental Services Ontario. For information about Home Share, call ext. 1178.  
**Fax:** 613-548-8135  
**Website:** www.ongwanada.com  
**Email:** info@ongwanada.com  
**Contact:** Allan Twohey  
**Description:**  
A network of community residences, Home Shares, and residential respite care that supports people with developmental disabilities living on their own.  
**Eligibility:** Individuals with developmental disabilities.  
**Referral/How to Apply:** Referrals are accepted from all sources.  
**Fees:** Fees vary for services.  
**Services available in:** English  
**Areas served:** Frontenac, Lennox & Addington, Leeds & Grenville Counties.
Ontario Ministry of Community and Social Services - Employment Support Program (Kingston)

**Address:**
1055 Princess Street, Suite 103, Kingston, ON K7L 5T3

**Tel:** 613-545-4553

**Toll-Free Tel:** 1-800-267-0236

**TDD/TTY:** 613-545-4532

**Fax:** 613-545-4550

**Website:** http://www.mcss.gov.on.ca/en/mcss/

**Description:**
Provides support for people with disabilities in the workplace.

**Eligibility:**
Residents of Ontario aged 16 years or older with disabilities expected to last a year or more who are able to work but have a hard time finding or keeping a job due to their disability. You are ineligible to receive employment supports if you are receiving disability or rehabilitation benefits from other public or private sources or are receiving financial assistance from Ontario Works.

**Referral/How to Apply:** Must complete an application process.

**Fees:** None

**Services available in:** English, French

**Areas served:** Kingston and surrounding areas

Kerry’s Place Autism Services

**Address:**
34 Berczy Street, Aurora, ON L4G 1W9 (Head Office)
189 Victoria Avenue, Belleville, ON K8N 2B9 (South East Regional Office)

**Tel:** 905-841-6611 (Head Office)
613-968-5554 (South East Regional Office)

**Fax:** 613-967-4555 (Head Office)

**Website:** http://www.kerrysplace.org

**Email:** info@kerrysplace.org (Head Office)
christine.park@kerrysplace.org (South East Regional Office)

**Contact:** Christine Park (South East Regional Office)

**Description:**
Provides a range of services including community outreach services, psychological and family support, education and skills training, and residential supports to children, youth, and adults living with an autism spectrum disorder.

**Eligibility:**
Must have proof of diagnosis of Autism Spectrum Disorder.

**Referral/How to Apply:** Must be referred by a parent, doctor, or agency/school board

**Fees:** For some services

**Services available in:** English, French

**Areas served:** Eastern Ontario

Land O’ Lakes Community Services

**Tel:** 613-336-8934

**Toll-free:** 1-877-679-6636

Fax: 613-336-2044

**Website:** http://www.lolcs.com/

**Contact:** Susan Andrew-Allen

**Description:**
Provides health and social services in the community, including the Adult Protective Services program provides services for adults with developmental disabilities, and the Community Support for Seniors program for seniors.

**Eligibility:**
Must be an adult with a developmental disability, a senior 55 or over, or a person with physical disabilities or recovering from illness or surgery in the areas served.

**Fees:** For some services

**Services available in:** English

**Areas served:** Kaladar, Flinton, Northbrook, Cloyne, Denbigh and surrounding areas

Community Living Ontario

**Address:**
1412 Princess Street, Kingston, ON K7M 3E5 (Kingston and District)
99 Richmond Blvd, Napanee, ON K7R 3S3 (Lennox and Addington)
1025 Elizabeth St., P.O. Box 76, Sharbot Lake, ON K0H 2P0 (North Frontenac)

**Tel:** 613-546-6613 (Kingston and District)
613-354-2184 (Lennox and Addington)
613-279-3731 (North Frontenac)

**Fax:** 613-546-0436 (Kingston and District)
613-279-3732 (North Frontenac)

**Website:** http://www.communitylivingkingston.org/
http://www.communitylivingontario.ca/node/565

**Email:** psproul@kdacl.on.ca (Kingston and District)
acl@kos.net (Lennox and Addington)
estelle_clnf@frontenac.net (North Frontenac)

**Contact:** Peter Sproul (Kingston and District)
Dean Walsh (North Frontenac)

**Hours:** Mon.-Fri. 8:30a.m-4:30p.m.

**Description:**
Provides support and assistance to individuals who have a developmental disability and their families.

**Eligibility:**
Individuals with developmental disabilities and their families

**Referral/How to Apply:** For children under the age of 18, the agency can be contacted directly to inquire about services. For adults, referral must be made through Developmental Services Ontario.

Extend-a-Family Kingston

**Address:**
361 Montreal Street, Kingston, ON K7K 3H4

**Tel:** 613-544-8939

**Fax:** 613-544-9569
Queen's Family Health Team
- Developmental Disabilities Health Check Program

Address:
220 Bagot St., Kingston, ON K7L 5E9
115 Clarence St. (Haynes Hall), Kingston, ON K7L 5N6
Tel: 613-533-9303
Fax: 613-549-5403
Website: http://familymedicine.queensu.ca
Email: info@qfht.ca
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
After Hours Clinic Hours:
(Located at 115 Clarence St.) Mon.-Thu. 5:00p.m.-8:00p.m.,
Sat.1:00p.m.-4:00p.m..
Description:
Provides health checks and exams for Queen's Family Health
Team patients with intellectual/developmental disabilities.
Referral/How to Apply: No referral necessary
Fees: OHIP
Areas served: Kingston

Developmental Services Ontario (DSO)

Address:
24 Advance Avenue, Napanee, ON K7R 3Y6
Tel: 613-354-7977
Toll Free: 1-855-237-6737
Fax: 613-354-7990
Website: www.doser.com
Email: reception@doser.com
Contact: Heather Summers
Hours: Mon.-Fri. 8:30a.m.-4:00p.m.
Description:
Provides residential, respite, and community participation (i.e.,
recreation, volunteering, and employment) support to adults
with developmental disabilities.
Eligibility: The DSO will confirm eligibility before full
application packages are completed for services and
supports. They require proof of developmental disability, age,
Ontario residency, and Canadian citizenship.
Referral/How to Apply: Self-referral, health care team
referral
Fees: None
Services available in: English
Areas served: Hastings & Prince Edward, Frontenac,
Lennox & Addington, Lanark, Leeds & Grenville

Ontario Residency
Areas served:
Services available in:
Fees:
Referral/How to Apply:
Eligibility:
Areas served:

Developmental Services Onario (DSO)
Address:
191 Portsmouth Avenue, Kingston, ON K7M 8A6
Crisis Tel: 613-328-5122 (after hours)
Tel: 613-548-4417
Fax: 613-548-8135
Website: www.ongwanada.com
Email: info@ongwanada.com
Website:
Description:
Hydrotherapy, Snoezelen Room, Radiology, Day Support,
Clinical Records, Laboratory, Pharmacy, Occupational Health
and Safety, Ongwanada Medical Associates, Cytogenetics
and DNA Research Laboratory, Home Share Program,
Occupational and Physical Therapy, Ongwanada Auxiliary,
Volunteer Services, Maintenance and Administration.
Eligibility: Children and adults with a Developmental
Disability
Referral/How to Apply: Via the DSO
Fees: There is a fee for respite accommodation and costs
apply for residential placement
Services available in: English
Areas served: Frontenac, Lennox & Addington

Christian Horizons
Address:
1950 Merivale Road, Unit 3, Ottawa, ON K2G 5T5
Tel: 613-225-5900 (Kingston, Ottawa, Gananoque),
705-741-1977 (Belleville)
Fax: 613-225-5955
Website: http://www.christian-horizons.org/districts/
district/
Email: aclough@christian-horizons.org (Kingston),
gwiens@christian-horizons.org (Gord Wiens,
Systems Manager)
Contact: Brenda Allman, Executive Director for Central East
District 705-741-1977
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description:
Specialize in services and supports for persons with
Developmental Disabilities such as community homes,
respite services, supported independent living programs,
employment services, individualized support services,
personal development, life skills training, employment
opportunities, and recreation and leisure opportunities.
Eligibility: Children, youth, and adults with a diagnosis
of Developmental Disability
Referral/How to Apply: Contact the DSO
Fees: Some services require a fee
Services available in: English, French depending on the
area
Areas served: Eastern Ontario (Ottawa, Prescott-Russell,
Kingston, Stormont-Dundas-Glengarry and Renfrew)
Brockville & Area Community Living
Mailing Address: P.O. Box 1688, 6 Glenn Wood Place, Brockville, ON K6V 2T3
Crisis Tel: 613-498-9341
Tel: 613-342-2953
Fax: 613-342-2972
Website: http://bacla.ca/
Contact: Michael F. Humes
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provides out-of-family home, residential and associated support services for people who have an intellectual disability.
Eligibility: Individuals 18 years of age and older with a Developmental Disability
Referral/How to Apply: Contact the DSO
Fees: None
Services available in: English
Areas served: Leeds and Grenville Counties

Brockville & Area Centre for Developmentally Handicapped Persons
Mailing Address: P.O. Box 1688, 61 King St. E., Brockville, ON K6V 6K8
Crisis Tel: 1-800-465-4442
Tel: 613-345-1290
Fax: 613-345-1394
Website: http://www.developmentalservices.com/
Email: lostler@developmentalservices.com
Contact: Linda Ostler, Executive Assistant
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: Services offered to individuals, families, and service providers for persons of all ages with a developmental disability including: psychological, psychiatric, behavioral, social work assessments and consultations, play therapy, group home living, distress centre, and crisis intervention network.
Eligibility: Individuals with a developmental disability or in some cases to children who may be at risk for a developmental disability. Services are also available to the family and the school.
Referral/How to Apply: Referrals can come from any individual, agency, or school with written consent from the applicant or guardian
Fees: None
Services available in: English
Areas served: Leeds and Grenville

Brockville & District Association for Community Involvement
Address: 4-2495 Parkedale Ave., Brockville, ON K6V 3H2
Tel: 613-345-4092
Fax: 613-345-7469
Website: http://www.bdaci.com/
Email: bdaci@ripnet.com
Contact: Beth French
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provides family support coordination program, respite, and the legacy supports program.
Eligibility: Children, youth, and adult with a diagnosis of developmental disability
Referral/How to Apply: Contact the DSO
Fees: None
Services available in: English
Areas served: Leeds and Grenville Counties

Community Living Association Belleville
Address: 91 Millennium Pkwy, Belleville, ON K8N 4Z5
Crisis Tel: 613-969-7407 (after hours)
Tel: 613-969-7407
Fax: 613-969-7775
Website: www.communitylivingbelleville.org
Email: pgillman@communitylivingbelleville.org
Contact: Contact Patti Gillman, Executive Assistant (ext. 30)
Hours: Mon.-Fri. 8:30a.m.-4:00p.m.
Description: Provides services and supports for adult housing, respite, recreation, volunteer programs and more.
Eligibility: Children, youth and adults with developmental disabilities
Referral/How to Apply: Apply via the DSO
Fees: None
Services available in: English
Areas served: Hastings County

Community Living Association (Lanark)
Address: 178 Townline Road East, Carleton Place, ON K7C 2C2
Tel: 613-257-8040
Fax: 613-257-5679
Website: http://www.clalanark.ca/
Email: inquiries@clalanark.ca
Contact: Tony Pacheco (tony@clalanark.ca)
Hours: Mon.-Fri. 8:30a.m.-3:30p.m.
Description: Provides programs such as literacy and life skills, assistance in accessing government programs, employment preparation and job searches, and housing.
Eligibility: Children, youth, and adults with a diagnosis of developmental disability
Referral/How to Apply: Call the agency directly
Fees: None
Services available in: English
Areas served: Lanark County (Carleton Place, Perth and Smiths Falls)

Community Living Kingston & District
Address: 1412 Princess St., Kingston, ON K7M 3E5
Tel: 613-546-6613
Fax: 613-546-0436
Website: http://www.communitylivingkingston.org
Email: jbarry@kdacl.on.ca
Contact: Peter Sproul (ext. 245; psproul@kdacl.on.ca)
Janet Barry (ext. 259)
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provide services for family support, respite, support for independent living, and community options program.
Eligibility: Children and adults with a Developmental Disability diagnosis
Referral/How to Apply: Via DSO, contact agency directly for individuals less than 18 years of age
Fees: None
Services available in: English
Areas served: Municipalities of Kingston, Frontenac Islands, South Frontenac and Loyalist Township

Community Support Services – Perth
Address: 87 Gore St. E., Perth, ON K7H 1J1
Tel: 613-264-0876
Fax: 613-264-8433
Email: sarah@clalanark.ca
Contact: Sarah Donaldson, Manager (613-257-8040)
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provide services to support job training, employment, financial counselling, literacy, and more.
Eligibility: Adults 18 years and older with a developmental disability
Referral/How to Apply: All referrals are prioritized based on need through the DSO
Fees: None
Services available in: English
Areas served: Perth and area

Community Living Gananoque
Address: 26 Mill Street, Gananoque, ON K7G 3A6
Tel: 613-382-7702
Website: http://www.communitylivingkingston.org
Contact: Colleen Kelly-Jansen (613-382-7702)
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: A transitional initiative for young adults with an intellectual disability.

Community Living North Frontenac
Address: 1025 Elizabeth St, Box 76, Sharbot Lake, ON K0H 2P0
Crisis Tel: 613-279-2120
Tel: 613-279-3731
Fax: 613-279-3732
Website: http://www.communitylivingnorthfrontenac.com/
Email: deanclnf@frontenac.net
Estelle Dicintio, Administrative
Contact: Dean Walsh
Estelle Dicintio, Administrative
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Provide services for in home supports, life skills training, transportation, community activities, family supports, and vocational services.
Eligibility: Children, youth, and adult with a diagnosis of developmental disability
Referral/How to Apply: Contact the DSO
Fees: No fees except for transportation
Services available in: English, French
Areas served: Central Frontenac and parts of North Frontenac

Community Living North Grenville
Mailing Address: P.O. Box 1430, 2830 County Road 43, Kemptville, ON K0G 1J0
Tel: 613-258-7177
Fax: 613-258-7469
Website: http://www.communitylivingnorthgrenville.ca/
Email: info@communitylivingnorthgrenville.ca
Contact: Matt Burley, Youth in Transitions Support Worker (mburley@communitylivingnorthgrenville.ca)
Tracey Bennett, Community Supports Supervisor (tbennett@communitylivingnorthgrenville.ca)
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: A transitional initiative for young adults with an intellectual disability.
Eligibility: Adults 18 years and older with a developmental disability
Referral/How to Apply: Contact the DSO
Fees: None
Services available in: English
Areas served: Leeds and Grenville United Counties

Developmental Services of Leeds and Grenville – Kemptville
Address: 215 Sanders St, 2nd Flr., Kemptville, ON
Crisis Tel: 1-866-544-5614, emergency mobile response Mon-Sun 24 hours
Tel: 613-345-1290 (head office in Brockville)
Fax: 613-345-1394
Website: www.developmentalservices.com
Email: gmcmullen@developmentalservices.com
Contact: R. Geoffrey McMullen, Executive Director
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: Provides a comprehensive range of services to children and adults with a Developmental Disability and their families. Individual and family support, assessments, children’s programs including social skills training, parenting training, individual, family and group counselling, crisis intervention, emergency mobile response capacity and short-term behavioral treatment services, and case coordination and management.
Eligibility: No restrictions
Referral/How to Apply: Call the head office directly
Fees: Apply to some services, such as group programming
Services available in: English
Areas served: Leeds and Grenville United Counties, North Grenville

Community Living Prince Edward
Address: 67 King St. Unit 1, Picton, ON K0K 2T0
Tel: 613-476-6038
Fax: 613-476-2868
Website: http://www.clpe.on.ca/
Email: info@clpe.on.ca
Contact: Susan Trevorton-Bird (susan.trevertonbird@clpe.on.ca)
Description: Provides support for family, community, children/youth, independent living, respite, and a resource consultant.
Eligibility: Children, youth, and adult with a diagnosis of Developmental Disability.
Referral/How to Apply: Contact the DSO
Fees: None
Services available in: English
Areas served: Prince Edward County

Community Living Quinte West
Address: 11 Canal St., Trenton, ON K8V 4K3
Tel: 613-394-2222
Fax: 613-394-0381
Website: http://clqw.ca/
Email: communitylivingquintewest@clqw.ca
Contact: Starr Olsen (starr@clqw.ca)
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: Provides the Compass Program, Family Home Program, residential services, supported independent living, and transitional youth services.
Eligibility: Individuals with a developmental disability diagnosis
Referral/How to Apply: Individuals in need of day or residential supports are assessed by the Pressures and Priorities Committee.
Fees: Day program costs $30 daily
Services available in: English
Areas served: Quinte West, Hastings and Prince Edward Counties

Counselling Services of Belleville & District
Address: 12 Moira St. East, Belleville, ON K8N 3M7
Tel: 613-966-7413
Fax: 613-966-2357
Website: http://www.csbd.on.ca/
Email: csbd@csbd.on.ca
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Services include: Adult Protective Services, Autism Intervention Program, Behavioral Consulting Services, Family Court Clinic, Infant & Child Development Program, counselling, and Home Personnel Resource Program.
Eligibility: Children, youth, and adult with a diagnosis of developmental disability
Referral/How to Apply: Contact agency directly
Fees: None
Services available in: English
Areas served: Belleville, Bancroft, Madoc and Picton

K3C Community Counselling Centres
Address: 417 Bagot St., Kingston, ON K7K 3C1
Tel: 613-549-7850
Fax: 613-544-8138
Website: http://k3c.org
Email: info@k3c.org
Contact: Nancy Legacy, Adult Protective Service Worker (613-549-7850)
Quinte Vocational Support Services
Address: 1 Greenleaf Court, Belleville, ON K8N 5T5
Tel: 613-968-5211
Fax: 613-968-4461
Website: http://www.qvss.on.ca/
Contact: Linda Bosley, Intake Provider
Hours: Mon.-Fri. 8:00a.m.-3:30p.m.
Description: Provides vocational support and guidance.
Eligibility: Individuals with a Developmental Disability and are 18 years of age or older
Referral/How to Apply: Contact agency
Fees: May require fees
Services available in: English
Areas served: Hastings and Prince Edward County

Community Visions and Networking (Quinte)
Address: 265 Charles St., Belleville, ON K8N 3M7
Tel: 613-966-8484; 613-966-8546 (teletype)
Fax: 613-966-0724
Email: cvision@cvnquinte.org
Contact: Sharon Misener, Executive Director (ext. 2221, smisener@cvnquinte.org)
Hours: Mon.-Fri. 8:30a.m.-4:00p.m.
Description: Provides assisted living 24 hours/day within a shared residence/ group home. Supports activities of daily living including: bathing, dressing, laundry, groceries, medication assistance, and housekeeping.
Eligibility: Individuals with a developmental disability and deafness, hard of hearing, or a communication difficulty
Referral/How to Apply: Contact the DSO
Fees: Individuals pay their living expenses such as rent and groceries. No fee for the assisted living support services.
Services available in: English, sign language
Areas served: Hastings and Prince Edward Counties

Learning Disabilities Association of Kingston
Address: 993 Princess St., Unit 116, Kingston, ON K7L 1H3
Tel: 613-546-8524
Website: http://www.ldakingston.com/
Email: ldak@ldakingston.com
Contact: Gail Eaton-Smith
Hours: Tues.-Thu. 11:00a.m.-3:00p.m.
Description: A charitable volunteer support group for people with learning disabilities, their families, and those who work with or employ persons with learning disabilities. They provide information, support and resources for community members.
Eligibility: Individuals with a learning disability as well as their families and those that work with them

Lennox & Addington Association for Community Living
Address: 99 Richmond Blvd., Napanee, ON K7R 3S3
Tel: 613-354-2184
Fax: 613-354-0815
Website: http://www.communitylivingontario.ca/node/565
Email: acl@kos.net
Contact: Barb Fabius
Hours: Mon.-Fri. 8:30a.m.-4:00p.m.
Description: Provides a Day Support Program, Family Support Program, and SIL Program. Also operate a group home for individuals living independently.
Eligibility: Eligibility is open to adults 18 years and over with a Developmental Disability in receipt of Ontario Disability Support Program benefits
Referral/How to Apply: Contact the DSO
Fees: There is a day program fee, which is based on the intake assessment and is determined on a case-by-case basis. There may also be transportation costs to the day support program.
Services available in: English
Areas served: Napanee and area

Madoc COPE Corporation
Address: 7 Hill Avenue, Box 616, Madoc, ON K0K 2K0
Tel: 613-473-4158
Fax: 613-473-0273
Website: http://www.centrehastings.com/madoccope/
Email: opemadoc@bellnet.ca
Contact: Beverly Lloyd
Sherrie Brett
Description: Provides day programs for adults with developmental disabilities.
Eligibility: Adults age 18 and over with a diagnosis of a developmental disability
Referral/How to Apply: Contact the agency directly
Fees: Some services may require fees
Services available in: English
Areas served: Madoc, Marmora, Tweed and Stirling

Areas served: [List of areas served for each organization]
Services available in: [List of languages and formats available for each service]
Fees: [List of fees associated with services]
Eligibility: [Criteria for eligibility for each service]
Referral/How to Apply: [Instructions on how to apply for each service]
Referral/How to Apply: No referral needed
Fees: Fees exist for certain events and workshops
Services available in: English
Areas served: Kingston

Providence Care: Dual Diagnosis Consultation Outreach Team (DDCOT)
Address: 234 Concession St., Kingston, ON K7K 6W6
Crisis Tel: 613-548-5567
Tel: 613-530-2400
Fax: 613-530-2212
Website: www.providencecare.ca
Contact: Alex Conant, Manager (613-530-2400)
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description: Agency works with individuals, family members, service providers, physicians and other referral sources to determine a diagnosis and develop individual treatment recommendations. Provides specialty consultations, comprehensive assessments, and treatment planning. The team consists of a Psychiatrist, Psychologist, Occupational Therapist, Nursing and Social Work staff.
Eligibility: Ages 16 and over who have an intellectual disability, autism, or pervasive developmental disorder and a suspected or diagnosed mental or behavioral disorder.
Referral/How to Apply: Referrals are accepted by: physicians, mental health treatment providers, developmental services, support providers, family members, and the academic sector.
Fees: None
Services available in: English
Areas served: Southeastern Ontario

Ongwanada – Regional Treatment Home
Address: Ongwanada Resource Centre
191 Portsmouth Avenue, Kingston, ON K7M 8A6
Tel: 613-548-4417
Fax: 613-548-8135
Website: http://www.ongwanada.com
Email: info@ongwanada.com
Contact: Allan Twohey
Hours: 24 Hours
Description: The Southeastern Regional Transitional Treatment Home is an initiative of the Ministry of Community and Social Services that builds upon existing strengths and addresses previous gaps in service in Ontario. The home provides mid-term treatment for a time period ranging from six months to two years. The home provides support to individuals who require intensive longer term treatment that cannot be met in the current environment. The four-bed facility provides treatment for individuals, 18 years of age or older, with a developmental disability and a mental health issue/challenging behaviour. The individuals must live in the Southeastern region.
Referral/How to Apply: Have an ongoing commitment from their lead agency/caregivers to participate in the treatment process and to implement team recommendations upon discharge, have reserved funding with agency and family commitment for the client to return home, be medically stable, have a case manager.
Fees: None
Services available in: English, French
Areas served: Kingston and surrounding areas

Assertive Community Treatment (ACT) Team of Leeds, Grenville and South Lanark
Address: Brockville General Hospital, 75 Charles Street, Brockville, ON K6V 4J2
Tel: 613-342-2522
Fax: 613-345-4111
Website: www.bgh-on.ca
Hours: Mon.-Fri. 8:00a.m.-4:00p.m.
Description: Specialized program that provides assistance to individuals with complex needs who require a high intensity treatment program.
Eligibility: Individuals 16 years and older with a developmental disability and comorbid psychiatric disorder.
Referral/How to Apply: Referral required by a health care provider or social service professional
Fees: Most services covered
Services available in: English
Areas served: Leeds and Grenville, South Lanark
CHILDREN & ADOLESCENT SERVICES

Extend-a-Family
Address: 361 Montreal St., Kingston, ON K7K 3H4
Tel: 613-544-8939
Fax: 613-544-9569
Website: http://www.eafkingston.com/
Email: maria@eafkingston.com
Contact: Maria Cordeiro ext. 227
Hours: Mon.-Fri. 8:30a.m.-4:00p.m. (closed for lunch)
Description: Registered charity providing individuals with disabilities and their families with coordinated access to regional services and respite.
Eligibility: Individuals with a Developmental Disability.
Referral/How to Apply: Contact agency directly.
Fees: Yes, for most programs.
Services available in: English and French
Areas served: Kingston and area

Children’s Mental Health Services
Address: Belleville Main Office
3 Applewood Dr., Belleville, ON K8P 4E3
Tel: 613-966-3100
Fax: 613-966-2744
Website: www.cmhs-hpe.on.ca
Email: cmhsblv@cmhs-hpe.on.ca
Contact: Terry Swift, Executive Director (tsswift@cmhs-hpe.on.ca)
Description: Provides a variety of services for children, youth, and their families. Community and Residential Services include: assessment, counselling, case management, intensive in-home services, parent training, family life skills and more.
Eligibility: Available to children
Referral/How to Apply: Contact the agency
Fees: Contact the agency
Services available in: English
Areas served: Kingston and area

Family and Children’s Services of Frontenac, Lennox and Addington
Address: Kingston: 817 Division St, Kingston, ON K7K 4C2
       Napanee: 99 Advance Ave, Napanee, ON K7R 3Y5
Tel: 613-545-3227 (24 hours)
Toll-free: 855-445-3227
Fax: 613-542-4428
Website: http://www.facslla.ca
Email: info@facslla.ca
Contact: Raymond Muldoon, Executive Director
Hours: Mon. - Fri. 8:30a.m. - 4:30p.m.
Description:
Child protection services agency:
• Offers family counselling, in-home support, supervision, development of care alternatives including family when alternate care for children necessary, provides guidance, counselling, and other services
• Offers individual counselling and support to youth in care and former youth in care
• Provides adoption services, adoption disclosure services, foster care services and recruitment of foster parents, and pregnancy counselling
• Participates in community partnerships to develop services to support individual families and youth
• Promotes community awareness events and presentations including annual Purple Ribbon Breakfast to raise community awareness of child maltreatment

Secondary Locations:
1479 John Counter Blvd, Kingston, ON K7M 7J3 and 100 Elizabeth St, Sharbot Lake, ON (part of North Frontenac Community Services) K0H 2P0
Eligibility: Open to children and youth aged birth-16 years and their families for child protection services; children in care may access services through to age 21 years
Referral/How to Apply: There is a screening process for residents of City of Kingston and County of Frontenac that wish to adopt or provide foster care services
Fees: None
Services available in: English; Interpretive Services can be arranged as needed
Areas served: Kingston-Frontenac

KAIROS - Youth Diversion Program
Address: 559 Bagot St., Kingston, ON K7K 3E1
Tel: 613-548-4535 ext. 223
Fax: 613-548-1747
Website: http://www.youthdiversion.org/
Email: info@youthdiversion.org
Contact: Daren Dougal
Hours: Mon.-Fri. 8:30a.m. - 4:30p.m. or by appointment.
Description:
Counselling service specializing in treatment for youth with alcohol and other drug problems, as well as gambling, gaming and internet problems. Also offers assessment services to clients who may require residential treatment.
Eligibility: Open to youth ages 12-18
Referral/How to Apply: Self-referrals and other referrals accepted. Call for appointment.
Fees: None
Services available in: English, French
Areas served: Kingston area
Pathways for Children and Youth – 
Mental Health Services

**Address:**
1201 Division St., Suite 215, Kingston, ON K7K 6X4
(Kingston - Kingslake Plaza Office)
993 Princess St., Unit 14, Kingston, ON K7L 1H3
(Kingston - Princess Street Office)
18 Manitou Cr., West, Unit 7, Amherstview, ON K7N 1S3
(Amherstview Office)
4365 Mill St., Sydenham, ON K0H 2T0
(Sydenham Office)

**Tel:** 613-546-1422 ext. 1
613-546-8535 (Kingston - Kingslake Plaza Office)
613-546-1422 (Kingston - Princess Street Office)
613-634-0057 (Amherstview Office)
613-376-3082 (Sydenham Office)

**Fax:** 613-546-3881 (Kingston - Kingslake Plaza Office)
613-546-0623 (Kingston - Princess Street Office)
613-634-6547 (Amherstview Office)
613-376-6794 (Sydenham Office)

**Website:** www.pathwayschildrenyouth.org

**Email:** nseale@pathwayschildrenyouth.org

**Contact:** Kirk Donald

**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.

**Description:**
Children and adolescent mental health services. Offers assessment and consultations, community-based services, individual, family and group counselling, and parenting programs. Intensive services include: early years, intensive child and family, and day treatment services. Resource services include: psychiatric, behavioural paediatric, psychological and consultation services.

**Eligibility:** Children and adolescents ages 0-18 and their families with any type of mental health difficulty

**Referral/How to Apply:** Call central intake number

**Fees:** None

**Services available in:** English, some services available in French

**Areas served:** Kingston, Amherstview Napanee, Sydenham, Sharbot Lake, Northbrook

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Pathways for Children & Youth - Wraparound Program

**Address:**
18 Manitou Crescent W., Amherstview, ON K7N 1B7

**Tel:** 613-634-0057 ext. 229

**Fax:** 613-634-6547

**Website:** www.pathwayschildrenyouth.org

**Email:** bkemp@pathwayschildrenyouth.org

**Contact:** Barb Kemp

**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.

**Description:**
Assists clients in pulling together a team of people who can offer support based on the client’s needs, including informal and professional supports.

**Eligibility:** Open to families or individual youth experiencing any kind of problem in need of support

**Referral/How to Apply:** Call program coordinator

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Pathways for Children and Youth - Autism Services

**Kingslake Plaza:**
1201 Division Street, Suite 215, Kingston, ON K7K 6X4
(Kingslake Plaza Office)

**Princess Street:**
993 Princess Street, Unit 14, Kingston, ON K7L 1H3
(Kingston and District)

**Amherstview:**
18 Manitou Cr., West, Unit 7, Amherstview, ON K7N 1S3
(Amherstview Office)

**Sydenham:**
4365 Mill St., Sydenham, ON K0H 2T0
(Sydenham Office)

**Tel:** 613-546-8535 (Kingslake Plaza Office)
613-546-1422 (Princess Street Office)
613-546-3881 (Kingslake Plaza Office)
613-546-0623 (Princess Street Office)

**Fax:** 613-546-1422 (Princess Street Office)

**Website:** http://www.pathwayschildrenyouth.org

**Email:** nseale@pathwayschildrenyouth.org

**Contact:** Kirk Donald

**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.

**Description:**
Offers specific services to children with a diagnosis of Autism Spectrum Disorder and their families, such as Applied Behavior Analysis, Intensive Behavioral Intervention, and a school support program.

**Eligibility:** Must have a diagnosis of an ASD and be 18 years of age or younger.

**Referral/How to Apply:** A referral by a professional or by a parent in consultation with a profession is necessary. To make a referral, call Pathway’s intake team at 613-546-1422 ext. 1.

**Fees:** None

**Services available in:** English, French

**Areas served:** Frontenac, Lennox & Addington counties

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Community Living Ontario

**Address:**
1412 Princess Street, Kingston, ON K7M 3E5
(Kingston and District)
99 Richmond Blvd, Napanee, ON K7R 3S3
(Lennox and Addington)
P.O. Box 76, 1025 Elizabeth St., Sharbot Lake, ON K7R 2P0
(North Frontenac)

**Tel:** 613-546-6613 (Kingston and District)
613-354-2184 (Lennox and Addington)
613-279-3731 (North Frontenac)

**Fax:** 613-546-0436 (Kingston and District)
613-279-3732 (North Frontenac)

**Website:** http://www.communitylivingkingston.org/
http://www.communitylivingontario.ca/node/565

**Email:** psproul@kdac.on.ca (Kingston and District)
estelle_clnf@frontenac.net (North Frontenac)

**Contact:** Peter Sproul (Kingston and District)
Dean Walsh (North Frontenac)

**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.
Eligibility: School Age Communications Services, Preschool Program, Acquired Brain Injury Program, impairments. Programs to include the Infant Development Program, Acquired Brain Injury Program, Augmentative Communications Services, Preschool Team, and the School Age Team.

Eligibility: Children ages 0-18

Referral/How to Apply: Physicians referral required for most programs

Fees: None

Services available in: English, French

Areas served: Kingston and surrounding areas

Kingston General Hospital/Hotel Dieu Hospital – Child Life Services

Address:
76 Stuart St., Kingston, ON K7L 2V7
166 Brock St., Kingston, ON K7L 5G2

Tel: 613-549-6666 ext. 3481
Website: www.kgh.on.ca or www.hoteldieu.com
Email: bisonette@kgh.kari.net
Contact: Kerri-Lee Bisonette

Hours: Mon.-Wed. 8:00a.m.-8:00p.m.

Description:
Helps patients cope with illness, treatment, and hospitalization. Offers pre-surgical tours at Hotel Dieu to pediatric patients and their families.

Eligibility: Children age 0-18 and their families who are pediatric patients at Kingston General Hospital or Hotel Dieu

Referral/How to Apply: Services offered to inpatients at KGH and outpatients at Hotel Dieu

Fees: None

Services available in: English

Areas served: Kingston area

Hotel Dieu Hospital – Division of Child and Adolescent Psychiatry

Address:
Brock Wing 5th Floor, 166 Brock St, Kingston, ON K7L 5G2

Tel: 613-544-3400 ext. 3017
Website: http://www.hoteldieu.com/CAPsychiatry.html
Email: scheela@hdh.kari.net
Contact: Dr. Roumen Milev

Hours: Mon.-Fri. 8:30a.m.-4:30p.m.

Description:
Psychiatric services: Outpatient Services, Family Court Clinic, Urgent Consult Clinic, and Short-Term Inpatient Services (located at KGH).

Eligibility: Children and adolescents suffering from psychiatric disorders up to 18 years of age

Referral/How to Apply: Physician referral required for most services

Fees: None

Services available in: English, French, interpretive services can be arranged.

Areas served: Kingston area
Hotel Dieu Hospital – Division of Child and Adolescent Psychiatry: Outpatient Services

Address: Brock Wing 5th Floor, 166 Brock St, Kingston, ON K7L 5G2
Tel: 613-544-3400 ext. 3017
Website: http://www.hoteldieu.com/CAPsychiatry.html
Email: scheela@hdh.kari.net
Contact: Dr. Roumen Milev
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description:

Outpatient Services:
- Neuro-Developmental Clinic: Assessment, treatment, consultation, and follow-up for children who have or may have neuro-cognitive disorders, including ASD, Learning Disabilities, ADHD, and other disruptive behaviour disorders.
  Tel: 613-544-3400 ext. 2554
- Community Classroom: Special education, along with clinical services, consultation, and transition planning.
- Mood & Anxiety: Assessment and intervention services for severe or complex mood and anxiety disorders. Program includes medication management, individual, group, and family therapy, and behaviour management.
  Tel: 613-544-3400 ext. 2508
- Eating Disorders: Assessment and treatment for eating disorders. Includes individual and family therapy, and nutritional support.
  Tel: 613-544-3400 ext. 2554

Eligibility: Children and adolescents suffering from psychiatric disorders up to 18 years of age

Referral/How to Apply: Must be made by a physician. Patients will be triaged and referred to the appropriate clinic.

Fees: None

Services available in: English, French, interpretive services can be arranged
Areas served: Kingston area

Hotel Dieu Hospital – Division of Child and Adolescent Psychiatry: Family Court Clinic

Address: Brock Wing 5th Floor, 166 Brock St, Kingston, ON K7L 5G2
Tel: 613-544-3400 ext. 3017, ext. 2529 or ext. 2522
Website: http://www.hoteldieu.com/CAPsychiatry.html
Email: scheela@hdh.kari.net
Contact: Dr. Roumen Milev
Description:

Offers clinical services and assessment in matters relating to child welfare matters and the Youth Justice Act to families involved in matters before Family Court.

Eligibility: Children and adolescents suffering from psychiatric disorders up to 18 years of age

Referral/How to Apply: Assessments ordered by the Court
Areas served: Kingston area

Hotel Dieu Hospital – Division of Child and Adolescent Psychiatry: Urgent Consult Clinic

Address: Brock Wing 5th Floor, 166 Brock St, Kingston, ON K7L 5G2
Tel: 613-544-3400 ext. 3017
Fax: 613-544-4643
Website: http://www.hoteldieu.com/CAPsychiatry.html
Email: scheela@hdh.kari.net
Contact: Dr. Roumen Milev
Hours: Mon.-Fri. 8:30a.m.-4:30p.m.
Description:

Provides urgent consultation for risk assessment for imminent suicide or acute behavioural deterioration.

Eligibility: Any adolescent 13 or older who presents a high risk for self-harm or harm to others

Referral/How to Apply: Referrals accepted from ER doctors, pediatricians, family doctors, community mental health counsellors, and school boards
Fees: None
ABORIGINAL SERVICES

The Metis Nation of Ontario – Life Long Care

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 304
Email: brittanyma@metisnation.org
Contact: Brittany Maracle

Description: Provide community-based, culturally appropriate services to elderly, physically disabled and/or chronically ill individuals. The program involves an integrated response to promote community participation, independent living and an improved quality of life.

Objectives:
Medical transport; caregiver support, friendly visiting; security checks; and aboriginal support

The Metis Nation of Ontario – Aboriginal Community Mental Health

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 302
Email: clariceg@metisnation.org
Contact: Clarice Gervais

Description: Provide individualized assessments and planning of services and advocacy on behalf of the client as needed.

Objectives:
Maintain network with social service agencies; referrals, promote culturally appropriate mental health services; and provide cultural sensitivity training where needed

The Metis Nation of Ontario – Aboriginal Healthy Babies

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 305
Email: elizabethp@metisnation.org
Contact: Elizabeth Peterson

Description: Provide assistance with physical, emotion, mental and social issues and have access to effective, consistent early intervention services and to provide the best opportunities for health child development.

Objectives:
Client support, home visiting, referrals, parenting groups and aboriginal support

The Metis Nation of Ontario – Akwe:go

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 307
Email: jyttec@metisnation.org
Contact: Jytte Cooper

Description: Provide at-risk and high risk children ages 7 to 12 with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices

Objectives:
Provision of Social Supports; Children in Care; Healthy and Physical Development; Institutional Intervention; and Children at Risk (FASD and Disabilities)

The Metis Nation of Ontario – Urban Aboriginal Healthy Living

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 303
Email: michellek@metisnation.org
Contact: Michelle Kehoe

Description: Increase participation in sport, physical fitness and provide nutrition and smoking prevention/cessation supports to promote healthy lifestyles.

Objectives:
Healthy eating habits, physical activity and sport, healthy lifestyle choice, commercial smoking cessation and youth engagement

The Metis Nation of Ontario – Canadian Prenatal Nutrition Program

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 309
Email: jessiep@metisnation.org
Contact: Jessie Pengelly

Description: The Canada Prenatal Nutrition Program (CPNP) works with at risk families and children (aged 0-6 months) to improve prenatal nutrition and development. The program works to enhance parent/caregiver skills.
The Metis Nation of Ontario – Wasa-Nabin

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 311
Email: samantha@metisnation.org
Contact: Samantha Alkenbrack

Description: Provide at-risk youth ages 13 to 18 with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.

Objectives:
General social supports, youth in care, healthy eating and physical development, education, justice interventions and addressing violence

The Metis Nation of Ontario – Community Action Program for Children

Address: 629 Division St., Kingston, ON K7K 4B7
Tel: 613-549-1674 ext. 308
Email: joie@metisnation.org
Contact: Joie Ouderkirk

Description: The Community Action Program for Children (CAP-C) also provides support to families and children (0-6) to improve health and development for children at risk. It promotes healthy lifestyles through cultural teachings and community development.

St. Lawrence College – Aboriginal Services

Address: 100 Portsmouth Ave., Kingston, ON K7L 5A6
Tel: 613-544-5400 ext. 1551
Email: mlyons@sl.on.ca
Contact: Mary Ann Lyons

Description: St. Lawrence College offers many services to support all its students. For Aboriginal students, we have an advisor whose role is to help them succeed by offering ongoing support throughout their entire College journey. The advisor provides guidance with the application process and the transition to College; referrals to all College services and resources; information about community social and cultural events; awareness of employment opportunities and other items of interest; introductions to other Aboriginal students, especially upper year students who can offer mentoring to new students; and, a friendly “ear” to listen to students’ concerns and celebrate their successes! We have an elder on campus once a month, free monthly lunches, craft sessions and much more. Our Aboriginal Centre is located on the third floor – Room 33400.

Eligibility
All First Nations, Metis and Inuit students are eligible to receive assistance. Status is not required for College-related services; students need only self-identify as having Aboriginal ancestry.

Tipi Moza (Iron Homes)

Address: #205-993 Princess St., Kingston, ON K7L 1H3
Tel: 613-547-1134 or 613-547-1135
Fax: 613-507-7267
Website: http://www.tipimoza.com
Email: mbeach@kingston.net or cloft@kingston.net
Contact: Martha Beach or Carol Loft

Hours: Tues & Wed 10:00 – 3:00. Other days by appointment

Description: Provides affordable, culturally appropriate, not-for-profit housing, and related support services, for Aboriginal peoples with low and moderate incomes.

Eligibility: First Nation, Metis and Inuit Peoples

Referral/How to Apply: Call or drop in
Fees: None

Services Available in: English

Areas Served: Kingston

Aboriginal Patient Navigator – South East Region

Address: 76 Stuart Street, Kingston, ON K7L 2V7
Tel: 613-549-6666 ext. 3851 (Toll Free: 1-800-567-5722)
Fax: 613-546-8225
Email: brantl@kgh.kari.net
Contact: Lynn Brant

Description: Provides support to patients, families and community and to health care providers in providing culturally informed care to ensure that they understand what you are being told and to remind you “who is who” in the cancer journey. Also to search answers with you, for options that may include natural practices or Traditional Healers. This is done through appointments, hospital, phone & when possible at home through cancer – diagnosis, treatment, recovery, palliative and/or end of life care. This will be determined by you, with your family, friends or caregivers.