

# MENTAL HEALTH

## RESOURCE GUIDE

Kingston and surrounding area



Queen's  
UNIVERSITY

# 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**

# TABLE OF CONTENTS

1. <b>FOOD</b> (includes food banks, community meals and homeless meals).....	1
2. <b>SHELTERS</b> (homeless shelters and drop-in centres) <b>&amp; HOUSING</b> .....	3
3. <b>COUNSELLING SERVICES</b> .....	7
4. <b>HOSPITAL BASED SERVICES</b> .....	11
5. <b>COMMUNITY MENTAL HEALTH AND OUTPATIENT SERVICES</b> .....	13
6. <b>ADDICTIONS SERVICES</b> .....	20
7. <b>MENTAL HEALTH ORGANIZATIONS AND SOCIETIES</b> .....	23
8. <b>LONG TERM CARE AND RELATED SERVICES</b> .....	26
9. <b>PATIENT RIGHTS AND LEGAL SERVICES</b> .....	29
10. <b>DEVELOPMENTAL DISABILITIES</b> .....	30
11. <b>CHILDREN &amp; ADOLESCENT SERVICES</b> .....	39
12. <b>ABORIGINAL SERVICES</b> .....	43

---

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

Claire McKenna  
Rose Javinsky  
Shelly Dhalliwal  
Varinder Parmar  
Sarah Penfold  
Allison Leake

Jane Keates  
Kerry Oulton  
Jennifer Martins  
Bruce McCreary  
Mohammed Ayub  
Tariq Hassan

Mir Nadeem Mazhar  
Sanjay Ramchandaran  
Veronica Legnini  
Jody Franklin  
Dianne Groll  
Maureen Perrin

Carole Leveille  
Alan Snow  
Farooq Naeem



# FOOD

---

## 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 – Napanee

**Address:**

135 Mill St W, Napanee, ON K7R 4B1

**Tel:** 613-354-7633**Fax:** 613-354-6497**Email:** safb@ihorizons.net**Contact:** Dana Henry, Coordinator**Hours:** Mon., Thu. & Fri. 9:00a.m.-12:00p.m., 1:00p.m.-3:30p.m.**Description:**

Two programs facilitating the access to fresh & nutritious food at reduced prices:

1. Good Fox Box
2. Healthy Lunch Box

**Eligibility:** No restrictions**Fees:** Good Food Box available in \$5, \$10 or \$15 sizes; Healthy Lunch Box is \$15**Areas served:** Camden East, Centreville, Enterprise, Erinsville, Lennox & Addington County, Napanee (excluding the Village of Bath), Newburgh, Roblin, Selby, Tamworth

---

## Good Food Box – Sharbot Lake

**Address:**

1025 Elizabeth St, Sharbot Lake, ON K0H 2P0

**Tel:** 613-279-3731**Fax:** 613-279-3732**Contact:** Dean Walsh, Executive Director**Hours:** Mon.-Fri. 8:30a.m.-4:30p.m.**Description:**

Orders and money are taken at the beginning of the month and the baskets are available for pick up on the third Thursday of the month

**Eligibility:** No restrictions**Fees:** Fees for food only**Services available in:** English, French**Areas served:** Central Frontenac, North Frontenac, South Frontenac (parts)

---

## 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**Areas served:** Kingston, South Frontenac

---

## 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.-6:00p.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. & Fri.**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](mailto: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

**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

---

### 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](mailto: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](mailto:cfsdirector@kingstonsa.ca)

# 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](mailto: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, French, interpretive services can be arranged**Areas served:** Kingston-Frontenac

---

## Kingston Youth Shelter

**Address:**

234 Brock St, Kingston, ON K7L 1S4

**Tel:** 613-766-3200**Fax:** 613-544-7396**Website:** [www.kingstonyouthshelter.com](http://www.kingstonyouthshelter.com)**Email:** [staff@kingstonyouthshelter.com](mailto:staff@kingstonyouthshelter.com)**Contact:** Jason Beaubiah**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

---

## 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:** [dhhouse@kingston.net](mailto:dhhouse@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](http://www.efrykingston.ca)**Email:** [info@efrykingston.ca](mailto: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 contact 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](mailto: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.

**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

**Services available in:** English, French

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

---

### **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](mailto: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

**Services available in:** 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/lilys-place-shelter/>

**Email:** [info@kingstonhomebase.ca](mailto: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 Country

---

### **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](mailto: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:** 613-548-1745

**Website:** [www.ryandale.org](http://www.ryandale.org)

**Email:** [ryandale@istar.ca](mailto:ryandale@istar.ca), [ryandaleshelter@cogeco.net](mailto: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



**Fees:** None, service for used goods

**Services available in:** English, French, German

**Areas served:** Kingston area

---

### 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](http://www.kingstonharbourlight.org)

**Email:** [kingharb@kingstonharbourlight.org](mailto:kingharb@kingstonharbourlight.org)  
[larry\\_montgomery@can.salvationarmy.org](mailto:larry_montgomery@can.salvationarmy.org)

**Contact:** Larry Montgomery, Program Director  
Keith Warford, Executive Director

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

**Intake:** 4:00p.m.-11:00p.m.

**Church Hours:** 24/7

**Description:**

Eight-bed facility provides emergency shelter for up to five days. Bed, hot meals, and shower and laundry facilities available. Counselling provided if required. The Centre is also an addiction treatment facility, so in order to stay, individuals must not be under the influence of alcohol or drugs. Smoke-free building.

**Eligibility:** Open to men 18+

**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:** None

**Areas served:** Kingston area

---

### Residential Treatment Program

**Description:**

Residential treatment centre for men who suffer from alcohol and/or drug dependency. The program involves assessment, treatment, rehabilitation and aftercare. Program integrates social, physical, mental and spiritual considerations in a smoke-free environment.

**Eligibility:** Open to men 18+ who suffer from substance abuse; priority given to residents of Southeastern Ontario Health District, then other areas of Ontario

**Referral/How to Apply:** Must submit completed Provincial Addiction Assessment Package - "The Tools"

**Fees:** None

**Areas served:** Ontario

---

### Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Lyon's Street

**Address:**

31 Lyons St., Kingston, ON K7K 6Y5

**Website:** [www.amhs-kfla.ca](http://www.amhs-kfla.ca) or

[www.cmhc.ca](http://www.cmhc.ca)

**Email:** [vchih@cmhc-schl.gc.ca](mailto:vchih@cmhc-schl.gc.ca)

**Contact:** Vivian Chih

**Description:**

Offers affordable, barrier-free apartments with optional support services for individuals with mental illness or developmental disability and individuals with low incomes.

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

**Referral/How to Apply:** Fill out online form at [www.fcmhas.ca](http://www.fcmhas.ca) or contact CMHC representative

**Fees:** Rental fees

**Areas served:** Kingston area

---

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

**Primary Office:**

552 Princess St, Kingston, ON K7L 1B9

**Admin Office:**

105 Wellington St, Kingston, ON K7L 3C7

**Tel:** 613-544-1356 ext. 2225

**Website:** [www.amhs-kfla.ca](http://www.amhs-kfla.ca)

**Contact:** Don Seymour

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

**Description:**

Mental health workers offer help finding a home and other supports.

**Referral/How to Apply:** Fill out online form; contact Access Team at 613-544-1356 ext. 2356, or drop-in at 385 Princess St. To apply directly for the Lyons St. Rent Subsidy, complete online form.

**Services available in:** English, interpreter can be arranged if required

**Areas served:** Kingston area

---

### Correctional Services of Canada Regional Headquarters

**Address:**

443 Union St, Kingston, ON K7L 4Y8

**Mailing Address:**

P.O. Box 1174, Kingston, ON K7L 4Y8

**Tel:** 613-536-4527

**Fax:** 613-545-8684

**Website:** [www.csc-scc.gc.ca](http://www.csc-scc.gc.ca)

**Contact:** Ross Toller, Deputy Commissioner

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

**Description:**

Federal correctional service responsible for administering sentences of two years or more imposed by the courts and for preparing inmates for their return to society. Also supervises offenders on conditional release.

**Fees:** None

**Services available in:** English, French

**Areas served:** Ontario

---

**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](http://www.k3c.org)**Email:** [kccc@k3c.org](mailto:kccc@k3c.org)**Contact:** Ron Tulloch, Executive Director**Hours:** Mon. & Thu. 8:30a.m.-8:00p.m.  
Tues. & Wed. 8:30a.m.-5:00p.m.  
Fri. 8:30a.m.-4:00p.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)

Also provides Employee Assistance Programs and is the Business Manager for Family Services Employee Assistance Program for the Eastern Ontario Region

**Referral/How to Apply:** Call to make an appointment**Fees:** For some services, fee assistance available for eligible applicants**Areas served:** Kingston-Frontenac, Lennox & Addington

---

## Kingston Interval House – Community Outreach Program

**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](mailto:info@kingstonintervalhouse.com)**Contact:** Malika Seguin**Description:**

Program offered by Kingston Interval House; counselling programs for women who want to establish lives free of violence and for children who have witnessed violence. Program for Aboriginal women offered.

**Eligibility:** Open to women who have been or are currently victims of abuse, and their children**Referral/How to Apply:** Call crisis and support line. Self-referral preferred.**Fees:** None**Services available in:** English, French, interpretive services can be arranged**Areas served:** Kingston-Frontenac

---

## Psychosocial Health Services – Base Addiction Services

Base Hospital

**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](mailto: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**Fees:** None**Services available in:** English, French**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](http://www.johnhowardkingston.ca)**Email:** [ED@johnhowardkingston.ca](mailto: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

**Fees:** None**Services available in:** English, French on request**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](http://www.KingstonCommunityChaplaincy.org)

**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.kingstoncpc.org>

**Email:** [info@kingstonpcc.com](mailto: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, walk-in, or complete online 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](mailto: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](mailto: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)

**Website:** <http://www.health.gov.on.ca/en/public/programs/telehealth/>

**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 Ordance St., Kingston, ON K7K 5T9

**Tel:** 613-549-7027

**Fax:** 613-549-7098

**Website:** [www.kingston.org/cmha](http://www.kingston.org/cmha)

**Email:** [cmhstaff@kingston.net](mailto:cmhstaff@kingston.net)

**Contact:** Brenda Miller

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

**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

**Fees:** Most programs do not have fees

**Services available in:** English

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

---

**Male Victims Standing Tall****Address:**

211 Park St., Kingston, ON K7L 1K2

**Tel:** 613-548-9494

**Email:** [keithbilow@hotmail.com](mailto:keithbilow@hotmail.com)

**Contact:** Keith Bilow

**Hours:** Meetings vary – call for information

**Description:**

Provides support for male victims/survivors of sexual or spousal abuse. Group and individual sessions available.

**Eligibility:** Open to men ages 16+ who are victims/survivors of sexual or spousal abuse. No perpetrators. Must be able to attend alone. Open to men younger than 16 with parental consent.

**Referral/How to Apply:** Call for details

**Fees:** \$10 for group sessions. Free first time, \$50 for individual sessions

**Services available in:** English

**Areas served:** Kingston area

---

**Kingston General Hospital****- Sexual Assault/Domestic Violence Program****Address:**

76 Stuart St, Kingston, ON K7L 2V7

**Crisis Tel:** 9-1-1

**Tel:** 613-549-6666 ext. 4880

**Fax:** 613-548-1350

**Website:** <http://www.kgh.on.ca/en/specialtiesandservices/pages/sexual-assault--domestic-violence-.aspx>

**Email:** [joyced@kgh.kari.net](mailto:joyced@kgh.kari.net)

**Contact:** Donna Joyce

**Hours:** 24 hours, daily

---

**Description:**

Specialized medical treatment program for sexual assault and domestic violence victims. Includes treatment for sexually transmitted infections and the provision of birth control; forensic collection and documentation, crisis counselling, safety planning, medical and social work follow-up. Also offers a 24/7 response for paediatric sexual assault (0-15 years).

**Eligibility:** Sexual assault/domestic violence survivors 16+ should be seen within 72 hours of the assault. Children 0-15 can be seen at any time.

**Referral/How to Apply:** Go to any hospital emergency room and ask for the SA/DV Nurse on-call

---

**Mental Health Helpline (Mental Health Service Information Ontario (MHSIO))**

**Tel:** 1-866-531-2600 (24 hours, daily)

**Website:** <http://www.mentalhealthhelpline.ca/>

**Email:** [info\\_ref\\_services\\_mhsio@connexontario.ca](mailto:info_ref_services_mhsio@connexontario.ca)

**Description:**

Provides support, education, and information about services for individuals with mental health issues.

**Eligibility:** No restrictions

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

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

**Areas served:** Ontario

---

**Telephone Aid Line Kingston**

**Crisis Tel:** 613-544-1771

**Tel:** 613-531-8529

**Fax:** 613-531-3312

**Website:** <http://telephoneaidlinekingston.com/>

**Email:** [talk@kingston.net](mailto:talk@kingston.net)

**Hours:** 7:00p.m.–3:00a.m. daily

**Description:**

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

**Eligibility:** Anyone in crisis or distress

**Fees:** None

**Services available in:** English

**Areas served:** Kingston and surrounding areas

---

**Victim Services of Kingston and Frontenac****Address:**

705 Division St., Kingston, ON K7K 4C2

**Tel:** 613-548-4834

**Fax:** 613-547-6674

**Website:** <http://www.victimservicesontario.ca/>

**Hours:** 24/7

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

**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:** 613-544-6424 (24 hours)  
or 1-877-544-6424 (24 hours)

**Tel:** 613-545-0762

**Francophone:** 1-877-336-2433

**Fax:** 613-545-9744

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

**Email:** sack@sackington.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:** English, French on request

**Areas served:** Kingston-Frontenac, Lennox & Addington, Leeds & Grenville and Eastern Lanark County

---

### **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](http://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, interpretative 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](http://www.providencecare.ca)**Contact:** Al Martin

**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: 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](http://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

---

**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

---

**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, interpretive 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

# COMMUNITY MENTAL HEALTH AND OUTPATIENT SERVICES

---

## Providence Care: Mental Health Services - Outpatient Forensics Mental Health

**Address:**

752 King St. West, Kingston, ON K7L 4XC

**Tel:** 613-548-5567 ext. 5914 or 5865 or 5773

**Website:** www.providencecare.ca

**Email:** thompsc3@providencecare.ca

**Contact:** Chantal Thompson

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

**Description:**

Offers clinical support to clients with severe mental health illness who come into conflict with the law.

**Eligibility:** Clients who have come into conflict with the law who have community access or who live in the community as registered outpatients.

**Referral/How to Apply:** Call or email Chantal Thompson

**Fees:** None

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

**Areas served:** Southeastern Ontario

---

## Providence Care: Mental Health Services - Outpatient Clinics: Mood Disorders Research & Treatment

**Address:**

752 King St. West, Kingston, ON K7L 4XC

**Tel:** 613-548-5567 ext. 1275 or 5402 or 1166

**Fax:** 613-540-6114

**Website:** www.providencecare.ca

**Email:** sheaa@providencecare.ca

**Contact:** Ann Shea

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

**Description:**

Provides care to adults with major depression, bipolar disorders, dysthymia, cyclothymia, and other mood disorders. Services include psychiatry, occupational therapy, social work, cognitive behavioral therapy, and Changeways groups for depression and bipolar illness. Also offers Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS).

**Eligibility:** Open to adults with mood disorders

**Referral/How to Apply:** Referrals accepted from family physicians, psychiatrists, and community mental health agencies

**Fees:** Covered by OHIP

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

**Areas served:** Southeastern Ontario

---

## 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.

- **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:**

525 & 533 Montreal St., Kingston, ON K7K 3H9

**Tel:** 613-540-6165

- **Dual Diagnosis Consultation Outreach Team:** Supports people age 16+ who have an intellectual disability, autism or pervasive developmental disorder and a suspected or diagnosed mental or behavioural disorder.

**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.

- **Personality Disorders Service:** Provides care for non-psychotic adults who have a diagnosis of personality disorder.

**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:** [bhfvocec@kingston.net](mailto:bhfvocec@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 - Mental Health Program (Adult)**

**Address:**

Johnson 5, 166 Brock St., Kingston, ON K7L 5G2

**Crisis Tel:** 9-1-1

**Tel:** 613-544-3400 ext. 3522 or ext. 2551

**Fax:** 613-548-6095

**Website:** [www.hoteldieu.com](http://www.hoteldieu.com)

**Contact:** Michelle Matthews

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

**Description:**

- General Psychiatry Clinic
- Reproductive Psychiatry Clinic
- ADHD Clinic
- Concurrent Disorders
- Anxiety Clinic
- Eating Disorders Clinic
- Early Intervention Psychosis

**Eligibility:** Open to adults 18+

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

**Fees:** Services covered by OHIP

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

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

---

**Hotel Dieu Hospital – Mental Health Program: Adult Eating Disorders Clinic**

**Address:**

166 Brock St., Kingston, ON K7L 5G2

**Tel:** 613-544-3400 ext. 2506

**Fax:** 613-544-9666

**Website:** <http://www.hoteldieu.com/eatingdisorder.html>

**Email:** [roym@hdh.kari.net](mailto:roym@hdh.kari.net) (Contact: Monique Dacosta)

**Contact:** Michelle Matthews

**Hours:** Mon. 8:00a.m.-12:00p.m.  
Tues.-Thurs. 8:00a.m.-4:00p.m.

**Description:**

Outpatient clinic providing multidisciplinary treatment to individuals suffering from eating disorders such as Anorexia Nervosa, Bulimia Nervosa, and Eating Disorders-Not Otherwise Specified.

**Eligibility:** Open to adults age 18+

**Referral/How to Apply:** Referral from a health professional required

**Fees:** Services covered by OHIP

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

**Areas served:** Kingston, Trenton, Belleville, Brockville, Perth, Smiths Falls and surrounding communities

---

**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](mailto: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](mailto:roym@hdh.kari.net) (Contact: Monique Dacosta)

**Contact:** Dr. Rumen Milev

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



**Description:**

Offers assessment, treatment, and support groups for people suffering from anxiety and panic attacks.

**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

**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

**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

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.
- **Mood Disorders:** Peer support group.  
Closed Group.  
**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.
- **Music-Based Cognitive Therapy:** Music therapy group combining cognitive behavioral therapy and music. Closed group.  
**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

---

## 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](mailto: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

---

## Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Assertive Community Treatment Teams

Frontenac ACTT (FACTT) and  
North Shore ACTT (NSACTT)

### Address:

385 Princess St., Kingston, ON K7L 1B9

**Crisis Tel:** 613-544-4229 (24 hours, daily)

**Tel:** 613-544-1356 ext. 2225

**Access Team:** 613-544-1356 ext. 2356

**FACTT General Mailbox Tel:** Feature 980 ext. 2310

**NSACTT Mailbox Tel:** Feature 980 ext. 2330

**Fax:** 613-544-2162

**Website:** [www.amhs-kfla.ca](http://www.amhs-kfla.ca)

**Email:** nsactt@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 fill 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](http://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](http://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](http://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](http://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

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

**Fees:** None

**Services available in:** English, French

**Areas served:** Kingston and surrounding areas

---

**Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Rural Outreach Program**

**Crisis Tel:** 613-544-4229

**Tel:** 613-544-1356

**Website:**

**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

---

**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.

**Fees:** None

**Services available in:** English

**Areas served:** Kingston area

---

**Addiction and Mental Health Services – Kingston, Frontenac, Lennox & Addington – Family Resource Centre**

**Address:**

385 Princess St, Kingston, ON K7L 1B9

**Tel:** 613-544-2886

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

**Fax:** 613-544-2346

**Website:** [www.amhs-kfla.ca](http://www.amhs-kfla.ca)

**Email:** [frc@amhs-kfla.ca](mailto:frc@amhs-kfla.ca)

**Contact:** Don Seymour

**Hours:** Mon.-Fri. 9:00a.m.-4:00p.m.

**Description:**

Provides educational material and information about local resources and services to family members of people with a chronic mental illness. Also offers support groups.

**Eligibility:** Open to family members of people with a chronic mental illness.

**Referral/How to Apply:** Call, email, or drop-in

**Fees:** None

**Services available in:** English

**Areas served:** Kingston area

---

**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>

**Email:** [info@kipn.org](mailto: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

---

**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/>

**Health Service Email:** [health.services@queensu.ca](mailto:health.services@queensu.ca)

**Counselling Service:**

[counselling.services@queensu.ca](mailto:counselling.services@queensu.ca)

**Disability Service:** [hcds.dso@queensu.ca](mailto: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 counsellor.

**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 Area

### **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](mailto: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](http://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](http://www.fcmhas.ca)

**Contact:** Rob Yeo

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

---

## **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@streethhealth.kchc.ca](mailto:info@streethhealth.kchc.ca)

**Contact:** Strafford Murphy, Director

**Clinic Hours:** Open 365 days a year

Mon.-Fri. 9:00a.m.-12:00p.m., 1:00p.m.-4:00p.m.  
Sat., Sun. & holidays 9:30a.m.-1:00p.m.

**Outreach Hours:** Mon., Wed., & Fr. 4:00-7:00p.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. 6:30p.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](http://www.slaa-ontario.org) (Ontario)  
or <http://slaafws.org/> (International)

**Email:** [info@slaa-ontario.org](mailto: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](mailto:info@kchc.ca)

**Contact:** Hersh Sehdev

**Hours:** Mon., Tue., Thu., & Fri. 8:00a.m.-5:00p.m.,  
Wed. 8:00a.m.-8:00p.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 byphone

**Fees:** None

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

**Areas served:** Ontario

---

**Ontario Problem Gambling Helpline**

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

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

**Email:** [info\\_ref\\_services\\_opgh@connexontario.ca](mailto: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 byphone

**Fees:** None

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

**Areas served:** Ontario, North Frontenac County and North Lennox & Addington County

---

**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](http://www.kingstonaa.org)

**Email:** [aadistrict36@gmail.com](mailto: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

---

**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](http://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

---

**KFL&A Public Health – Tobacco Information Line**

**Tel:** 613-549-1232 ext. 1333

**Toll-Free Tel:** 1-800-267-7875 ext. 1333

**Email:** [til@klapublichealth.ca](mailto:til@klapublichealth.ca)

**Description:**

Information line for those trying to quit smoking, trying to support someone who is quitting, trying to understand smoking laws, or looking for support in the community.

**Eligibility:** No restrictions

**Fees:** None

---

**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.mcilmoyl@forces.gc.ca](mailto:Maureen.mcilmoyl@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 require for Mental Health Program. Contact local CAF medical to access services.

**Services available in:** English, French

**Areas served:** Kingston

# MENTAL HEALTH ORGANIZATIONS AND SOCIETIES

---

## Canadian Mental Health Association Kingston Branch

**Address:**

6 Ordance St., Kingston, ON K7K 5T9

**Tel:** 613-549-7027**Fax:** 613-549-7098**Website:** [www.kingston.org/cmha](http://www.kingston.org/cmha)**Email:** [cmhstaff@kingston.net](mailto:cmhstaff@kingston.net)**Contact:** Michael Borges, Branch Manager**Hours:** Mon.-Fri. 9:00a.m.-2:00p.m.**Description:**

- Mental health support services
- offers information on mental health services in the Kingston area
- Provides a lending library of materials dealing with mental health, illness and issues
- Programs include: advocacy and referral, Partners for Partners Network, various workshops, employment support, art programs, public education, personal growth support groups (including anger management, suicide intervention training, etc.), Suicide Survivors Support Group and community speakers

**Referral/How to Apply:**

- Application needed for employment support program
- Registration needed for children's programs

**Fees:** Membership**Services available in:** English, French Portuguese**Areas served:** Kingston-Frontenac, Lennox & Addington

---

## Schizophrenia Society of Ontario

**Address:**

130 Spadina Avenue, Suite 302, Toronto, ON M5V 2L4

**Tel:** 1-800-449-6367**Fax:** 416-449-8434**Website:** <http://www.schizophrenia.on.ca/>**Email:** [info@schizophrenia.on.ca](mailto:info@schizophrenia.on.ca)**Contact:** Chris Damaren**Hours:** Mon.-Fri., 9:00a.m.-5:00p.m.**Description:**

Provides information, advocacy, programs and services for individuals, families, and communities affected by schizophrenia and psychotic illnesses.

**Eligibility:** Individuals with a diagnosis of schizophrenia and their families**Referral/How to Apply:** Call the help line or send message on the website**Fees:** No fees for services**Services available in:** English, Mandarin, Spanish**Areas served:** Ontario

---

## 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](mailto: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 Offer or Lori MacEwen, Family Resource Centre, 385 Princess St., Kingston, ON K7L 1B9, at 613-544-2886 or by email at [frc@fcmhs.ca](mailto: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](http://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



Social Services Ontario Works  
362 Montreal Street, Kingston, ON K7K 3H5  
613-546-2695  
8:30a.m.-4:30p.m.

North Frontenac Community  
Services - Sharbot Lake  
P.O. Box 250, 1020 Elizabeth Street,  
Sharbot Lake, ON KOH 2P0

**Tel:** 613-545-4553

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

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

**Fax:** 613-545-4550

**Hours:** 8.30a.m.-5:00p.m.

**Description:**

The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing. The program provides eligible people with disabilities with: financial help. This is called Income Support and it helps people with disabilities who are in financial need pay for living expenses, like food and housing. Employment Supports helping people with disabilities who can and want to work prepare for and find a job. The Ontario Disability Support Program is managed and delivered by the Ministry of Community and Social Services.

**Referral/How to Apply:** It can take from a few weeks up to a few months to find out if you are eligible to receive Ontario Disability Support Program Income Support. If you need help right now to pay for food, housing and other living costs, you can apply for financial assistance under Ontario Works. If you qualify, Ontario Works staff will be able to help you right away. They will also help you apply for Ontario Disability Support Program Income Support.

---

**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](mailto: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 fill 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

**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](http://www.providencecare.ca)

**Email:** [hartmanj@providencecare.ca](mailto: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.

**Services available in:** English

**Areas served:** Southeastern Ontario

---

**Addiction and Mental Health Services –  
Kingston, Frontenac, Lennox & Addington –  
Family Resource Centre: Mood Disorders Peer  
Support Group of Kingston**

**Address:**

Ongwanada Health Centre, 191 Portsmouth Ave.,  
Kingston, ON K7M 8A6

**Family Resource Centre Tel:** 613-544-2886

**FCMHAS Tel:** 613-544-1356 ext. 2233

**Website:** [www.mooodisorders.ca](http://www.mooodisorders.ca)

**Email:** [frc@amhs-kfla.ca](mailto:frc@amhs-kfla.ca)

**Contact:** Don Seymour

**Description:**

Support group for people who have mood disorders such as depression, bipolar disorder, anxiety disorders, PTSD, etc.

**Eligibility:** People who struggle with depression or bipolar disorder and their families and friends.

**Fees:** None

**Areas served:** Kingston area



---

**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.moodd disorders.on.ca**Email:** info@moodd disorders.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](http://www.se.ccac-ont.ca)

**Email:** [Gary.Buffett@se.ccac-ont.ca](mailto: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](http://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](mailto: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](mailto: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](http://www.providencecare.ca)

**Email:** [bruceb@providencecare.ca](mailto: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:** [kcales@queensu.ca](mailto:kcales@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, French

**Areas served:** Southeastern Ontario

---

### **Providence Care: Behavioral Support Services**

**Address:**

640 Cataraqui Woods Dr., Unit 2, Kingston, ON K7P 2Y5

**Tel:** 613-384-9088

**Fax:** 613-384-6107

**Website:** [www.providencecare.ca](http://www.providencecare.ca)

**Email:** [allairen@providencecare.ca](mailto:allairen@providencecare.ca)  
[crawforp@providencecare.ca](mailto:crawforp@providencecare.ca)  
[mccallk1@providencecare.ca](mailto: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.ruralvisionscentre.org)  
<http://www.sfcsc.ca>

**Email:** [cfcsc@personainternet.com](mailto:cfcsc@personainternet.com), [info@sfcsc.ca](mailto:info@sfcsc.ca)

**Contact:** Kate Hulton, Family Services Coordinator

**Hours:** Jan. 2-Dec 24, Mon.-Fri. 8:30a.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

---

## Extendicare Kingston

### Address:

309 Queen Mary, Rd., Kingston, ON K7M 6P4

**Tel:** 613-549-5010

**Fax:** 613-549-7347

**Website:** <http://www.extendicarecanada.com/kingston/index.aspx>

**Email:** [cnh\\_kingston@extendicare.com](mailto:cnh_kingston@extendicare.com)

**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 1-800-869-8828

**Fees:** Program

**Services available in:** English, French, Italian, Portuguese

**Areas served:** Southeastern Ontario

**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:** Service; Fee assistance available

**Areas served:** Southeastern Ontario

---

## Fairmount Home

### Address:

2069 Battersea Rd, Glenburnie, ON K0H 1S0

**Tel:** 613-546-4264 (24hr)

**Website:** <http://www.frontenacounty.ca/en/fairmounthome/landing.asp>

# 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://kcllc.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](http://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**Services available in:** English, French on demand**Areas served:** Kingston-Frontenac (Kingston office),  
Lennox & Addington (Napanee Office)

---

## 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.ppao.gov.on.ca](http://www.ppao.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://kcllc.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](mailto: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](http://www.k3c.org)**Email:** [info@k3c.org](mailto: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 as 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.mcscs.gov.on.ca/en/mcscs/>**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](mailto: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 Miltchin  
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, French (depends on the service or event)

**Areas served:** Ontario

---

**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

---

**Ongwanada - Adult Protective Services**

**Mailing Address:**

P.O. Box 122, 113 Richmond Blvd, Unit 10,  
Napane, ON K7R 3M3

**Tel:** 613-354-9904

**Fax:** 613-354-5045

**Website:** [www.ongwanada.com](http://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.

**Services available in:** English

**Areas served:** Southern Lennox & Addington County

---

**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](http://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:** Frontenac County, including Sharbot Lake

---

**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](http://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.mcscs.gov.on.ca/en/mcscs/>

**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 eligible for, and or 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](mailto:info@kerrysplace.org) (Head Office)

[christine.park@kerrysplace.org](mailto: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/>  
(Kingston and District)  
<http://www.communitylivingontario.ca/node/565>  
(Lennox and Addington)  
<http://www.communitylivingnorthfrontenac.com/>  
(North Frontenac)

**Email:** [psproul@kdacl.on.ca](mailto:psproul@kdacl.on.ca) (Kingston and District)  
[acl@kos.net](mailto:acl@kos.net) (Lennox and Addington)  
[estelle\\_clnf@frontenac.net](mailto: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

**Website:** <http://www.eafkingston.com/>

**Email:** [dmunroe@dsoser.com](mailto:dmunroe@dsoser.com)

**Contact:** David Munroe

**Description:**

Provides individuals with developmental or physical disabilities and their family's access to regional services, respite, inclusive programs, and opportunities.

**Eligibility:** Individuals who have either a physical or a developmental disability and their families

**Areas served:** Kingston and surrounding areas

---

**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](mailto: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.dsoser.com](http://www.dsoser.com)

**Email:** [reception@dsoser.com](mailto:reception@dsoser.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

---

**Ongwanada Resource Centre**

**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](http://www.ongwanada.com)

**Email:** [info@ongwanada.com](mailto:info@ongwanada.com)

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

**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/east-district/>

**Email:** [acleugh@christian-horizons.org](mailto:acleugh@christian-horizons.org) (Kingston),  
[gwiens@christian-horizons.org](mailto: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-Glenora 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/>

**Email:** [m.humes@bacla.ca](mailto:m.humes@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 County

---

## **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](mailto: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](mailto: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](http://www.communitylivingbelleville.org)

**Email:** [pgillman@communitylivingbelleville.org](mailto: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](mailto:inquiries@clalanark.ca)

**Contact:** Tony Pacheco ([tony@clalanark.ca](mailto: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](mailto:jbarry@kdacl.on.ca)

**Contact:** Peter Sproul (ext. 245; [psproul@kdacl.on.ca](mailto: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, for information about French services contact Jocelyne (ext. 289)

**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](mailto: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:**

Provide services for family support, respite, support for independent living, and community options program.

**Eligibility:** The DSO is responsible for determining eligibility for adult developmental services; completing an application form and an assessment called the Support Intensity Scale (SIS)

**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:** Gananoque

---

### 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](mailto:deanclnf@frontenac.net)  
[estelle\\_clnf@frontenac.net](mailto:estelle_clnf@frontenac.net)

**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](mailto:info@communitylivingnorthgrenville.ca)

**Contact:** Matt Burley, Youth in Transitions Support Worker ([mburley@communitylivingnorthgrenville.ca](mailto:mburley@communitylivingnorthgrenville.ca))  
Tracey Bennett, Community Supports Supervisor ([tbennett@communitylivingnorthgrenville.ca](mailto: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](http://www.developmentalservices.com)

**Email:** [gmcmullen@developmentalservices.com](mailto: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](mailto:info@clpe.on.ca)

**Contact:** Susan Treverton-Bird  
([susan.trevertonbird@clpe.on.ca](mailto: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](mailto:communitylivingquintewest@clqw.ca)

**Contact:** Starr Olsen ([starr@clqw.ca](mailto: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](mailto: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](mailto:info@k3c.org)

**Contact:** Nancy Legacy, Adult Protective Service Worker  
(613-549-7850)

**Hours:** Mon. & Thurs. 8:30a.m.-8:00p.m.,  
Tues. & Wed. 8:30a.m.-5:00p.m.,  
Fri. 8:30a.m.-4:00p.m.

**Description:**

Provides several counselling services.

**Eligibility:** Children, youth and adults

**Referral/How to Apply:** Call to schedule an appointment with the intake office

**Fees:** None

**Services available in:** English

**Areas served:** Kingston and South Frontenac

---

**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](mailto: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 and 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](mailto: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:** Centre Hastings (Madoc, Marmora, Tweed and Stirling)

---

**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](mailto:cvision@cvnquinte.org)

**Contact:** Sharon Misener, Executive Director  
(ext. 2221, [smisener@cvnquinte.org](mailto: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](mailto: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

**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

---

**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

---

**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:** AllanTwohey

**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



# 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](mailto: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](http://www.cmhs-hpe.on.ca)**Email:** [cmhsblvl@cmhs-hpe.on.ca](mailto:cmhsblvl@cmhs-hpe.on.ca)**Contact:** Terry Swift, Executive Director  
([tswift@cmhs-hpe.on.ca](mailto:tswift@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:** Hastings County and Prince Edward County

---

## 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.facsla.ca>**Email:** [info@facsla.ca](mailto:info@facsla.ca)  
[frontenac@frontcas.ca](mailto:frontenac@frontcas.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](mailto:info@youthdiversion.org)**Contact:** Daren Dougall**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:** 416-546-1422 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](http://www.pathwayschildrenyouth.org)

**Email:** [nseale@pathwayschildrenyouth.org](mailto: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

---

## **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](http://www.pathwayschildrenyouth.org)

**Email:** [bkemp@pathwayschildrenyouth.org](mailto: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

**Fees:** None

**Services available in:** English, French, Portuguese

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

---

## **Pathways for Children and Youth - Autism Services**

Kingslake Plaza, 1201 Division Street, Suite 215, Kingston, ON K7K 6X4 (Kingslake Plaza Office)  
993 Princess Street, Unit 14, Kingston, ON K7L 1H3 (Princess Street Office)

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

**Fax:** 613-546-3881 (Kingslake Plaza Office)  
613-546-0623 (Princess Street Office)

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

**Email:** [nseale@pathwayschildrenyouth.org](mailto: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

---

## **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 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/>  
(Kingston and District)  
<http://www.communitylivingontario.ca/node/565>  
(Lennox and Addington)  
<http://www.communitylivingnorthfrontenac.com/>  
(North Frontenac)

**Email:** [psproul@kdacl.on.ca](mailto:psproul@kdacl.on.ca) (Kingston and District)  
[acl@kos.net](mailto:acl@kos.net) (Lennox and Addington)  
[estelle\\_clnf@frontenac.net](mailto: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.

**Areas served:** Ontario

**Child Developmental Centre****Address:**

Hotel Dieu Hospital, 166 Brock St., Kingston, ON K7L 5G2

**Crisis Tel:** 613-546-1240 (Urgent Care Centre)

**Tel:** 613-544 3400 ext. 3175, 613-544-4881 (teletype)

**Fax:** 613-545-3557

**Website:** [www.kingstoncdc.ca](http://www.kingstoncdc.ca)

**Email:** [holdenc@hdh.kari.net](mailto:holdenc@hdh.kari.net)

**Contact:** Margaret Van Beers ([vanbeerm@hdh.kari.net](mailto:vanbeerm@hdh.kari.net))

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

**Description:**

Multiple connections with services including: psychology, psychiatry, social work, developmental pediatrics, occupational therapy, physiotherapy, speech language therapy, and the School Health Program.

**Eligibility:** Children and young adults who have physical, neurological and or developmental challenges

**Referral/How to Apply:** Referral from a physician required for the majority of services

**Fees:** None

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

**Areas served:** Kingston, Frontenac, Lennox & Addington, Leeds & Grenville and South Lanark

**Hotel Dieu Hospital – Child Development Centre****Address:**

166 Brock St, Kingston, ON K7L 5G2

**Tel:** 613-544-3400 ext. 3175 or 613-544-3310

**Toll-Free:** 1-855-544-3400

**Fax:** 613-545-3557

**Website:** <http://www.kingstoncdc.ca>

**Email:** [web@kingstoncdc.ca](mailto:web@kingstoncdc.ca)

**Contact:** Margaret Van Beers

**Hours:** Mon.-Fri. 8:00a.m.-4:30p.m.

**Description:**

Provides services for children and youth who have neurological/physical or developmental disabilities or impairments. Programs 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:** Physician 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](http://www.kgh.on.ca) or [www.hoteldieu.com](http://www.hoteldieu.com)

**Email:** [bisonette@kgh.kari.net](mailto: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 Hospital

**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](mailto: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](mailto: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

**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](mailto: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](mailto: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 Healthy Children

**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:** joieo@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](mailto: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](mailto: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



Dr Tariq Munshi  
Department of Psychiatry  
Queen's University  
385 Princess Street  
Kingston, Ontario K7L 1B9

