



The Little Black Book

2009/2010

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The information in this booklet was
accurate at the date of publication.*

This book was put together by the Kitchener Safe and Healthy Community Advisory Committee and updated by City of Kitchener Youth Services. It's not meant to tell you what to do, just to let you know about some options in this community. The list on the next page will give you an idea of the kind of info you can find in The Little Black Book. Check it out and use it! Almost all of the services are free. Just call the number given. If you don't want to call yourself, ask a friend or an adult to call for you.

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Project

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Disclaimer

This youth directory is written as a source of information only. The information contained in this directory should by no means be considered a substitute for the advice of qualified professionals. All efforts have been made to ensure the accuracy of the information as of the date of printing.

The City of Kitchener, City of Waterloo and Waterloo Region Crime Prevention Council expressly disclaim responsibility for any adverse effects arising from the use of the information contained herein.

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Phone Lines for You...

No one gets through life without any problems! These phone numbers will connect you to places that can get you help when you run into a tough situation or if something is bothering you. The phone will get answered by people who are there to listen to you, and to offer ideas on where else you could go to get what you need. It doesn't matter how big or small your question or problem seems, these people won't mind. You don't even have to identify yourself if that makes it easier to talk. It's free and it can really make a difference.

Kids Help Phone	24 hours	1 800 668-6868
Youth Help Line		519-745-9909
Ability Online		1 416 650-6207
		1-866-650-6207

Find out about activities, friendship and support online at www.ablelink.org or telenet at www.ablelink.org if you're a youth with special needs or chronic illness.

Distress Line **519-745-1166**

Someone is there to listen 24/7.

Coping isn't easy...

Feeling stressed? Check out www.mindyourmind.ca for coping tips, to read other youth's personal stories, videos and lots more.

1. Suicide

www.suicideinfo.ca

Many people go through life hiding their problems and feelings from those around them. They think it's not O.K. to feel overwhelmed by life or a specific problem.

What's not O.K. though, is trying to handle these feelings alone. When you can't see anything but darkness ahead, talking to someone can help you realize that you do have choices...no matter how hopeless it seems.

If a friend talks to you about suicide, take it seriously. Don't make them feel guilty about their feelings or tell them to stop feeling that way. What they feel is real. Help your friend by getting them to talk to a counsellor, or a help line, or an adult they can trust.

Crisis Line - Waterloo Region

519-744-1813

Toll free 1 866 366-4566

A mobile team can help round the clock with mental health crises.

Youth Crisis Line**519-745-9909**

Telephone line designated for youth.

Grand River Hospital Crisis Team**519-742-3611**

Emergency psychiatric services available 24/7. Go to the emergency department at Grand River Hospital.

If you think a friend is losing it, and may hurt someone else, get help quick. Contact the Crisis Services of Waterloo Region at 519-744-1813 or go to Grand River Hospital Emergency Department or contact 911/Police.

Centre for Mental Health**519-744-7645**

67 King St E, Kitchener

Toll free 1 866-448-1603

Provides mental health info, referral & support services.

2. Counselling and Crisis

If you have a lot of stress in your life because of problems, family issues, a crisis, or stuff from the past, it might help to talk to someone. Friends are sometimes great to talk to, but it can also be really helpful to talk to an adult you can trust. Counsellors are there to listen, help you problem solve, and even suggest some alternatives you might not be aware of.

If you want your family involved, but they can't afford to pay,

don't worry. Many places will help you for free or at rates that your family can handle. There are a number of places that offer counselling in town, and in many cases it's free for youth! It's a good idea to make a list of questions and have them handy when you make your calls to ensure you get what you are looking for.

Betty Thompson Youth Centre 519-749-1450
41 Weber Street W., Kitchener 24-hour line

Youth Help Line 519-745-9909

R.O.O.F. 519-742-2788
(Reaching Our Outdoor Friends) 1-888-892-3478
242 Queen St. S., Kitchener www.roof-agency.net
If you're 12-25 years-old, drop-in or call to talk to someone.

3. Running Away

Almost everyone thinks about running away from home at some time. You may feel like you want to escape, but people who have run away say that you usually just end up exchanging one rotten situation for another! Talking to someone may help you think through your options better and make an intelligent decision that won't make things worse. Try calling these places:

R.O.O.F. 519-742-2788
(Reaching Our Outdoor Friends) 1-888-892-3478
242 Queen St. S., Kitchener www.roof-agency.net
Call or stop by if you are 12-25 years old, have run away or are on the street at night.

Safe Haven Shelter 519-749-1450 x240
41 Weber Street W., Kitchener 24 hour line
If you're 12 -15 years old, you can stay overnight. If you're older, you can still come in for meals, laundry, counselling and family mediation.

Shalom Counselling Services 519-886-9690
9 Avondale Ave S., Waterloo

4. Family Problems

Just can't seem to get along with them? Driving each other crazy? Always fighting? Maybe it doesn't have to be that way. Maybe it needs to start with you...

Here are some options to try:

Catholic Family Counselling 519-743-6333
400 Queen St. S., Kitchener www.cfcchelps.ca

K-W Counselling

519-884-0000

480 Charles St. E., Kitchener

www.kwcounselling.com

Call for individual or family counselling. Someone will help.

5. Gangs/Violence

WAYVE – Working Against Youth Violence Everywhere

519-744-7645, 1-877-627-2642

info@wayve.ca; www.wayve.ca

WAYVE addresses youth issues such as bullying, harassment, discrimination, racism and gang violence by providing support to peers through education and awareness of local resources.

Crime Stoppers Hotline

1-800-222-8477

If you have information about a crime that has been committed or one that is planned, you can **anonymously** call Crime Stoppers. If the information that you provide results in an arrest, a reward of up to \$1,000 is possible.

6. Multicultural Pressures

Sometimes it seems like everyone just wants to be the same. It's kind of silly when you think about it, because we're just not - and it would be boring if we were. If you are from a different culture trying to fit into the Canadian mosaic, you may feel

frustrated at times. Here are some places that might be able to help you handle some of the pressures.

Tri-City Multicultural Community Centre 519-745-2565

533 Weber Street, Kitchener

Drop-in after school and check it out.

Kitchener-Waterloo Multicultural Centre 519-745-2531

102-104 King St W, Kitchener www.kwmc.on.ca

Helping new Canadians for over 40 years. Settlement information and referral, Interpreters, English Language Tutors, Job Search Workshops designed for newcomer youth and numerous other programs to help new Canadians settle in this community. No charge for most services. Call or check out our website.

KW-YMCA Cross Cultural and Community Services

800 King Street West, Kitchener **519-579-9622**

Programs have been set up to help newcomers to Canada and includes the Newcomer Youth Program, Host Program, Newcomer Employment Centre, Immigration Settlement and Adaptation Program, Settlement Education Partnership with Waterloo Region and Language Assessment.

Focus for Ethnic Women

33 Bridgeport Road East, Waterloo

519-746-3411

www.few.on.ca

ffew@golden.net

Skills training programs for visible minority and immigrant women including English as a second language.

White Owl Native Ancestry Association**519-743-8635**

42 College St, Kitchener

Stop by the drop-in centre or check out the resource library on native issues.

Anishnabeg Outreach**519-742-0300**

220 Charles St. E., Kitchener

1 866-888-8808

www.anishnabegoutreach.org

anishkit@rogers.com

If you're native, metis or inuit, drop in or call for info and referral to education, training and employment.

YMCA Newcomer Youth Support Program**519-743-5201**

www.kwymca.org

If you've been in Canada less than two years, are 13-17 years-old and are looking for some friends and fun, give us a call to get involved in free social and recreational activities.

AR Kaufman Family YMCA

333 Carwood Ave., Kitchener

519-743-5201

Working for Work

519-570-3552

102 King St W. Kitchener

www.workingforwork.ca

(at the Multicultural Centre Building)

Specialized job support for New Canadians (5 years or less in Canada). Call and find out how to get a referral.

YMCA of K-W Host Program

519-579-9622 x.239

301-276 King St. W., Kitchener

www.kwymca.org

Call if you're a new Canadian and want to meet up with a volunteer to practise English and learn about each other's culture.

YMCA - Language Assessment Centre

519-579-9622

Free to all new immigrants. Find out what you need to improve your language skills and where to get some free help. Call for an appointment.

7. Drugs and Alcohol

You know if you've got a problem. Or a friend or someone in your family does. You don't have to deal with it alone. There are lots of people like you. Call and find out:

Alateen**519-896-5678**www.alateen.org**Toll free 1 888-425-2666**

Join a support group for teens affected by someone's drinking. Call for info or check out the website – they even have online meetings. www.al-anon.alateen.on.ca

Alcoholics Anonymous**519-742-6183**www.kwaa.ca

Listen to a prerecorded list of local meetings or stay on the line to talk to someone – you can ask them to have someone your age call you back.

St. Mary's Counselling Service**519-745-2585**

30 Duke St W, Kitchener

Suite 600 (corner of Duke and Ontario)

www.smgh.ca

Call and get help with assessing your gambling, drug or alcohol problem and treatment options. There is individual counselling and a youth group to help you make the changes you choose, and it is free for everyone.

Celebrate Recovery for any Hurt, Habit or Hang Upwww.celebraterecovery.ca**519-725-0265 x225**

A Christ Centre support group for addictions and other life struggles.

DART **Helpline- 1-800-565-8603**
(Drug and Alcohol Registry Treatment) www.dart.on.ca
DART can provide you with information about drug and alcohol treatment services in Ontario.

Youth180 **519-743-2311**
www.rayofhope.net

Call this number to get connected with a voluntary drug and alcohol treatment program. We offer 4-6 month residential treatment program, a community based treatment program, and day treatment. If you know you have a problem with drugs and would like to take some steps towards change, than give our intake worker a call.

Drug and Alcohol Info Line **1-800-463-6273**
www.camh.net

Free 24 hour information about alcohol and other drugs, treatment programs, and counselling. Talk to a person or listen to pre-recorded information. The info line is multi-lingual and requires a touch-tone phone.

ACCKWA **519-570-3687**
2B-625 King St E., Kitchener www.acckwa.com

Free needle exchange - drop by any time between 9 am - 5 pm
For free Hepatitis B vaccinations, drop by Thursday night,
4 pm - 7 pm to see a nurse.

Substance Abuse Prevention Program 519-742-2788
(R.O.O.F. 242 Queen St. S), Kitchener 1 888 892-3478
They will give you advice, counselling and referrals to
treatment programs. Free for anyone 12-25 years old.

Narcotics Anonymous 519-651-1121
1-866-311-1611

Call for a recorded list of various meeting locations and times
of the self-help groups.

Ontario Problem Gambling Helpline 1-888-230-3505
www.opgh.on.ca

The Ontario Problem Gambling Helpline (OPGH) is an
information and referral service available to members of the
public, including problem gamblers, family/friends of problem
gamblers, and service providers working with clients
experiencing problems related to gambling. The OPGH is
designed to link callers with problem gambling treatment
resources within the province of Ontario.

Withdrawal Management Services 519-749-4300 x2623
52 Glasgow Street, Kitchener
If you are at least 16 years old and want to straighten out, you
can go to this centre. They'll also help you find follow-up
treatment if you want it.

Needle Exchange Program at Waterloo Regional Public Health

Kitchener, 85 Frederick St **519-570-3687**
Waterloo, 99 Regina Street South, 2nd Floor **519-883-2251**
Cambridge, 26 Simcoe Street **519-624-9305**
Cambridge, 150 Main Street, 1st Floor **519-883-2251**
www.region.waterloo.on.ca/ph

For FREE needle exchange - drop by anytime between 9 a.m. and 4 p.m. All needle exchange services are provided in a non-judgemental, private and confidential environment.

8. Birth Control and Pregnancy Counselling

If you think you or a friend is pregnant remember - **this will not go away if you ignore it!** It is important to get a pregnancy test as soon as possible (this can be confidential) so you can take care of yourself. It is also important to talk about the future with an adult you trust - your school guidance counsellor, or a teacher, a parent, a friend's parent, or maybe someone at a pregnancy counselling centre.

In a very short time you will be faced with many difficult decisions that will affect your entire life. Don't let others make the decisions for you. Be sure to seek out the support and wisdom of those you can trust.

Planned Parenthood 519-743-6461
151 Frederick St., Suite 500, Kitchener www.ppwr.on.ca

Sexual and Reproductive Health Clinic 519-883-2267
99 Regina St. South, Waterloo
Call to connect with info about sexuality, birth control & pregnancy. There are programs and counsellors and a resource centre where you can borrow books and videos.

BirthRight 519-579-3990
178 Queen St. S. (entrance off Joseph St.), Kitchener
Offers support to pregnant women including referrals to counselling and adoption, but will not discuss abortion as an option.

Prenatal Classes 519-621-6110
If you're a pregnant teen, call for info or to find the nearest class to learn how to look after yourself and the baby. Your friend can come with you.

Prenatal Nutritional Program - 519-883-2267
“Growing Healthy Two-gether”
Meet new friends while you learn what you and your baby need. You'll get free food coupons and much more!

R.O.O.F. (Reaching Our Outdoor Friends) 519-742-2788

242 Queen St. S., Kitchener

1-888-892-3478

If you're 12-25 years-old, doctors and nurses are on site Wednesday afternoons from 1 p.m. – 4 p.m. for pregnancy or sexuality counselling.

K-W Pregnancy Resource Centre

519-886-4001

22 King St. S Suite #303, Waterloo

(Across from Waterloo Towne Square)

www.pregnancycentre.ca

info@pregnancycentre.ca

Free pregnancy tests, ongoing confidential support, accurate information on all of your options, post abortion support, prenatal classes, parenting support group, clothes closet, referrals to community agencies. The K-W Pregnancy Resource Centre is a non-profit organization committed to helping individuals facing unplanned pregnancy, or experiencing difficulty after an abortion.

9. Homework Help

Homework Centre

KPL Main Library, 85 Queen Street N., Kitchener

Quiet study space and help with your research needs

Tri-City Multicultural Community Centre 519-745-8561
533 Weber Street, Kitchener

Offers some tutoring to students who need help with their homework.

<http://archives.math.utk.edu>

Everything you ever wanted to know about math...and more!

www.virtualsalt.com

Includes lists of transitional words, uses of certain literary elements, grammar, conjunctions, and just about anything else that could get you an A on your next English essay.

www.activedownloads.com/graphics/384

Download this program to help you with all that tough Graphing homework your math teacher gave you.

www.rhymezone.com

Find definitions, rhymes, pictures, Shakespearean literature, and more.

www.infoplease.com/homework

Homework help for all your subjects.

<http://chemistry.about.com>

A great website that will answer all your chemistry related questions.

www.physicsclassroom.com

Having problems with all that physics homework? Check this out.

www.froguts.com

Need help with dissections? This site is for you.

10. Parenting Help

Check out these websites for great parenting info.

www.growinghealthykids.com

www.sheknows.com

Early Years Centres

www.ontarioearlyyears.ca

It's all free - just visit one of these locations to get answers to questions, talk to professionals, join parenting programs and more.

St. Francis School

519-741-8585

154 Gatewood Rd.

Kingsdale Community Centre

519-748-6463

80 Wilson Ave

Our Place Family Resource Centre

519-571-1626

St. Francis School

www.ourplacekw.ca

154 Gatewood Rd.

Sunbeam Drop-In Centre

68 Biehn Dr., Kitchener

519-744-9223

www.ourplacekw.ca

Young Mom's Support Group

519-749-0977

Volunteers will care for your child while you attend. Meet friends and get some info on child care. For moms under 20.

Birthmothers of Canada

www.birthmothersofcanada.org

info@birthmothersofcanada.org

If you've placed a child for adoption (or are thinking of doing so) contact Birthmothers - they can offer you support and information during all stages from the initial adoption decision and child placement process through to decisions and actions involved during the time of reunion or lack of reunion.

CAAWS

www.caaws.ca/mothersinmotion

This is an online resource for moms of all ages looking for tips and info on getting active (with or without children), nutrition issues and more. Get in The Game, monthly prizes of \$250 are awarded to a female athlete, coach or official or sport/recreation organizations.

Healthy Children Info Line

519-883-2245

www.region.waterloo.on.ca/publichealth and search by topic Support, information and counselling by Public Health Nurse for parents with children 0 - 6 years.

Live and Learn **519-570-0954**
807 Guelph St., Kitchener www.houseoffriendship.org
liveandlearn@houseoffriendship.org
Weekly groups for low-income mothers and preschool children
for mutual support and life skills training.

Parenting Program **519-743-0291**
Join to get a high school credit or just to learn.

Preschool Support Services **519-741-1122**
Notre Dame of St. Agatha, 1770 King St. E, Suite 5, Kitchener
www.kidslink.ndsa.on.ca
Do you have a child between the ages 2 - 6? Is your child
difficult to manage? Call to get some parenting help. There are
groups, workshops, a resource library and more. And it's all free!

Child Care Connection **519-741-1811**
www.cccndsa.on.ca info@cccndsa.on.ca
If you are looking for advice, parenting workshops, drop-in
programs or child care options, pick up the phone or check out
the website.

K-W Counselling Services **519-884-0000**
480 Charles Street East, Kitchener www.kwcounselling.com
Parenting programs & counselling. info@kwcounselling.com

Saint Monica House

Herbert St., Waterloo

519-743-0291

www.saintmonicahouse.org

stmonica@golden.net

It's a fun and safe place to live or visit if you're pregnant, thinking of adopting or already a young mom. You and your baby can grow together and learn new skills. There are lots of programs to choose from - you can even work on high school credits. Just call.

Young Mommies

www.youngmommies.com

This website provides support for all young women at any point in their parenting experience, by supporting, informing and connecting young mothers with each other.

Lending Libraries

Toys are expensive, so why not borrow them for your baby or toddler? Yearly membership fees range from \$10 - \$40, but the fees can be fully subsidized, so give one of the locations listed below a call.

Mill-Courtland Community Centre

216 Mill St, Kitchener

519-745-940

Kitchener Public Library Main Branch

85 Queen St. N., Kitchener

519-743-0271

Kitchener Public Library Pioneer Park Branch 519-748-2740
150 Pioneer Dr., Kitchener

Our Place Family Resource Centre 519-571-1626
St. Francis School, 154 Gatewood Road, Kitchener

11. Loss and Grief or Life-Threatening Illness

When someone you love has been diagnosed with a life-threatening illness, or is dying or has died, it's like a part of you is being ripped away. Instead of hiding your feelings and trying to be "strong", it can really help to have someone to talk to. It's really not wrong to look for extra help to get through this rough time. Here are some ideas:

Hopespring Cancer Support Centre 519-742-4673
43 Allen St. W, Waterloo www.hopespring.ca
support@hopespring.ca

Cancer can bring with it fear, loneliness, anger and a whole lot of changes. The feelings are real for the patient and for you, someone who cares. We have a great house on Allen St. where you can have a coffee, hang out and talk. Give us a call. We can help.

Hospice of Waterloo Region

519-742-4673

544 Park St, Kitchener

www.hospicewaterloo.ca

A volunteer can give emotional and practical support to you and your family, to help you through the process of being with someone you love while they are critically ill or dying.

12. Loneliness

There's nothing wrong with feeling lonely sometimes. The important thing is to do something about it. Check out the section "There's Nothing to Do" for some ideas or check out the youth programs or drop-ins at your local community centre.

R.O.O.F. (Reaching Our Outdoor Friends) 519-742-2788

1-888-892-3478

If you need to talk to somebody about a problem or are feeling down, call and someone will listen. For youth, 12-25 years-old.

13. Anger Management

Anger is a powerful emotion. Sometimes it's hard to control, and sometimes it becomes destructive. But, properly understood and managed, anger can be healthy and constructive. Learn to recognize your own anger patterns and manage your emotions in appropriate ways.

Distress Line 519-745-1166

Someone is there to listen 24/7

K-W Counselling 519-884-0000

480 Charles St E, Kitchener www.kwcounselling.com

Catholic Family Counselling 519-743-6333

400 Queen St S, Kitchener www.cfcchelps.ca;

John Howard Society 519-743-6071

310 Charles St E, Kitchener www.waterloo.johnhoward.on.ca

Day Treatment - Lutherwood Services

Lutherwood, 285 Benjamin Rd, Waterloo

Day Treatment is a voluntary program for youth 12-16 that combines a supportive school environment with therapeutic and skill training activities. The program is designed for youth who are experiencing significant emotional and behavioural difficulties and operates in partnership with the Waterloo Region District School Board. Services available to youth and their families include Assessments (as needed), individual, group and family therapy, individualized education program and the opportunity to attain credits, school and community integration, recreational activities and music therapy. This program is funded by The Ministry of Children and Youth and

is provided at no cost to youth and their families. For more information, or to make a referral, please contact The Children's Mental Health Access Centre 519-749-2832.

I've been hurt...

1. Victim Assistance

If you are being hurt physically or emotionally by the wrong actions of another person, then you are a victim. Being a victim doesn't always mean that you show outside scars, but it always means that you have inside scars.

Talking about it doesn't change what happened, but it may help the scars to heal a little better. If you have been a victim of a crime, the following services are here for you:

Victim Services Information Line

Mon-Thurs 9 am - 7 pm; Fri 9 am - 6 pm

If you want to talk to someone about your situation, find out about victim support and services, or have questions about the criminal justice system, call this number for free advice and assistance. Dial 519-579-9668 then press 2228 or 2231. If the line is busy, leave a message and someone will call you back.

Community Justice Initiatives of Waterloo Region

49 Queen St N, Kitchener

info@cjiwr.com

519-744-6549

www.cjiwr.com

Community Justice Initiatives (CJI) is a non-profit organization that is known worldwide for pioneering restorative justice services. CJI provides services in conflict resolution, group support for persons impacted by sexual trauma, support services for federally sentenced women as well as a number of new initiatives. All of our programs address conflict and crime by involving the person who caused harm, people who were affected by the harm, and the community. Services are available free or for a nominal fee.

Contacting the Police

911

911 is the number you call to contact police, fire, or ambulance to deal with emergency situations and to have the police deal with issues which require immediate attention.

519-653-7700

Ask for dispatch. This gives you the police communication centre. Use this number when you need police to deal with a non-emergency situation.

519-570-3000

If you're in the area outside K-W, but don't want to pay long distance charges, this number will connect you for the same price as a local call.

Assaulted Women's Hotline **Toll free 1 866-863-0511**
www.awhl.org **TTY 1 866-863-7868**

24 hours a day, 7 days a week. You don't have to give your name. Our toll-free number won't show up on your phone bill. We do not have call display. Translation for 154 languages. Women who answer your call can provide crisis counselling, support and safety planning and tell you about shelters, legal resources and other organizations that can assist you and link you to services in your community.

2. Rape/Sexual Assault

Sexual assault is any kind of act that you are forced or tricked into. It happens against your will. **IT'S NOT YOUR FAULT!!** It can be anything from unwanted touching to rape. Over half of all sexual assaults happen between people who know each other.

If you have been raped or sexually assaulted, the first thing to do is go to a safe place and call the Police at 653-7700 or 570-3000 (outside KW). If you're confused and unsure about what will happen now, you can call these numbers for support and help in making decisions:

Sexual Assault Treatment Centre 519-749-6994
Emergency Department (24 hours), St. Mary's Hospital
Doctors, nurses, and social workers will care for the emotional,
medical, and legal needs of anyone who's survived a recent
sexual assault.

Sexual Assault Support Centre of Waterloo Region
(Crisis and Support Line (24 hours)) 519-741-8633
www.sascwr.org info@sascwr.org

For anyone who wants to talk about sexual violence that is happening or has happened to you or someone you know. A confidential answering service will ask your first name and a woman will call you back as soon as possible. There is free counselling and self-help groups or if you want, someone will go to the hospital, police, or court with you.

Know that it's never too late to call. Even if the attack happened years ago, talking to someone can still help. Many victims do not realize they need help until months or years later.

If you aren't ready to talk to someone check out a website: www.sacc.to has sections on "No one will believe me". "I can't sleep", "It just happened, what now?" and more.

How can I help a friend who has been sexually assaulted?

- Listen. Be there. Don't be judgmental.
- Encourage your friend to consider reporting the rape to law enforcement authorities. A counsellour can provide the information your friend will need to make this decision.
- Be patient. Remember, it will take your friend some time to deal with the crime.
- Let your friend know that professional help is available, but realize that only your friend can make the decision to get help.

3. Sexual Abuse

If you're being touched or approached sexually by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused, you may be a victim of sexual abuse.

Please talk to an adult you can trust or call some of the following numbers for help:

Police	519-653-7700
Police (outside K-W)	519-570-3000
Kids Help Phone	1-800-668-6868

Ears Line for Male Victims of Sexual Abuse 519-570-3277

1 800-553-3277

www.amvosa.ca

info@amvosa.ca

c/o Canadian Mental Health Association

67 King Street East, 2nd Floor, Kitchener ON N2G 2K4

Call if you need to talk, need help or would like advice about dealing with abuse or the criminal justice system.

Sexual Assault Support Centre of Waterloo Region

Crisis and Support Line (24 hours)

519-741-8633

www.sascwr.org

info@sascwr.org

Treatment for children, women and men who have experienced recent sexual assault. They also offers support groups and one-on-one counselling.

Community Justice Initiatives of Waterloo Region

519-744-6549

www.cjiwr.com

info@cjiwr.com

REVIVE provides group support for women/men and children who are recovering from sexual trauma. REVIVE also offers educational groups for female survivors of sexual abuse that use art and other forms of creativity. Call or visit the website for more information on groups and workshops.

Facilitated Dialogue Services

Revive provides an opportunity for people – individuals, families, and groups – to have conversations with another about sexual trauma and its impact. The process is guided by trained staff facilitators and includes an intake and case development to determine if it is suitable to bring the parties together for dialogue.

4. Family Violence/Abuse

Nobody's family is perfect, but no parent has the right to hurt their child. There is no excuse for this - but there is help. Your parents may need help, and you too. Please, talk to someone for the sake of your whole family.

Family and Children's Services **519-576-0540**

facswaterloo.org

Police **519-653-7700**

Police (outside K-W) **519-570-3000**

Anselma House **519-742-5894**

wcswr.org

A short-term emergency shelter for women and their children.

Assaulted Women's Hotline **Toll free 1 866-863-0511**

TTY 1 866-863-7868

24 hours a day, 7 days a week. You don't have to give your name. Our toll-free number won't show up on your phone bill.

We do not have call display. Translation for 154 languages. Women who answer your call can provide crisis counselling, support and safety planning and tell you about shelters, legal resources and other organizations that can assist you and link you to services in your community.

Haven House (Cambridge)

519-653-2422

wcswr.org

5. Crime Stoppers

Crime always hurts someone. If you have information about a crime committed or one that is planned, you can anonymously call Crime Stoppers. If the information results in an arrest, a reward is possible. If you were a victim of the crime or were involved in a crime, you have to talk to the police instead.

Crime Stoppers Hotline

1-800-222-8477

www.waterloocrimestoppers.ca

There's nothing to do...

1. Grants and Awards

City of Kitchener Youth Issues Grants and Awards Program

If you have a great idea for something to do, or are involved in a program or event that needs funding to keep going, check this

out and see if your youth group could qualify for a \$500 grant or award. (Sorry, Kitchener only). Call Lori 519-741-2623.

City of Waterloo Millennium Scholarship

\$1000 bursary awarded to a graduating high school student for exceptional community services to the residents of Waterloo. For more information call 519-885-1220 ext. 246 or check out www.waterloo.ca/youth

City of Kitchener Youth Action Council Youth Awards

Nominate a fellow young person for the good things they do in the community. For more information call 519-741-2603 or email youth@kitchener.ca

City of Kitchener Travel Grants

The city offers this grant to residents of the City of Kitchener, 18 years of age or under, involved in non profit minor sports or cultural activities, who have qualified to compete in sport championships/cultural events. Grants are intended to assist with the cost of travel to and from the event location only, where round trip travel exceeds 500 kilometers. Contact Renate Willms at renate.willms@kitchener.ca or 519-741-2395.

City of Waterloo Travel Grants

519-747-8790

2. Recreational Activities & Sports

Did you know residents can apply for a subsidy for City programs run by the Community Services Department? If you or your family have low income or are on social assistance, call 519-741-2382 (Kitchener) or 519-885-1220 x244 (Waterloo) for more info. For sports info in Kitchener call the Sports Line at 519-741-2727 or pick up a free copy of Leisure at any community centre. For Waterloo sports and recreation call 519-747-8733 or pick up a free copy of the Program and Activities Guide. Both publications can be viewed online as well.

KidSport

416-426-7077

If your family doesn't have enough money for sports fees or equipment, check out the application for assistance at www.kidsport.on.ca.

CAAWS (Canadian Association for the Advancement of Women & Sport)

www.caaws.ca/mothersinmotion

This is an online resource for moms of all ages looking for tips and info on getting active (with or without children), nutrition issues and more. Get in The Game, monthly prizes of \$250 are awarded to a female athlete, coach or official or sport/recreation organizations.

KW Sport for Physically Disabled Legacy Fund

Financial help for athletes with disabilities to take part in developmental or competitive sports. Call 519-741-2228 for an application. Check out **playsport.net** for all kinds of sports programs and levels of ability. There are articles about sports and your favourite athletes or you can even submit your own story. Or call 1 888-446-7432.

Kitchener Pools (Call to check which hours they're open)

Breithaupt Pool 519-741-2502

350 Margaret Ave, Kitchener

Cameron Heights Pool 519-741-2482

301 Charles St E., Kitchener

Forest Heights Pool 519-741-2493

253 Fischer Hallman Rd., Kitchener

Lyle S. Hallman Pool 519-741-2670

600 Heritage Drive, Kitchener

Kiwanis Park 519-745-8133

600 Kiwanis Park Dr, Kitchener

Harry Class Outdoor Pool 519-741-2481

115 Woodside Drive, Kitchener

Wilson Outdoor Pool 519-741-2479

72 Wilson Ave., Kitchener

Idlewood Outdoor Pool 519-741-2480

5 Thaler Ave., Kitchener

Waterloo Pools (Call to check which hours they're open)

Moses Springer Community Centre Outdoor Pool

150 Lincoln Rd, Waterloo **519-885-4530**

Waterloo Memorial Recreation Complex 519-886-1177

101 Father David Bauer Dr, Waterloo

Skateparks

Kitchener Skatepark 519-741-2688

The Aud, East Ave, Kitchener 9 am - Dusk

For skateboarders, BMX bikers, rollerbladers and scooting.

Unsupervised. Free throughout the year, weather permitting.

Safety equipment is recommended.

Doon Skatium 519-741-2603

Travelling to a neighbourhood near you throughout the summer. Safety equipment and loaner boards are provided for free. Free Admission. Call for the schedule.

Waterloo Recreation Centres

Albert McCormick Community Centre 519-885-1700

500 Parkside Dr, Waterloo

Moses Springer Community Centre 519-885-4530

150 Lincoln Rd, Waterloo

Waterloo Memorial Recreation Complex 519-886-1177
101 Father David Bauer Dr, Waterloo

**RIM Park Manulife Financial Sportsplex
& Healthy Living Centre** 519-884-5363
2001 University Ave, Waterloo

Manulife Financial Soccer & Sports Centre 519-576-2420
185 Bridge St, Waterloo

3. Drama

City of Kitchener Summer Drama School 519-741-2224

J-M Drama 519-745-6565
www.jmdrama.org

The Registry Theatre 519-745-6565
www.registrytheatre.com

Theatre & Company 519-571-7080

4. Clubs & Groups

Scouts Canada	519-742-8325 www.scouts.ca
Girl Guides of Canada	519-893-5166 www.girlguides.org
Big Brothers/Big Sisters	519-579-5150 www.bbbskw.org

ASPEN

A 10 week social skills group for youth 12-17 with a diagnosis on the Autism Spectrum. By joining with peers, members of the ASPEN group will learn to how to develop communication, problem solving and conflict resolution skills, in addition to learning about relationships and boundary setting. Each week, members of the group are given the opportunity to interact and practice appropriate communication and social skills in a safe and supportive environment. The group uses community outings, guest speakers, and homework activities to make things fun. For more information about group times & locations, or to make a referral, please contact The Children's Mental Health Access Centre 519-749-2832. This service is funded by The Ministry of Children and Youth and is provided at no cost to parents/families.

5. Arts, Music

For info on programs, networks, City Gallery exhibitions, arts committees and the Artist-in-residence workshops for Kitchener, call 519-741-2912. Info for Waterloo, call 519-747-8505.

Waterloo Community Arts Centre

25 Regina St S, Waterloo

519-886-4577

6. Youth Councils

KYAC - Kitchener Youth Action Council 519-741-2603

If you're 15-24 yr old and want to work with the City of Kitchener and with other youth to raise awareness of youth issues and develop workshops, forums and organize events for your fellow youth, call 519-741-2603 or email youth@kitchener.ca.

You can help organize Youth Week (May 1-7), the Youth Awards, Unity Jam and much more!

YAC-KPL Youth Advisory Council

www.kpl.org/teens/yac

The Kitchener Public Library Youth Advisory Council is a council that assists the library in developing library services to youth in our community. We meet twice a month to discuss library services, plan events, and work on special projects such

as the Teen Summer Reading Challenge and Youth Art Exhibit. If you would like more information about the council and how to get involved call 519-743-0271 x277 or email christy.giesler@kpl.org

Waterloo Youth Recreation Council 519-885-1220 x246
Kristy.Prior@waterloo.ca

Joining is a great way to meet other youth in the city and have fun! You can develop your leadership skills, influence what happens for youth in Waterloo and give back to your city. It is also a great way to build your resume and it counts towards your high school community service hours. Membership is open to Waterloo youth between the ages of 14 and 18. You can join in September of each school year.

WAYVE (Working Against Youth Violence Everywhere)

admin@wayve.ca

www.wayve.ca

Our group is involved in drama, activities and discussions about prevention and youth violence. We'd like to meet with anyone interested in the subject so just ask us to come out to speak to your group. Call 519-744-7645 ext.225.

7. Public Libraries

Public Libraries have so much going on for teens. They offer year-round programs, workshops, and contests – all for free.

They also have spaces for teens at all locations filled with comfy furniture and stacked with the latest books, magazines, graphic novels, and CD's.

The library is also the perfect destination for doing research. They have quiet study spaces and friendly, knowledgeable staff at all locations able to assist you with all your research needs.

Kitchener Libraries

For more information about KPL and its resources check out the website at www.kpl.org and www.kpl.org/teens for what's going on just for teens

Main Library	519-743-0271
85 Queen St N., Kitchener	
Country Hills Community Library	519-743-3558
1500 Block Line Road, Kitchener	
Forest Heights Community Library	519-743-0644
251 Fischer-Hallman Road, Kitchener	
Grand River Stanley Park Community Library	
175 Indian Road, Kitchener	519-896-1736
Pioneer Park Community Library	519-748-2740
150 Pioneer Drive, Kitchener	

Waterloo Libraries

Waterloo Public Library Main Branch **519-886-1310**
35 Albert St., Waterloo

Waterloo Public Library McCormick Branch
500 Parkside Drive, Waterloo **519-885-1920**

8. Drop-ins...

Are you bored? Are you 12 years old or older? Looking for a place to hang out? Many community centres have evening drop-ins running in July/August. The Downtown Community Centre and the Centreville-Chicopee Community Centre has year-round drop-ins. Call for more info. 519-741-3400 ext. 3588.

Community Centre Programs

Call or visit your nearest community centre for more info about lots of cool youth programs throughout the year or visit www.kitchener.ca and click on Publications.

Breithaupt Centre **519-741-2502**
350 Margaret Avenue, Kitchener

Bridgeport Community Centre **519-578-8751**
20 Tyson Drive, Kitchener

Chandler-Mowat Community Centre 222 Chandler Drive, Kitchener	519-741-2733
Country Hills Community Centre 100 Rittenhouse Road, Kitchener	519-741-2596
Doon Pioneer Park Community Centre 150 Pioneer Drive, Kitchener	519-741-2641
Downtown Community Centre 35 Weber Street W., Kitchener	519-741-2501
Forest Heights Community Centre 1700 Queen's Blvd., Kitchener	519-741-2621
Mill-Courtland Community Centre 216 Mill Street, Kitchener	519-741-2491
Victoria Hills Community Centre 10 Chopin Drive, Kitchener	519-741-2717
Stanley Park Community Centre 505 Franklin St. N., Kitchener	519-741-2504
Kingsdale Community Centre 80 Wilson Ave, Kitchener	519-748-6463

Oasis**519-744-2794**

37 Market Ln, Kitchener

Christian drop-in is open some afternoons and evenings. Call for hours. Also free showers, air conditioning, food and clothing.

R.O.O.F. (Reaching Our Outdoor Friends) 519-742-2788

Open 7 days a week for youth 12-25 years. Drop-in and youth programs Tues – Fri 12-4pm & Mon – Fri 7-10 p.m.

Tri-City Multicultural Community Centre 519-745-2565

533 Weber Strt

tri-citycentre@bellnet.ca

After school drop-in centre Monday - Friday with basketball, computers and help with homework.

White Owl Native Ancestry Association 519-743-8635

42 College St, Kitchener

Drop-in centre is open Monday - Friday all day. You can check out the resource library on native issues.

9. Online - computer internet access

ConnectKW is a network of free public internet access sites. There are computers and printers available for general public use that are available in local agencies and community centres

throughout Kitchener and Waterloo. All Public Libraries in Waterloo Region and City of Kitchener Community Centres and Senior's Centres have free internet access available.

ACCKWA (AIDS Committee of Cambridge, Kitchener, Waterloo and Area) 519-570-3687

2B-625 King St E., Kitchener N2G 4V4

Online access available only for youth already involved in the program.

Anishnabeg Outreach 1-866-888-8808 or 742-0300

220 Charles St E, Kitchener

Community Ministry Kitchener-Waterloo and St Mark's Lutheran Church 519-743-6309

825 King St W, Kitchener or 519-743-6300

K-W Access-Ability 519-885-6640

105 University Ave E, Waterloo

Kitchener -Waterloo Multicultural Centre

102 King St W, Kitchener 519-745-2531 (admin)

519-745-2593 (interpreters)

Our Place, Family Resource and Early Years Centre

154 Gatewood Rd, Kitchener 519-571-1626

**Social Planning Council of Kitchener-Waterloo and the
Community Information Centre of Waterloo Region**

151 Frederick St, Kitchener

519-579-3800

The Working Centre

58 Queen St S, Kitchener

519-743-1151

Check out **www.cyberteens.com**, a worldwide site for everything from games to an art gallery.

With 60 interactive areas, from movies to advice to contests, written for girls by girls and teens **www.agirlsworld.com**

A website for girls by girls **www.smartgirl.org**

An original magazine written by and for teens **www.diva-girl-parties-and-stuff.com** Promoting positive body image and self acceptance through awareness of eating disorders, weight preoccupation and size prejudice.

www.mindyourmind.ca is an award winning site for youth by youth. This is a place where you can get info, resources and the tools to help you manage stress, crisis and mental health problems. Share what you live and what you know with your friends.

Youth Online Safety

1. I will not give out personal information such as my address, telephone number, guardian/parents' work address/telephone number, or the name and location of my school without my guardian/parents' permission.
2. I will tell my guardian/parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my guardian/parents. If my guardian/parents agree to the meeting, I will be sure that it is in a public place and will bring my guardian/parent along.
4. I will never send a person my picture or anything else without first checking with my guardian/parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my guardian/parents right away so that they can contact the service provider.
6. I will talk with my guardian/parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and

appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

7. I will not give out my Internet password to anyone (even my best friends) other than my guardian/parents.

8. I will be a good online citizen and not do anything that hurts other people or is against the law.

I Want to Know About...

1. Skin Care

Most teenagers will have zits at one time or another. The increased hormones at puberty cause increased oil in the skin. Acne can get worse with stress and oily cosmetics.

Keeping the skin clean with a mild cleanser can help but don't overdo the attention. Acne seems to get worse the more you play with it. If your acne is severe, try your family doctor or health food store for more ideas.

For tips on taking care of your skin, check out www.kidshealth.org/teen

2. Quitting Tobacco

Congratulations! Thinking about quitting is the first step to becoming a non-tobacco user. Lots of people quit every day. With a little planning you can too. Here are some quit tips:

- Set a quit date and stick to it;
- Tell your friends you are quitting and ask them to help you avoid tobacco;
- Keep your hands busy by playing with an elastic band or sending text messages;
- Keep some sugar-free gum with you. Chewing gum will keep your mouth busy and give you fresh breath;
- While you are quitting, plan to stay away from social gatherings where people may be using tobacco and/or alcohol. Go to the movies or other places where people are not allowed to smoke;
- Talk to a physician or pharmacist about using nicotine replacement therapy (e.g., gum, lozenge, inhaler or patch).

For help with quitting check out Health Canada's online program "Quit 4 Life" www.quit4life.com

Tobacco Information Line

519-883-2279.

Ask questions about tobacco use or find out about programs to help you quit.

Smoker's Helpline

1-877-513-5333

www.smokershelpline.ca

Get help designing a personal quit plan or advice on dealing with withdrawal, cravings and stress. Confidential support.

3. Controlling My Weight

For some people, dieting can get out of hand to where it actually becomes dangerous. With Anorexia Nervosa the person deliberately starves him/herself. A person with Bulimia eats large amounts of food in short periods of time, then either fasts, makes themselves vomit, or uses laxatives to get rid of the food. They are stuck in this cycle and have no idea how to get out. If you, a family member or a friend have an eating disorder, you can get help.

A very tiny percentage of people have a “perfect” body (whatever that is!), yet many people spend their lifetime battling their natural shape to attain this “perfection” - and miss out on a lot of fun along the way. There are good ways and bad ways to manage your weight. Here are some groups who will understand and help:

Eating Disorders Awareness Coalition of Waterloo Region

www.edacwr.com

519-745-4875

edac@golden.net

Promotes positive body image and size prejudice. Call us for info and help. Leave a message if no one answers and someone will call you back.

Overeaters Anonymous

519-886-9975

44 Benjamin Rd, Waterloo, N2V 1Z3

National Eating Disorder Info Centre

www.nedic.ca

Information and resources for persons, friends and families dealing with an eating disorder.

Sports and Nutrition

www.urbanext.uiuc.edu

Website guide to nutrition for highschool and college athletes wanting to maximize their athletic performance.

4. Sexuality/Birth Control

Sex is not a four letter word. If you're feeling pressured to have sex, you may need to look at your relationship. It's OK to say "No" even if you've said "yes" before. Sex isn't for everybody. Make a decision that's right for you.

If you think birth control ruins the mood, consider what a pregnancy will do. So get the facts about birth control. If you

want to talk about it, or find out about sex or birth control, try these places. They have counsellors, books and videos. Call or just drop in.

Check out the website www.sexualityandyou.ca which even has a special section for Teens.

Planned Parenthood **519-743-6461**
151 Frederick St., Suite 500, Kitchener www.ppwr.on.ca

Region of Waterloo Public Health **519-883-2267**
Community Health Department
99 Regina St. S. 2nd Floor, Waterloo

5. Gay, Lesbian, and Bisexuality Issues

If you are gay, lesbian, transgender/transsexual/intersex/queer or questioning your sexuality, this could be a very confusing time. You don't have to deal with things alone. There are people who will listen and not judge you.

PFLAG (Parents and Friends of Lesbians & Gays)
www.pflag.org **519-742-0700**

Lesbian/Gay/Bi Youth Line **1-800-268-9688**
www.youthline.ca

Call from 4:30 pm - 9:30 pm any day except Saturday.

ACCKWA**519-570-3687**

2B-625 King St E., Kitchener

Has a youth group (16-24 yrs) that meets weekly to talk about gay, lesbian and bisexuality issues. Call or visit www.acckwa.com to find out more.

tri-Pride Community Association**519-584-2415**www.tri-pride.ca

tri-Pride celebrates Lesbian, Gay, Bisexual and Transgender (LGBT) life. Check out the website at www.tri-pride.ca for links and info about Pride and other community events, fundraisers, stories and more.

OK2BME**519-884-0000 x 212**www.ok2bme.ca

A set of support services for lesbian, gay, bisexual, transgender, queer or questioning kids and teens age 5-18 and their families.

The project offers free confidential counseling for kids, teens and families, and has a youth group for teens (13-18). Check out www.ok2bme.ca for events and more information.

GLOW – Gays & Lesbians of Waterloo Peer Support & Phone line**519-888-4569****519-888-GLOW**

6. Sexually Transmitted Diseases (STDs)

STDs are nothing to laugh about! They are passed between people through sexual intercourse or other intimate contact. You can't get them from toilet seats. If not treated they can cause serious damage.

Some of the symptoms are:

- unusual discharge or odour from your penis or vagina
- a painful burning feeling while urinating
- sores or blisters on or around your mouth or sex organs
- itching or swelling or bumps in the groin area.

Often there are no symptoms at all! If you have sex, use a condom every time to reduce the risk of STDs.

Carrying a condom is just being smart - it doesn't mean you're pushy or easy or overly sure of yourself. Free condoms can be picked up at these places in K-W:

ACCKWA **519-570-3687**
2B-625 King St E., Kitchener

Planned Parenthood **519-743-6461**
151 Frederick St., Suite 500, Kitchener

Region of Waterloo Public Health 519-883-2251
99 Regina St S, 2nd Floor, Waterloo

The only sure way to know if you have a STD is to go to your doctor or a walk-in clinic. To learn more, call or visit:

HIV/STD Clinic 519-883-2251
Region of Waterloo Public Health
99 Regina St. S, 2nd Floor, Waterloo, Open Monday-Friday

K-W Urgent Care Walk-in Clinics
751 Victoria Street South, Kitchener 519-745-2273
385 Fairway Road South, Kitchener 519-748-2327
Open Mon - Fri 8 am -10 pm, Sat and Sun 8 am-5pm

R.O.O.F. 519-742-2788
242 Queen St. S, Kitchener 1-888-892-3478
Open Wed 1 – 4 p.m.

If you're 12-25 years-old, just drop in to see a doctor or nurse for minor health concerns or pregnancy testing. You don't need a health card and it's free.

7. HIV/AIDS

HIV is spreading rapidly in teens because many people ignore the facts. There are a lot of false ideas about AIDS. For example you can't be exposed to AIDS by:

- casual contact (hugging, shaking hands, etc.)
- contact with doorknobs, toilet seats, etc. or
- donating blood.

Here's how to limit exposure to HIV/AIDS and STDs:

- not having sex (abstinence)
- if you have sex, properly using a latex condom doesn't guarantee protection, but it does make contact much safer
- if you use drugs don't share needles and
- don't share items that may be contaminated with blood (razors, toothbrush, etc.).

It is true that choosing to be sexually active or to use drugs can cause serious consequences in your life, no matter what precautions you might be taking. If that's the choice you've made, then take responsibility to be as protected as possible. For more information:

AIDS Info Line

1-800-668-2437

A place to ask your questions 24 hours a day.

HIV/STD Clinic

519-883-2251

99 Regina St. S, 2nd Floor, Waterloo

Provides free and confidential testing for HIV and STDs.

Please call for clinic hours

A.C.C.K.W.A.

519-570-3687

Aids Committee of Cambridge, Kitchener, Waterloo & Area

2B – 625 King St E., Kitchener

www.acckwa.com

A place to talk to support people and get info about HIV and AIDS as well as HIV testing, Hepatitis B vaccinations, needle exchange, and condoms for free.

8. Spirituality

More people than ever before are aware that they are spiritual beings. They know they are also physical, intellectual and emotional beings. Through exploring their inner thoughts and yearnings and considering their spirituality, they get in touch with a purpose for living. They develop goals and a desire to achieve them. Spiritual experiences often add meaning and hope to life.

Many churches, mosques, synagogues and temples...have youth groups, programs, and people who provide spiritual guidance. The list is too long to mention them by name. Perhaps a friend

or family member could make a suggestion. Or you could drop into one of these places during the daytime and ask to speak with a spiritual counsellor. Or you could check the yellow pages in the phone book under “Marriage, Family and Individual Counsellors” and find out which of them mention things like youth, adolescent, prayer, faith, inner healing, or spirituality.

If something is missing from your life and you’ve never considered exploring your spirituality, perhaps it is the right step to take.

9. Date Rape

Date rape is a confusing thing because the rapist is not a stranger - it’s someone you know, and often someone you used to trust. But trust yourself now, if you were forced to have sex against your will, it’s date rape - no matter what the other person tells you. It’s not your fault.

Your right to choose has been taken away by someone who used the power in the wrong way. That does not make you a bad person - it makes you a victim.

If date rape has happened to you, refer to RAPE/Sexual Assault for some numbers to call for help. If you’re not sure what to do, go to the emergency department at the hospital, or the walk-in

clinic and they will help. The most important thing is that you talk about this to an adult you can trust or call the 24-hour Sexual Assault Crisis and Support line at **519-741-8633**. Another idea is to call the **Police at 519-653-7700** or if you're outside the Kitchener-Waterloo area you can call the **Police at 519-570-3000**. Date rape is still rape - and that's a crime. Don't treat it as any less.

Get a Job...

1. Social Insurance Number

Before you can apply for a job, you will need to apply for a Social Insurance Number (SIN). There is no fee for your first card. Call to find out how to apply.

24 Hour Telemessage

519-571-6831

2. Employment Services

Lutherwood Youth Employment Centre **519-743-2460**

165 King Street East

www.lutherwood.ca

(across from Market Square)

daretowork@lutherwood.ca

Drop in, check the job board, use the phone, work on the

computers and get some help with your resume, interview skills, and job search. Free for people 16-24 years old.

The Working Centre

519-743-1151

58 Queen St S, Kitchener

www.theworkingcentre.org

genmail@theworkingcentre.org

Drop into the Job Search Resource Centre to discover all the help you can get preparing for and looking for a job. Individualized resume writing, employment counselling, workshops and more. A variety of creative volunteering opportunities are also available to help develop skills in customer service, retail, food preparation and service, bicycle repair and arts and crafts.

Human Resource Centre of Canada for Students

Summer employment offices (for people 15-24 years old) open each year from May to August.

HRSDC Job Bank (Canada wide)

www.jobbank.gc.ca

Workopolis

www.workopolis.ca

The Record

www.therecord.com

Youth Opportunities Ontario

www.youthjobs.gov.on.ca

Job Connect Job Board

www.theworkingcentre.org

Kitchener Service Canada Centre

519-579-1550

409 Weber St W., Kitchener

www.servicecanada.gc.ca

Employment Resource Areas

235 King St. E., Kitchener

519-883-2101 x5602

99 Regina St. Waterloo

519-883-2101 x5602

150 Main St., Cambridge

519-740-5700

Free job search services – use of computers with high speed Internet, cover letters, resumes, newspapers, photocopiers, fax, phones and staff assistance.

Employment Options Programs

883-2101 ext. 5655

These programs will help you with career planning, resume, interviewing and computer skills, and also gain work experience.

Tools and Techniques

883-2101 ext. 5655

9 different, half-day job search workshops for free. Just call.

Government of Canada Assistance

No high school diploma? Not in school? 15-30 years old? Apply for a 9 month, paid internship with the federal government. Someone will mentor you while you get work experience and you'll receive minimum wage. Call 1-800-495- 8775.

Are you a high school, college or university graduate with no work experience in your field? Find out about a mentored internship with the Government of Canada which pays \$15,000 for the year at <http://www.careeredge.org>

If you're a graduate with a disability, check out www.abilityedge.ca. Finding a job can be really difficult (no kidding!) so while you're waiting, get as much volunteer experience as you can. This will make a big difference when employers look at your resume. Check out the possibilities in the volunteer section.

1. I need a place to eat and sleep...

1. Housing and Shelter

Are you without a place to stay? Do you need a couple of days to get your life back on track? Are you leaving an abusive relationship? Are you pregnant? There are places in the area willing to help. Just give them a call. Check out www.waterlooregion.org/ Basic Needs Guide. Waterloo Region has many services that respond to your basic needs. There are food hamper programs and hot meals, programs that help with some housing costs, places to sleep if you're on the streets, and discretionary benefits from social services to help with things such as emergency dental costs. There are also distress-lines that can help if you just need someone to talk to. This guide will help you to find and connect with these services. You can explore your options and decide which programs fit your needs and your values. The choices are yours to make.

Safe Haven**519-749-1450 x240**

41 Weber Street West, Kitchener

If you're 12-15 years old, you can stay overnight. If you're older, you can still come in for meals, laundry, or support.

YWCA Mary's Place**519-744-0120**

84 Frederick Street, Kitchener

For women of all ages. Drop in or call for support, housing for single women, families of any kind and transgendered persons, counselling and a place to stay.

Argus Residence for Young People, Cambridge**Men's - 519-623-7991****Women's - 519-650-0452**

Emergency shelter, crisis and emotionall support for ages 16-24.

The Housing Desk - The Working Centre 519-743-1151 x 117

58 Queen St S, Kitchener

Mon-Fri, 12:30-4pm

The Housing Desk can help you find affordable housing and help you to set up a new home. They can also help you access subsidized housing or talk about issues you may have with a landlord.

Out of the Cold

Free meals and emergency overnight shelter in various churches from November 1 - March 31.

Hours: 5pm - 8am except Sat. 9pm - 8am

Mon - Trinity Church, 74 Frederick St. Kitchener, 519-742-3578

Tues - Benton St. Church, between Church & St. George, Kitchener (20 years and older at this site), 519-745-5792

Wed - St. Matthew's Church, 54 Benton @ Charles, Kitchener, 519-742-0462

Thurs - St. John's Church, 22 Willow St. Waterloo, 519-886-1880

Fri - First United Church, 16 William St. Waterloo, 519-745-8487

Sat - Bethany Church, 160 Lancater St. Kitchener, 519-745-0151

Sun - St. Louis Church, 53 Allen St. Waterloo, 519-743-4101

Marillac Place

519-571-0722

inquiries@marillacplace.ca

www.marillacplace.ca

A place to live (for up to a year) for single pregnant women or single moms and newborns, 15-25 years old. Call first for an appointment. The rent is geared to income.

Charles Street Men's Hostel

519-742-8327

63 Charles St E., Kitchener

www.houseoffriendship.org

admin@houseoffriendship.org

A short-term emergency shelter for men 16 and older. Case workers can assist in completing Ontario Works applications.

Monica Ainslie Place **519-624-0481**
150 Ainslie St N, Cambridge
A place for young, single moms and their babies to live, get some help and learn to cope with being a parent.

Oasis Drop-in **519-744-2794**
37 Market St, Kitchener www.rayofhope.net

Kiwanis House – House of Friendship
Kiwanis Village, Cambridge
kiwanishouse@houseoffriendship.org
Transitional housing for young men.

2. Food

Money can be pretty tight if you are living on your own. There are places that are willing to help people in your situation. Give the numbers below a call or just drop in because no one should be without food.

For a current list of where and when to get food or meals, call 519-743-5576 or check the web @ www.thefoodbank.ca or www.waterlooregion.org/basic/immediate_needs

Emergency Food Hampers **519-742-0662**
807 Guelph St., Kitchener
Call first to register. Open Monday to Friday between 11 a.m. – 4:15 p.m. Closed the 1st Wednesday of each month

St. John's Kitchen**519-745-8928**

97 Victoria St N, Kitchener (Weber and Victoria)

Open 9am-1:30pm Drop in for lunch from 11:15am-1pm.

R.O.O.F. (Reaching Our Outdoor Friends) 519-742-2788

242 Queen St.S., Kitchener

1-888-892-3478

Free hot meals in the evening seven days a week and food hampers on Wed. 12-4pm for youth who are 12-25 years-old and on the street.

Talk to my lawyer...

1. Legal Information

John Howard Society**519-743-6071**www.waterloo.johnhoward.on.ca

If you are arrested for a minor offense and if you have not had any other charges in the past, you might be eligible for either the Alternative Measures program or Adult Diversion. Alternative Measures is for youth between the ages of 12 to 15 years. Adult Diversion deals with people who are 18 years or older. These programs allow first time offenders the opportunity to have a minor charge withdrawn upon successful completion of an agreed sanction.

Legal Line**416-929-8400****1-877-929-8800**

Call the free 24 hr. touchtone telephone service or check out the website www.legalline.ca for easy to understand legal info on 870 topics.

Legal Aid Ontario**519-743-4306**www.wrcls.ca

Drop in to fill out an application form if you have criminal charges against you and you can't afford a lawyer. You need to bring the police charge sheet and Crown screening forms with you. If you live at home, your parents need to provide financial info as the rates are geared to income.

Landlord and Tenant Info**1-888-332-3234**

Call this automated info line or check out www.orht.gov.on.ca.

Community Legal Services**519-743-0254**www.wrcls.ca

Call if you need help with landlord/tenant cases.

Ombudsman Ontario**1 800 263-1830**www.ombudsman.on.ca

Helps resolve problems with provincial government ministries and organizations.

2. The Police and Youth Laws

Legal Rights (Criminal) Know Your Rights

If you are stopped by the police, here are some things to keep in mind:

- Ask the police officer why he or she has stopped you;
- If you are stopped while driving, you must show your driver's license, car registration and insurance if you are asked for them;
- If questioned by the police about your involvement in anything other than as a driver in a motor vehicle accident, you are not required to answer questions until you have spoken to a lawyer;
- If the police search you and you feel that the search is inappropriate, speak with a lawyer as soon as possible: however, do not try to physically stop the search;
- If you are being held by the police, ask them if you are under arrest and on what charges. If you are under arrest, the police must tell you why;
- If you are under 18 and you are arrested, you have the right to consult with a lawyer, a parent, an adult relative or any adult if your relatives are unavailable;

- You may think it's not a big deal, but shoplifting is a crime regardless of the value of what you take;
- Falsifying your age or I.D. to get liquor isn't a game – it's illegal and you can be charged. Is it really worth it?

A Helpful Hint: Excessive behaviour (e.g. drinking, driving fast, loud partying, etc.) only causes the community to trust young people less and the police to crack down more. Help your friends keep things under control and the police won't have to.

Source: "On Track", York/South Simcoe Youth Directory, January 2009.

Driving and Accidents...

1. Getting a Licence

Drive Test Exam Centre **519-893-7110**
 1405 Ottawa St. N. Unit 11, Kitchener **1-888-570-6110**
www.drivetest.ca

Check out the website www.drivetest.ca for info and links to other sites for booking appointments, Ministry-approved Driving Schools and more!

All driving training is not the same: check more than the lowest price. Ask how often the curriculum is updated and if

they developed it themselves. The instructor's experience and qualifications makes a difference to what and how well you will be taught.

Remember, driver's training will make a difference to your insurance rates and allow you to apply for a license earlier.

Check out these:

Young Drivers of Canada

519-579-4800

www.yd.com

Canada Driving School

519-886-4640

www.canadadrivingschool.ca

2. Car Accidents

If you've just had an accident, the first thing to remember is don't panic! If there are no injuries you don't need to call the police.

Simply exchange names, addresses, phone numbers, driver's licence numbers, and car registration with the driver of the other vehicle. Call your insurance company as soon as possible.

If the other person is blaming you and you don't think it was your fault, try to get the names and numbers of witnesses and then call your insurance company.

If the accident is over \$1,000 in damage or if an injury is involved, you are required by law to file an accident report with the police within 24 hours. Call one of the numbers below, explain the situation and they will let you know what to do.

WARNING: It is a very serious offense to drive away from the scene of an accident.

Police (in K-W area) 519-653-7700

Police (outside K-W area) 519-570-3000

Making a Difference...

1. Volunteering

Volunteering is not boring - and the benefits are awesome:

- get into events for free,
- meet new people,
- get work experience for a resume,
- learn new skills, and
- explore possible careers.

If you want more information, or know specific places you'd

like to become involved in the community, call the Volunteer Action Centre at **519-742-8610** or visit www.volunteer.kw.ca and they will try to help you find opportunities you'd enjoy. They can also find you a place to complete your 40 hours of community service.

City of Kitchener

519-741-2564

volunteer@kitchener.ca

The City of Kitchener has a variety of volunteer positions. Call **519-741-2564** or KYAC (Kitchener Youth Action Council) at **519-741-2603**. If you're 15-24 and want to help raise awareness of youth issues and organize music and cultural events, call or email youth@kitchener.ca

City of Waterloo Volunteer Services

2001 University Ave, Waterloo

519-888-6488

volunteer@waterloo.ca

Volunteer Services provides a central coordinating body for individuals interested in volunteering within the Corporation of The City of Waterloo or with volunteer groups linked directly to the City. We facilitate opportunities for citizen volunteers to obtain personal growth, learn new skills and to gain a sense of commitment and civic involvement.

Youth Breaking Barriers (YB²) is a youth outreach program run by ACCKWA - The Aids Committee of Cambridge, Kitchener, Waterloo and Area. YB² works to raise awareness of HIV/AIDS among youth and to support youth at risk of HIV/AIDS in our community. YB² conducts street outreach, provides HIV/AIDS education to youth and has GLBTQ youth service available. All programs are run by youth for youth. There are a variety of volunteer opportunities for youth and youth friendly adults.

2. Shopping and Media

Check out www.oneangrygirl.net for a different fashion statement and info about some companies you might want to 'girlcott'. Transform how the media portrays girls and women as either invisible or in stereotypical ways - check out www.teenvoices.com written by and for teens

We know that you've taken in so much information that it blows your mind, but we hope you got a lot out of this Little Black Book!

See you around.

If your organization is listed in this book, please ensure that you let us know about any changes in your location, services or phone numbers.

If you have questions, comments, or have suggestions for the next edition of The Little Black Book contact:

Community Services Department
City Hall, P.O. Box 1118
200 King Street West, 7th Floor
Kitchener, ON N2G 4G7
Tel.: 519-741-2225
Fax: 519-741-2723

More copies of the LBB can be picked up in Kitchener and Waterloo at the Public Libraries, Community Centres or City Hall.

