



The Little Black Book

2014

*The information in this booklet was accurate at
the date of publication, printed February 2014*

This book was developed by and updated by the 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.abilityonline.org or email information@abilityonline.org

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.

Canadian Mental Health Association **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 **519-749-8305**

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)

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)

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 **519-749-2450 x 2240**
41 Weber Street W., Kitchener 24 hour line
If you're 12-15 years old you can stay over night, as well as come in for 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:

Mosaic Counselling and Family Services 519-743-6333
400 Queen St. S., Kitchener www.mosaiconline.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 x277;
1-877-627-2642 x277
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 519-746-3411

145 Columbia St. W. Unit #9, Waterloo www.few.on.ca

info@few.on.ca

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**

151 Frederick St., Suite 501

1 866-888-8808

www.anishnabegoutreach.org
erc@anishnabegoutreach.org

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

YMCA Newcomer **519-743-5201 x241**

Youth Support Program

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

Kitchener-Waterloo Multicultural Centre **519-745-2531**

102 King St W. Kitchener

(at the Multicultural Centre Building)

www.kwmc.on.ca

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

301-276 King St. W., Kitchener

519-579-9622 x.239

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 Up

660 Conservation Drive, Waterloo www.celebraterecovery.ca

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**519-743-3211 ext 216**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. The program also includes academics, life skills, community service projects and recreation. 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.

**Centre for Addiction
and Mental Health****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**

203 – 639 King Street West

www.acckwa.com

Free Needle exchange at St. John's Kitchen (97 Victoria St. N, 2nd Floor Kitchener) Mon-Fri from 10am-1pm. Free Hepatitis B vaccinations, drop by Thurs. night, 4pm-7pm to see a nurse.

Substance Abuse Prevention Program 519-742-2788

(R.O.O.F. 242 Queen St. S), Kitchener

They will give you advice, counselling and referrals to treatment programs. Free for anyone 12-25 years old.

Narcotics Anonymous 519-651-1121

1-888-811-3887

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 **519-749-4318**

52 Glasgow Street, Kitchener

The Grand River Hospital's Withdrawal Management Centre provides non-medical supervised withdrawal from drugs and alcohol through residential day and community outreach treatment model for individuals 16 and older.

Needle Exchange Program at Waterloo Regional

Public Health

www.region.waterloo.on.ca/ph

Kitchener

97 Victoria St. N, 2nd floor

Mon-Fri 10am-1pm

519-745-9828

Waterloo

99 Regina St. S., 2nd floor

Mon and Fri 8:45am-5:30pm

519-883-2267

Tues, Wed, Thurs 8:45am-7pm

Cambridge

26 Simcoe St.

Tues and Wed 12:30-4:30pm

519-624-9305

Fri 9-4:30pm

Cambridge

54 Ainslie St. S., 2nd floor

Tues and Wed 12:30-4:30p

519-622-6550 ext 117

Cambridge

150 Main St. 519-883-2267

Mon, Tues, Wed Fri 1-4:30pm

Free Needle exchange. All needle exchange services are provided in a non-judgmental, 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

151 Frederick St., Suite 500, Kitchener

519-743-6461

www.ppwr.on.ca

Offers support discussing all pregnancy options including abortion, adopting and parenting.

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**

585 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 Nutritional Program - **519-883-2006**

“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

If you're 12-25 years-old, doctors and nurses are on site for pregnancy or sexuality counselling.

K-W Pregnancy Resource Centre

519-886-4001

38 Francis St. S., Kitchener

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

519-743-0271

KPL Main Library, 85 Queen Street N., Kitchener

Quiet study space and help with your research needs

Tri-City Multicultural Community Centre

519-745-2565

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.

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.sheknow.ca

Early Years Centres

www.ontarioearlyyears.ca

Visit www.ontarioearlyyears.ca to find a location to get answers to questions, talk to professionals, join parenting programs and more. Be able to find the best care for your child, and ways to get financial support.

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

519-744-9223

68 Biehn Dr., Kitchener

www.ourplacekw.ca

Mommyagogo

226-750-2657

www.mommyagogo.ca

Find information, resources, event listings, opportunities for connection and more. Everything you need to enjoy our local communities and make the most of the journey of motherhood.

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.

Healthy Children Info Line

519-883-2245

www.regionofwaterloo.ca/ph

Support, information and counselling by Public Health Nurse for parents with children 0 - 6 years.

Early Intervention Services**519-741-1122**

Notre Dame of St. Agatha,

1770 King St. E, Suite 5, Kitchener www.kidslinkcares.com

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**519-883-2111 x 3278**info@childcareconnection.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.

parenting@kwcounselling.com**Saint Monica House****519-743-0291**231 Herbert St., Waterloo www.saintmonicahouse.org

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

519-741-2491

216 Mill St, Kitchener

Kitchener Public Library Main Branch

519-743-0271

85 Queen St. N., Kitchener

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**
16 Andrew St. Suite 2, Kitchener. 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 **519-743-4114**
298 Lawrence Ave, 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

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

Youth Line (18 years old or younger) 519-745-9909

K-W Counselling 519-884-0000
480 Charles St E, Kitchener www.kwcounselling.com

Mosaic Counselling and Family Services 519-743-6333
400 Queen St S, Kitchener www.mosaiconline.ca

John Howard Society 519-743-6071
310 Charles St E, Kitchener www.waterloo.johnhoward.on.ca

Day Treatment - Lutherwood Services 519-749-2932.

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 Front Door,

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:

Child Witness Centre of Waterloo Region **519-744-0904**

admin@childwitness.com

www.childwitness.com

Provides court support services for children 16 years of age or younger.

Victim Support Line

1-888-579-2888

Call this number on a touch-tone phone to listen to previously recorded info about the criminal justice system, court procedures, jails and correctional centres, parole or victim services.

Victim Services of Waterloo Region**519-585-2363**

134 Frederick St., Kitchener

www.vswr.cavictimservices@wrps.on.ca

We are available 24/7. We offer safety planning, programs to help high-risk victims of domestic violence and criminal harassment and referrals to Community Services. Limited financial assistance for certain crimes. Our services are confidential.

Victim Witness Assistance Program**519-571-6160**

200 Frederick St, Suite 3033, Kitchener

www.attorneygeneral.jus.gov.on.ca

Assists during the courts process: courts preparation, education, tours.

Community Justice Initiatives of Waterloo Region

49 Queen St N, Kitchener

519-744-6549info@cjiwr.comwww.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

Main office: 201-151 Frederick St.

519-571-0121

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 counsellor 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
1-866-448-1306

A community where males are safe from sexual abuse and where those who have been sexual abused receive non-judgmental and effect support for disclosure, healing and thriving.

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

www.facswaterloo.org

Police

519-653-7700

Police (outside K-W)

519-570-3000

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.

Women's Crisis Services of Waterloo Region

Short term emergency shelter and outreach program for abused women 16 years of age or older, and their children.

Anselma House-

700 Heritage Dr., Kitchener

519-741-9184

Haven House

562 Concession Rd., Cambridge

519-653-2289

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 Action Council Youth Awards

Nominate a fellow young person for the good things they do in the community. For more information call 519-741-2200 x 5075 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 travel costs to and from the event location only, where round trip travel exceeds 500 kilometers. Contact Renate Willms at renate.willms@kitchener.ca or 519-741-2200 x 7395.

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 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 sports info in Kitchener pick up a free copy of Leisure at any community centre. For Waterloo, pick up a free copy of the Program and Activities Guide at any City facilities. Both publications can be viewed online as well.

www.kitchener.ca

www.waterloo.ca

KidSport

www.kidsportcanada.ca.

416-426-7177**1-866-641-7767**

KidSport provides support to children in order to remove financial barriers that prevent them from playing organized sport.

Canadian Association for the Advancement of Women and Sport and Physical Activity 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.

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

350 Margaret Ave, Kitchener

519-741-5137**Cameron Heights Pool**

301 Charles St E., Kitchener

519-741-2482**Forest Heights Pool**

253 Fischer Hallman Rd., Kitchener

519-741-2493**Lyle S. Hallman Pool**

600 Heritage Drive, Kitchener

519-741-2670**Kiwanis Park**

600 Kiwanis Park Dr, Kitchener

519-745-8133

Harry Class Outdoor Pool 519-741-2481

45 Woodside Drive, Kitchener

Wilson Outdoor Pool 519-741-2479

78 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

Skate and bike parks

Kitchener Skatepark 519-741-2699

The Aud, 400 East Ave., Kitchener 9 am - Dusk

The skatepark features include a concrete pad, a bowl, a double camel's hump, a quarter pipe with a rail, a ramp with a grinding rail, a pyramid and a horizontal grinding rail.

The park can be used year round, depending on weather conditions, by all ages from 9 a.m. to dusk. However, it is not supervised and individuals use it at their own risk.

Doon Skatium

519-741-2200 x7603

The skatium travels to a different community centre each week during the summer, making it accessible to boarders from across the city. It is also available for weekend rental for community events. There are nine ramps in total, including a five-foot quarter pipe, pipe ramp, a three-piece fly over box, two 2ft-kicker ramps, one grind box, and two grind rails.

McLennan Park Skatepark

519-741-2688

901 Ottawa St S

9 am - Dusk

Kitchener's newest skatepark features a street course and a concrete bowl. The park can be used year round, depending on weather conditions, and by all ages. However, it is not supervised and individuals use it at their own risk.

McLennan Park – Bike Park

901 Ottawa St South, Kitchener

The park design consists of four dedicated courses - a 4X track, a pump track, a free-ride course and a dirt jump park. The courses offer a wide variety of features that will appeal to BMX and mountain bikers of all ages.

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

J-M Drama **519-745-6565**

www.jmdrama.org

The Registry Theatre **519-745-6565**

www.registrytheatre.com

K-W Youth Theatre www.kwyouththeatre.com

Lost and Found Theatre
www.lostandfoundtheatre.com

519 896-2253

Flush Ink Performing Arts www.flushink.net/flushink.html

MT Space (Multicultural Theatre Space)
www.mtspace.ca/index.htm

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

Aspen is a social skills training group for 12-17 year old youth with a diagnosis on the Autism Spectrum. Groups are one week long (Mon-Fri) from 9am-2:30pm each day and offered on social holidays only (March break, summer holidays, Christmas break). This program is offered as a one-time only participation. Please contact Front Door at 519-749-2932 for

more information. ASPEN is provided at no cost to families and is funded by The Ministry of Children and Youth as well as the Lutherwood Child and Family Foundation.

5. Arts, Music

For info on City of Kitchener arts programs including the Rotunda Gallery, the Artist in Residence Program, and the public art program **519-741-2200 x 7912**

Waterloo Community Arts Centre

25 Regina St S, Waterloo **519-886-4577**

6. Youth Councils

KYAC - Kitchener Youth Action Council

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 519-741-2200 x 5075 or email youth@kitchener.ca.

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 geared specifically for teens. 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 **519-886-1177 x280**

youthcouncil@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)

pisterr@cmhagrb.on.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 x277.

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

150 Pioneer Drive, Kitchener

519-748-2740

Waterloo Libraries

Waterloo Public Library Main Branch 519-886-1310 x110

35 Albert St., Waterloo

Waterloo Public Library McCormick Branch

500 Parkside Drive, Waterloo

519-886-1310 x213

John M. Harper Branch

500 Fischer-Hallman Rd N., Waterloo

519-886-1310 x310

8. Youth Drop-ins...

Are you bored? Are you between the ages of 12-17, looking for a place to hang out? The Downtown Community Centre, Centreville Chicopee Community Centre, Chandler Mowat Community Centre and KCI Highschool all run drop in's during the school year. Many community centres have youth drop in during July/August.

For more information call 519-741-2200 x7603.

18+ Basketball Drop-in

Thursdays 8-10:30pm

Downtown Community Centre

35 Weber Street West

Ages 18 to 25 - FREE

KCI Youth Drop-in

Thursdays 7-9:30pm at KCI School (787 King Street W)

Ages of 14 and 17 - FREE

Downtown Community Centre Youth Drop-in

35 Weber Street West

Ages 12 – 17 - FREE. Tuesdays 6:30 – 9 p.m.

Centreville-Chicopee Community Centre Youth Drop-in

141 Morgan Avenue

Ages 12 – 17 - FREE. Tuesdays 7-10 pm. Fridays 6-9 pm

Chandler Mowat Community Centre Youth Drop In

222 Chandler Drive

FREE 12-17 ages, Wednesday 6:30-9 pm, Fridays 6-9 pm

Summer Youth Drop-In

Monday to Friday, July & August. 6:30 to 9:30 pm. Ages 12 to 17 - \$1/night. Located at most community centres in Kitchener

Kingsdale Community Centre

72 Wilson Avenue

Thursday 7-9:30 pm

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

Breithaupt Centre 350 Margaret Avenue, Kitchener	519-741-5137
Bridgeport Community Centre 20 Tyson Drive, Kitchener	519-741-2271
Centreville Chicopee Community Centre 141 Morgan Avenue, Kitchener	519-741-2490
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	519-741-5084
Forest Heights Community Centre 1700 Queen's Blvd., Kitchener	519-741-2621

Kingsdale Community Centre 72 Wilson Ave., Kitchener	519-741-5030
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
Williamsburg Community Centre 1187 Fischer-Hallman Rd. Building 600, Suite 620, Kitchener	519-741-2240

Oasis Outreach **519-578-8010**
 37 Market Ln, Kitchener www.rayofhope.net
 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**
 242 Queen St. S, Kitchener
 Open 7 days a week for youth 12-25 years. Drop-in and youth programs Tues-Fri 12:30-5:30pm & Mon-Fri 6-10:30pm

Tri-City Multicultural Community Centre 519-745-8561
533 Weber St E., Kitchener 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**
203 – 639 King Street West, Kitchener N2G 4V4
www.acckwa.com

Dedicated to supporting people who are infected, affected and at-risk for HIV/Aids and striving to create awareness about

HIV/AIDS in the community. ACCKWA Youth Services provides harm reduction education to youth through presentations, peer outreach programming and individual support.

Anishnabeg Outreach 1-866-888-8808 or 742-0300
151 Charles St E., Kitchener

Community Ministry Kitchener-Waterloo and St Mark's Lutheran Church 519-743-6309
825 King St W, Kitchener

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
151 Frederick St, Kitchener 519-579-1096

Community Information Centre of Waterloo Region
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

1-800-267-7875

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

519-744-7645

eatingdisorders@cmhabgrb.on.ca

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

226-868-2921

St. Marks Lutheran Church, 825 King Street W. Kitchener
Meetings Monday 8-9pm

National Eating Disorder Info Centre

www.nedic.ca

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

4. Sexual Health/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

Provides sexual health counselling and educational services

based upon a strong belief in self determination, and an understanding that we all need accurate and current

information to make choices and decisions appropriate for all stages of our lives

Region of Waterloo Public Health

519-883-2267

Community Health Department
99 Regina St. S. 2nd Floor, Waterloo
150 Main St., 1st Floor, Cambridge

Region of Waterloo's sexual health counseling clinic provides assessment, treatment, education and referrals for a variety of sexual health issues.

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

Lesbian/Gay/Bi Youth Line

1-800-268-9688

www.youthline.ca

The Lesbian Gay Bi Trans Youth Line is a toll-free service provided by youth for youth. We're here to offer support, information and referrals specific to your concerns. We are

here because we want to be there for you – to be part of your community. We may not have lived your experiences exactly, but we can probably relate. We too, are lesbian, gay, bisexual, transgender, transsexual, two-spirit or queer. Call from 4:00-9:30pm any day except Saturday).

ACCKWA

519-570-3687

203 – 639 King Street West, Kitchener

Supports GLBTQ issues and provides antihomophobia workshops. Call, email or visit www.accwka.com to find out more.

Tri-Pride

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. email: info@tri-pride.ca

OK2BME

519-884-0000 x213

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. www.ok2bme.ca

GLOW- Centre for Sexual & Gender

<http://glow.feds.ca/>

519-888-4567 x 38569

The Glow Centre for Sexual & Gender Diversity is a student-funded and student-run service of located at the University of Waterloo . We offer many events and programs to the queer and trans community including an information phone line, a resource library, ongoing events, awareness campaigns and special events.

Rainbow Centre

rainbow@wlu.ca

Rainbow Centre is dedicated to enhancing the university environment for LGTBQ individuals in the Laurier community through awareness promotion, advocacy, education and support.

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

203 – 639 King Street West, Kitchener

Planned Parenthood

519-743-6461

151 Frederick St., Suite 500, Kitchener

Region of Waterloo Public Health: Sexual Health Clinic

519-883-2267

150 Main St., 1st Floor, Cambridge

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

HIV/STI Clinic**519-883-2267**

Region of Waterloo Public Health

150 Main St., 1st Floor, Cambridge

Please call for drop-in or appointment times, 519-883-2267.

Provides free and confidential testing for HIV and STIs.

Please call for drop in or appointment times.

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**

203 – 639 King St. W., 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.

519-571-6831

2. Employment Services

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

165 King Street East
(across from Market Square)

www.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.

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 Centres

235 King St. E., Kitchener 519-883-2101 press 0

99 Regina St. Waterloo 519-883-2101 ext. 5602

150 Main St., Cambridge 519-740-5700 ext. 7814

Helping you to find work: Free job search services including use of computers, job posting board, photocopies, fax, phones,

voicemail service, resources to help with resume, cover letters, weekly job coach and staff assistance.

Employment Ontario

519-883-2101 ext. 5655

232 King St. E., Kitchener

99 Regina St. S, Waterloo

150 Main St., Cambridge

Free programs to help you with your career planning, job search and job placement to support your education, employment and training goals.

Tools and Techniques for Job Search

519-883-2105 to register

232 King St E. Kitchener

150 Main St. Cambridge

8 difference, half-day job search workshops. These include Computers for the Total Beginner, Word, How to Write a Resume, Internet, Email, E-resume, Cover\Thank You Letters, Hidden Job Market, etc.

3. How to get Identification Documents

Kitchener Downtown Community Health Centre

519-745-4404 x 207

44 Francis Street South, Kitchener

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St. John's Kitchen

519-745-8928

97 Victoria Street North

Tuesday mornings

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**519-749-2450**

41 Weber Street West, Kitchener

Safe Haven Shelter offers a safe alternative to living on the street. Serving vulnerable 12-15 year olds who are at risk of being homeless, this program offers immediate admission and services for up to 10 youth on a 24 hour/7 day a week basis. In a safe, caring environment, staff coach youth to address needs and help them return home (if appropriate) or find another safe living arrangement.

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

84 Frederick Street, Kitchener

Emergency shelter for women (16 and older), transgendered people, and families who are homeless. Parents of either gender with children who are homeless are welcome to stay at Mary's Place.

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

An emergency shelter for youth between the ages of 16-24 who are homeless and in crisis. Argus provides essential services of shelter, food and 24 hour staff support with a very comprehensive life skill acquisition program which works to mobilize youth toward a healthy and viable community integration

The Housing Desk - The Working Centre

519-743-1151 x 117

58 Queen St S, Kitchener

Mon-Fri, 1-4pm

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: 6pm (supper)- 8:30am the next day

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

Tues Tuesday- Ray of Hope Community Centre,
659 King St. E., Kitchener 519-578-8018

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**

109 Young St., Kitchener
inquiries@marillacplace.ca www.marillacplace.ca

A safe place to live (for up to a year) for women between the ages of 16-25 year olds who are pregnant, or who have a child in their care, or who are attempting to regain care of their child. Call first for an appointment.

Charles Street Men's Hostel **519-742-8327**

63 Charles St E., Kitchener www.houseoffriendship.org
hostel@houseoffriendship.org

A short-term emergency shelter for men 16 and older. Staff also provide case work support including referrals and advocacy for the men.

Monica Ainslie Place **519-624-0481**

150 Ainslie St N, Cambridge

Saint Monica House **519-743-0291**

231 Herbert St., Waterloo

A place for young, single moms and their babies to live, get some help and learn to cope with being a parent.

Kiwanis House – House of Friendship

85 Wilhelm St., Kitchener

519-578-0171

kiwanishouse@houseoffriendship.org

Transitional housing for young men who want to prepare themselves to live independently.

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

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

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.

www.waterloo.johnhoward.on.ca

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 1,000 topics.

Legal Aid Ontario**519-743-0254****Waterloo Region Community Legal Services**

450 Frederick St., Unit 101, Kitchener

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 24/7. Customer service representatives available Mon-Fri 8:30-5pm, to provide information about the Residential Information Act and Board processes.

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

519-741-2200 x7564

volunteer@kitchener.ca

The City of Kitchener has a variety of volunteer positions. Call **519-741-2564** or KYAC (Kitchener Youth Action Council) at **519-741-2200 x7564**. 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.

Are you looking to use your skills and interests, or to develop some new ones, while providing worthwhile service to your community?

IMPACT

519-740-5493 ext 3494

www.region.waterloo.on.ca/ompact

impact@regionofwaterloo.ca

Impact is a youth-led action group that educates other youth and advocates for healthy living and positive change in Waterloo Region. IMPACT is made up of youth ages 14-21 years old. IMPACT is part of the Smoke-Free Ontario Strategy. Youth promote health by engaging youth in health programs, campaigns and events on various topics.

Waterloo Youth Recreation Council 519- 886-1177 ext 280

www.region.waterloo.on.ca/smoking/youth

- Toxik was formed in 2006 as a part of the Smoke Free Ontario Strategy
- Made up of seven youth ages 14 – 18
- It is one of several Youth Action Alliance groups throughout Ontario
- We run events to educate youth about the negative effects of tobacco products and the marketing tactics of the tobacco industry
- Our group focuses on the Kitchener-Waterloo area and several townships (Woolwich, Wellesley and Wilmot)

To volunteer, call or visit our website
or call 519-883-2008 x 5263

Youth Breaking Barriers

519-570-3687 x308

youthservices@acckwa.com

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.: 519-741-2200 ext 7225
Fax: 519-741-2723
youth@kitchener.ca

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

