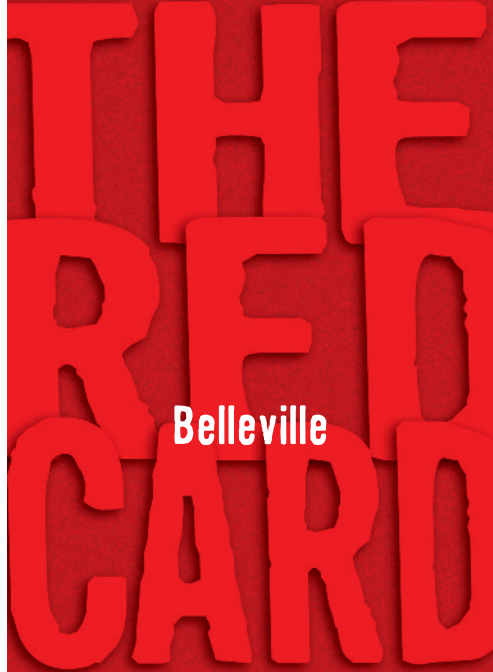


Kids Help Phone1-800-668-6868
Mental Health Services
Hastings/Prince Corp.613-967-4734
National Eating Disorder
Information Line1-866-633-4220
Open Line Open Mind613-310 (OPEN) 6736
Sexual Assault Helpline (24 hr)1-800-263-3757
Sexual Assault Response Program613-969-7400
or Crisis Line613-967-6000
Three Oaks Foundation613-966-3074
or1-800-267-0533
Tyendinaga Mohawk Family &
Children Services Crisis Line613-967-2003
or1-800-672-9515
QHC – Parent-Child & Youth Clinic .613-969-7400 x 2691
QHC Mental Health Clinic613-969-7400 x 2228
Sexual Assault Centre for Quinte & District
.....613-967-6300
.....(24 hr) 613-967-6000
Volunteer & Information Quinte613-969-8862
Youth Habilitation Quinte Inc.613-969-0830



**Hastings & Prince Edward
Children's Services Network**
www.childrenservicesnetwork.ca
www.seregion.ca



Where Can I Get Help to Find a Job?

Career Edge	.613-969-0192
Employment Ontario Hotline	1-800-387-5656
Hastings County Ontario Works	.613-966-8032
	1-800-267-0575
Job Connect/Summer Job Service	.613-966-0205
or	1-866-860-5652
Job Junction	.613-969-0830
Northern Lights Canada	.613-969-7423
Service Canada	.613-969-3350
Social Insurance Number Information	1-800-206-7218

Where Can I Get Help to Complete My Education?

Algonquin and Lakeshore Catholic	
District School Board	1-800-581-1116
Centennial Secondary School	.613-962-9233
General Education Development (GED)	.613-391-1155
Hastings and Prince Edward District	
School Board	1-800-267-4350
Independent Learning Centre	1-800-387-5512
Loyalist College Access	
Program	.613-969-1913 x. 2450
Loyola Adult Day School	.613-966-9210
Moira Secondary School	.613-962-8668
Nicholson Catholic College	.613-967-0404
Ministry of Education, Training, Colleges	
& Universities	1-800-387-5514

Quinte Adult Day School	.613-962-9615
Quinte Literacy Group	.613-813-6524
Quinte Secondary School	.613-962-9295
South Hastings Alternative	
Personalized Education (SHAPE)	.613-962-2140
St. Theresa Secondary School	.613-968-6993

Where Can I Get Help to Find Food, Shelter & Clothing?

Community Advocacy & Legal Centre	.613-966-8686
Community Development Council	.613-968-2466
Food For You, Food For Two	.613-966-5513 x. 628
Gleaners Food Bank	.613-962-9043
Hastings Housing Program Branch	.613-968-3465
or	1-800-267-2804
Hastings Housing Resource Centre	.613-969-1748
Landlord and Tenant Information	1-888-332-3234
Our House	.613-969-8874
Red Cedars Shelter Crisis Line – Tyendinaga	613-967-2003
Salvation Army	.613-968-6834
Salvation Army Warm Room – Dec. to Mar.	.613-968-6834
Salvation Army After Hours	1-866-414-0300
St. Vincent de Paul	.613-966-8005
Three Oaks Foundation – Belleville	.613-966-3074
Youth Habilitation Quinte Inc.	.613-969-0830

Where Can I Get Help for Financial Assistance?

Belleville Community Trust	.613-962-3070
Credit Counselling Services	.613-966-3556

Hastings County Ontario Works	.613-966-8032
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Where Can I Get Health Advice?

Bayview Medical Clinic	.613-968-5709
Hastings & Prince Edward Counties Health Unit	.613-966-5513
Sexual Health Clinic	.613-966-5513 ext. 243
Needle Exchange Program	.613-966-5513 x. 620
Tobacco Talk Line	.613-966-5513 x. 600
Health Card Info Line	1-800-664-8988
Poison Control Centre	1-800-267-1373
Quinte Health Care Belleville	
General Hospital	.613-969-5511
Telehealth	1-866-797-0000

Where Can I Go for Support Services?

Addictions Centre Inc.	.613-969-0077
AIDS Hotline	1-800-668-2437
Alcoholics Anonymous, Al-Anon, Alateen	.613-962-8700
Children's Aid Society – Hastings	.613-962-9291
	1-800-267-0570
Children's Mental Health Services	.613-966-3100
Community Advocacy & Legal Centre	.613-966-8686
Counselling Services of Belleville & District	.613-966-7413
Crisis Intervention Hastings/Prince Edward	.613-962-7227
	1-888-757-7766
Drug and Alcohol Information line	1-800-463-6273
LGBT Information Line	1-800-268-9688
Hastings Children's Aid Society	.613-962-9291
or	1-800-267-0570