

## CRISIS NUMBERS

**Emergency: 911**  
**DRPS Non-Emergency: 1-888-579-1520**  
**Telehealth 1-800-797-0000**

### Violence Against Women Shelters

**Bethesda House (Pet Friendly) - 1-800-338-3397**

**Denise House - 1-800-263-3725**

**Herizon House -1-866-437-4066**

**YWCA Durham Y's WISH Shelter - 905-576-2997**

### Emergency Shelters

**Cornerstone Intake (Men)- 905-438-0254**

**Durham Youth Housing (Joanne's) 905-239-9477**

**Muslim Welfare Home (Women)-905-665-0424**

### Crisis Numbers

**Distress Centre Durham - 905-430-2522 (24 hrs.) Durham Mental Health Services Crisis Access and Linkage Line – 1-800-742-1890**

**Pinewood Addiction Service– 1-888-881-8878. Press 1 and then press 1 again for 24/7 Crisis Support.**

## BY-NAME LIST

### Coordinated Access System Steps to Finding Housing



### Access Points:

- Ajax Community Centre Hub
- Boys & Girls Club Durham
- Cornerstone Community Association
- Durham Youth Services
- Muslim Welfare Home
- North House
- Oshawa Mission United Hub
- PCOP
- The Refuge

## FOOD BANK HELP IN DURHAM REGION

**\*Those with stars will serve anyone from anywhere in Durham Region**

- St. Paul's on the Hill: Pickering 905-839-7909
- \*Christian Faith Outreach Centre: Ajax 905-619-1109
- Southside Worship Centre Foodbank: Ajax 905-428-1985
- Salvation Army: Ajax/Pickering 905-427-7123
- \*St. Andrew's Community Foodbank: Whitby 905-668-4022
- Salvation Army: Whitby 905-668-7477
- \*Kendalwood Foodbank: Whitby 905-434-8300
- \*Zion Church: Oshawa 905-436-3255
- \*St. Vincent De Paul Society St. Gertrude's: Oshawa 905-431-1796
- \*Simcoe Hall Settlement House – Oshawa
- \*ACS Adventist Community Services – Oshawa
- Salvation Army: Oshawa 905-723-7422
- \*New Life Neighbourhood Centre: Oshawa 905-922-6633
- Salvation Army: Bowmanville 905-623-6031
- Brock Community Foodbanks: Beaverton/Sunderland 705-426-1771
- Nourish and Develop Community Hub: Cannington 705-432-2444

**If you require additional information or assistance please Call Feed The Need in Durham at 905-571-3863 or find food security support information on our website [www.feedtheneedindurham.ca](http://www.feedtheneedindurham.ca)**

## SERVICE FOR INDIGENOUS PEOPLES

**Carea Indigenous Outreach Program**  
**Frank Galea, Indigenous Outreach Worker at**  
**905-723-0036 x1266 or [fgalea@careachc.ca](mailto:fgalea@careachc.ca)**

**Nijkiwendidaa Anishnaabekwewag Services Circle**  
**(Women, Youth and Families) - Call 1-800-663-2696**

## OTHER RESOURCES

**Need Help? Chalmers can find you free services such as free meals, shelters, food banks, crisis numbers, and more. Find what's open and closest to you in 2 steps:**

1. Open any browser
2. Visit [www.chalmers.app](http://www.chalmers.app)



**L.I.F.E Community Project – C.A.M.P.**  
**Midtown Mall: Every Day 1-3pm**

**John Howard Society**  
**Oshawa - 905-579-8482**  
**Whitby - 905-905-666-8847**  
**Bowmanville - 905-623-6814**

**Harm Reduction Community Outreach–905-440-5410**

**Durham Community Legal Clinic 1-888-297-2202**

**Primary Care Outreach Program (PCOP): 289-979-9428**

**Carea Street Outreach**  
**[welcomingstreets@careachc.ca](mailto:welcomingstreets@careachc.ca) or 289-385-6992**

**Cornerstone Street Outreach**  
**Shannon 289-979-9357 or Rihannon 289-979-9332**

## OVERDOSE PREVENTION

**Grenfell Ministries Peer Support**  
**Toll Free 24/7 1-888-853-8542**

A peer supporter will stay with you on the phone while you use and call 911 to your location if you need help.

## 24 HOUR SERVICES

**CHRISTIAN FAITH OUTREACH CENTRE (CFOC)**  
**Doors of Compassion AJAX: Until March 31, 2021**  
**\*Access through Ajax Hubs and Mission United Oshawa**

## BROUGHT TO YOU BY

**The Gap Committee** Prevent and End Homelessness in Durham Region  
*Together We Can!*

**Follow us on Facebook for updates:**

**f The Gap Committee-Durham Region**  
**Email - [gapcommittee@outlook.com](mailto:gapcommittee@outlook.com)**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																						
6:00																													
6:30		<b>First Light</b> 6-8am 253 Simcoe St. S	<b>First Light</b> 6-8am 253 Simcoe St. S	<b>First Light</b> 6-8am 253 Simcoe St. S	<b>First Light</b> 6-8am 253 Simcoe St. S	<b>First Light</b> 6-8am 253 Simcoe St. S																							
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9:00	<b>MISSION UNITED</b> 66 Simcoe St. S.  Take Out Meals 10am - 1pm  Wash-rooms 9am - 5pm	<b>MISSION UNITED</b> 66 Simcoe St. S.  10am - 3 pm safe sleep, medical, mental health, Ontario Works, harm reduction JHS TWTh  Meals 10am -1pm  Pantry 10am -1pm  Showers 2pm - 5 pm  Washroom 9am- 5pm  Spiritual Care & Recovery	<b>GATE 3:16</b> 64 Albany St.  8am-2pm  showers washroom meals laundry  <b>Back Door Mission</b> 24 Bagot St.  Spiritual Care & Recovery	<b>THE REFUGE</b> 16-24 YRS 300 Court St. Oshawa  breakfast lunch showers  Washroom Until 3:30	<b>AJAX HUB</b> Ajax Community Centre 75 Centennial Rd  9am-1pm  showers support lunch	<b>MISSION UNITED</b> 66 Simcoe St. S.  10am - 3 pm safe sleep, medical, mental health, Ontario Works, harm reduction, JHS TWTh  Meals 10am -1pm  Pantry 10am -1pm  Showers 2pm - 5 pm  Washroom 9am- 5pm  Spiritual Care & Recovery	<b>GATE 3:16</b> 64 Albany St.  8am - 2pm  showers washrooms meals laundry medical clothing  <b>Back Door Mission</b> 24 Bagot St.  Spiritual Care & Recovery	<b>THE REFUGE</b> 16-24 YRS 300 Court St. Oshawa  breakfast lunch showers  Washroom Until 3:30	<b>AJAX HUB</b> Ajax Community Centre 75 Centennial Rd  9am- 1pm  showers support lunch	<b>MISSION UNITED</b> 66 Simcoe St. S.  10am - 3 pm safe sleep, medical, mental health, Ontario Works, harm reduction, JHS TWTh  Meals 10am -1pm  Pantry 10am -1pm  Showers 2pm - 5 pm  Washroom 9am- 5pm  Spiritual Care & Recovery	<b>GATE 3:16</b> 64 Albany St.  8am - 2pm  showers washrooms meals laundry medical clothing  <b>Back Door Mission</b> 24 Bagot St.  Spiritual Care & Recovery	<b>THE REFUGE</b> 16-24 YRS 300 Court St. Oshawa  breakfast lunch showers  Washroom Until 30	<b>NORTH DURHAM HUB</b> Allan's Place 100 McKay Cannington  9am - 1pm  support lunch	<b>MISSION UNITED</b> 66 Simcoe St. S.  10am - 3 pm safe sleep, medical, mental health, Ontario Works, harm reduction, JHS TWTh  Meals 10am -1pm  Pantry 10am -1pm  Showers 2pm - 5 pm  Washroom 9am- 5pm  Spiritual Care & Recovery	<b>GATE 3:16</b> 64 Albany St.  8am - 2pm  showers washrooms meals laundry medical clothing  <b>Back Door Mission</b> 24 Bagot St.  Spiritual Care & Recovery	<b>THE REFUGE</b> 16-24 YRS 300 Court St. Oshawa  breakfast lunch showers  Washroom Until	<b>NORTH DURHAM HUB</b> Allan's Place 100 McKay Cannington  9am - 1pm  support lunch	<b>MISSION UNITED</b> 66 Simcoe St. S.  10am - 3 pm safe sleep, medical, mental health, Ontario Works, harm reduction, JHS TWTh  Meals 10am -1pm  Pantry 10am -1pm  Showers 2pm - 5 pm  Washroom 9am- 5pm  Spiritual Care & Recovery	<b>GATE 3:16</b> 64 Albany St.  8am - 1pm  showers washrooms meals laundry  <b>Back Door Mission</b> 24 Bagot St.  Spiritual Care & Recovery	<b>THE REFUGE</b> 16-24 YRS 300 Court St. Oshawa  breakfast lunch showers  Washroom Until	<b>AJAX HUB</b> McLean CC 95 McGill Dr.  9am - noon  showers lunch support	<b>MISSION UNITED</b> 66 Simcoe St. S.  Take Out Meals 10 am - 1 pm  Wash-rooms 9am - 5pm  Back Door Mission 24 Bagot St.	<b>GATE 3:16</b> 64 Albany St.  2 <sup>nd</sup> & 4 <sup>th</sup> Sat.  Lunch 11am- 2pm						
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<b>SUNDAYS 1pm-3pm ST. VINCENT KITCHEN; 51 King St. E. Snacks &amp; house items</b>																													
<b>10pm - 6am 7 days/week NEW LIFE CENTRE; 33 Olive St. Oshawa at Olive and Albert Overnight Sleep Mats and Refreshments. Walk-In; First Come, First Serve *In partnership with First Light Foundation of Hope</b>																													
<b>7pm - 7am 7 days/week DO UNTO OTHERS (DUO); 454 Simcoe St. South Oshawa Overnight indoor warming. Warm drinks and meal</b>																													