

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)- 905-433-0254

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**

SERVICE FOR INDIGENOUS PEOPLES

**Carea Indigenous Outreach Program
Chelsea Hunter, Indigenous Outreach Worker at
905-723-0036 x1283 or chunter@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



**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 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**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
6:00																							
6:30	First Light 253 Simcoe St. S.	First Light 6-8am 253 Simcoe St. S	First Light 6-8am 253 Simcoe St. S	First Light 6-8am 253 Simcoe St. S	First Light 6-8am 253 Simcoe St. S	First Light 6-8am 253 Simcoe St. S	First Light 253 Simcoe St. S.																
7:00																							
7:30	Breakfast 6:30am - 8am						Breakfast 6:30am - 8am																
8:00																							
8:30																							
9:00	MISSION UNITED 66 Simcoe St. S. Take Out Meals 10am - 1pm Wash-rooms 9am - 5pm	MISSION UNITED 66 Simcoe St. S. Ontario Works, harm reduction JHS TWTh Meals 10am -1pm Pantry 10am -1pm Showers 2pm - 5 pm Washroom 9am- 5pm	GATE 3:16 64 Albany St. 8am-2pm showers washroom meals laundry Back Door Mission 24 Bagot St. Spiritual Care & Recovery	THE REFUGE 16-26 YRS 300 Court St. Oshawa breakfast lunch showers Washroom Until 3:30	AJAX HUB Ajax Community Centre 75 Centennial Rd 9am- 1pm showers support lunch	MISSION UNITED 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	GATE 3:16 64 Albany St. 8am - 2pm showers washrooms meals laundry medical clothing Back Door Mission 24 Bagot St. Spiritual Care & Recovery	THE REFUGE 16-26 YRS 300 Court St. Oshawa breakfast lunch showers Washroom Until 3:30	AJAX HUB Ajax Community Centre 75 Centennial Rd 9am- 1pm showers support lunch	MISSION UNITED 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	GATE 3:16 64 Albany St. 8am - 2pm showers washrooms meals laundry medical clothing Back Door Mission 24 Bagot St. Spiritual Care & Recovery	THE REFUGE 16-26 YRS 300 Court St. Oshawa breakfast lunch showers Washroom Until 3:30	NORTH DURHAM HUB Allan's Place 100 McKay Cannington 9am - 1pm support lunch	MISSION UNITED 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	GATE 3:16 64 Albany St. 8am - 2pm showers washrooms meals laundry medical clothing Back Door Mission 24 Bagot St. Spiritual Care & Recovery	THE REFUGE 16-26 YRS 300 Court St. Oshawa breakfast lunch showers Washroom Until 3:30	NORTH DURHAM HUB Allan's Place 100 McKay Cannington 9am - 1pm support lunch	MISSION UNITED 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	GATE 3:16 64 Albany St. 8am - 2pm showers washrooms meals laundry Back Door Mission 24 Bagot St. Spiritual Care & Recovery	THE REFUGE 16-26 YRS 300 Court St. Oshawa breakfast lunch showers Washroom Until 3:30	AJAX HUB McLean CC 95 McGill Dr. 9am - noon showers lunch support	MISSION UNITED 66 Simcoe St. S. Take Out Meals 10 am - 1 pm Wash-rooms 9am - 5pm Back Door Mission 24 Bagot St.	GATE 3:16 64 Albany St. 2nd & 4th Sat. Lunch 11am-2pm
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7:00																							
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SUNDAYS 1pm-3pm ST. VINCENT KITCHEN; 51 King St. E. Snacks & house items																							
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																							
10pm - 8am 7 days/week DO UNTO OTHERS (DUO); 454 Simcoe St. South Oshawa Overnight indoor warming. Warm drinks and meal *May close periodically due to volunteer capacity																							