

# Durham Region Community Support Directory

## Crisis & Emergency

### **Distress Centre Durham**

Phone: 905-430-2522 | Web: [distresscentredurham.com](http://distresscentredurham.com)

### **Durham Homeless Outreach**

Phone: 311 (press 4) | Web: [durham.ca](http://durham.ca)

## Women's Supports

### **Luke's Place**

Phone: 905-728-0978 | Web: [lukesplace.ca](http://lukesplace.ca)

### **Denise House**

Phone: 905-728-7311 | Web: [thedenisehouse.com](http://thedenisehouse.com)

### **Herizon House**

Phone: 905-426-1064 | Web: [herizonhouse.com](http://herizonhouse.com)

### **Bethesda House**

Phone: 905-623-6050 | Web: [bethesdahouse.ca](http://bethesdahouse.ca)

### **YWCA Durham**

Phone: 905-576-6356 | Web: [ywcadurham.org](http://ywcadurham.org)

### **Muslim Welfare Centre**

Phone: 905-665-0424 | Web: [muslimwelfarecentre.com](http://muslimwelfarecentre.com)

## Housing & Homelessness

### **Cornerstone**

Phone: 905-433-0254 | Web: [cornerstonedurham.com](http://cornerstonedurham.com)

### **Durham Youth Services**

Phone: 905-239-9477 | Web: [durhamyouth.com](http://durhamyouth.com)

### **Housing Help Durham**

Phone: 905-686-2661 | Web: [cdcd.org](http://cdcd.org)

### **John Howard Society**

Phone: 905-579-8482 | Web: [jhsd.ca](http://jhsd.ca)

### **Housing Stability Program**

Phone: 905-666-6239 | Web: [durham.ca](http://durham.ca)

## Food & Basic Needs

### **Feed the Need in Durham**

Phone: 905-686-2661 | Web: [feedtheneedinurham.ca](http://feedtheneedinurham.ca)

### **Simcoe Hall**

Phone: 905-728-7525 | Web: [simcoehall.com](http://simcoehall.com)

### **Back Door Mission**

Phone: 905-728-4664 | Web: [backdoormission.ca](http://backdoormission.ca)

### **Durham Outlook**

Phone: 905-728-4664 | Web: [durhamoutlook.com](http://durhamoutlook.com)

### **Operation Scugog**

Phone: 905-985-3087 | Web: [operationscugog.com](http://operationscugog.com)

### **Salvation Army (local)**

Phone: 905-723-7422 | Web: [salvationarmy.ca](http://salvationarmy.ca)

## **Health & Harm Reduction**

### **AIDS Committee Durham**

Phone: 905-576-1445 | Web: [aidsdurham.com](http://aidsdurham.com)

### **Durham Mental Health**

Phone: 905-666-0831 | Web: [dmhs.ca](http://dmhs.ca)

### **Ontario Shores**

Phone: 905-430-4055 | Web: [ontarioshores.ca](http://ontarioshores.ca)

### **Oshawa CHC**

Phone: 905-723-0036 | Web: [ochc.ca](http://ochc.ca)

### **Durham CHC**

Phone: 905-723-0036 | Web: [durhamchc.ca](http://durhamchc.ca)

## **Legal Help**

### **Durham Legal Clinic**

Phone: 905-728-7321 | Web: [durhamcommunitylegalclinic.ca](http://durhamcommunitylegalclinic.ca)

### **Legal Aid Ontario**

Phone: 1-800-668-8258 | Web: [legalaid.on.ca](http://legalaid.on.ca)

## **Youth & Family**

### **Durham Youth Services**

Phone: 905-239-9477 | Web: [durhamyouth.com](http://durhamyouth.com)

### **Boys & Girls Clubs**

Phone: 905-728-5121 | Web: [bgcdurham.com](http://bgcdurham.com)

### **Kinark**

Phone: 1-888-454-6275 | Web: [kinark.on.ca](http://kinark.on.ca)

## **Settlement & Community**

### **CDCD**

Phone: 905-686-2661 | Web: [cdcd.org](http://cdcd.org)

### **Welcome Centre**

Phone: 905-686-2661 | Web: [welcomecentre.ca](http://welcomecentre.ca)

### **United Way Durham**

Phone: 905-436-7378 | Web: [unitedwaydr.com](http://unitedwaydr.com)

## **Income Supports**

### **Ontario Works**

Phone: 905-666-6239 | Web: [durham.ca](http://durham.ca)

### **ODSP**

Phone: 1-888-789-4199 | Web: [ontario.ca](http://ontario.ca)

## **Workers' Rights & WSIB**

### **WSIB**

Phone: 1-800-387-0750 | Web: [wsib.ca](http://wsib.ca)

### **Office of Worker Adviser**

Phone: 1-800-435-8980 | Web: [owa.gov.on.ca](http://owa.gov.on.ca)

### **Ministry of Labour**

Phone: 1-800-531-5551 | Web: [ontario.ca](http://ontario.ca)

### **Workers' Action Centre**

Phone: 416-531-0778 | Web: [workersactioncentre.org](http://workersactioncentre.org)

## **Indigenous Supports**

### **Bawaajigewin**

Phone: 905-999-4380 | Web: [bawaajigewin.ca](http://bawaajigewin.ca)

### **Métis Nation of Ontario**

Phone: 1-800-263-4889 | Web: [metisnation.org](http://metisnation.org)

### **Dnaagdawenmag Binnoojiiyag**

Phone: 1-844-523-2237 | Web: [binnoojiiyag.ca](http://binnoojiiyag.ca)

### **Tungasuvvingat Inuit**

Phone: 613-565-5885 | Web: [tiontario.ca](http://tiontario.ca)

### **Talk4Healing**

Phone: 1-888-200-9997 | Web: [talk4healing.com](http://talk4healing.com)