

CounsellingResources

Family and Individual Counselling

Durham Counselling Walk-In-Clinic

1615 Dundas Street East, Suite 211 (Whitby Mall)

Phone: 289-509-0603 ext. 3203

Durham Community Health Centre

The counselling team offers brief counselling services (6-12 sessions), doctor referral is not required.

Phone: 1-877-227-3217

Indigenous Counselling and Support Services

Offers counselling, case management and support for children, youth and their families.

Phone: 905-723-0036 Ext. 1072

Catholic Family Services of Durham (Oshawa & Ajax Locations)

Phone: 1-877-282-8932

Canadian Hearing Society

CONNECT Counselling Phone: 1-866-518-0000 TTY:1-877-215-9530

Family Services Durham Region

605 Rossland Road East, Whitby Phone: 905-666-6240 Ext 1

John Howard Society

75 Richmond Street, Oshawa

Phone: 905 579 8482

Delivers more than 80 evidence-based programs on prevention, intervention and reintegration across the province. Helping youth develop life skills, helping families navigate issues of criminal justice, job training for those leaving incarceration.

Credit/Financial Counselling

Collection Recovery Systems

633 King Street East, Suite 204, Oshawa

Phone: 905-434-6186

<u>Credit Canada Dept Solutions Oshawa</u>

111 Simcoe Street North, Oshawa

Phone: 905-231-1252

<u>Credit Counselling Society</u>

425 Bloor Street East, Toronto

Phone: 1-888-527-8999

Mental Health Counselling Services

Canadian Mental Health Association - Durham

60 Bond Street, Oshawa

Phone: 905-436-8760

Dr. Angela Fountain

1037 Howden Road, Oshawa

Phone: 905-655-5813

Durham Mental Health Services - Family Support

519 Brock Street South, Whitby

Phone: 905-666-0831

This program offers support and counselling to the family members and loved ones of a

person living with mental health issues.

One Stop Talk

Phone: 1-855-416-8255 or Connect On-Line

Free, Confidential service where children and youth receive counselling or mental health

support with a registered therapist

Kinark Child & Family Services

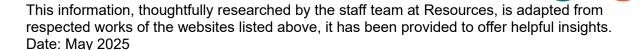
Counselling and Therapy Services

Phone: Central Intake at 1-888-454-6275

Children and youth up to the age of 18 can receive counselling services through planned

inter-related interventions focused on reducing severity and/or remedying the

emotional, social, behavioural and self-regulation issues.



Frontenac Youth Services

Counselling Services Phone: 905-723-2802

Offered for adolescents and their families who are not in need of more intensive services such as live-in and day treatment. Treatment may be provided through individual, family, art or group therapy.

Rose of Durham - Young Parents Support Services

Main Branch - 707 Simcoe Street South, Oshawa

Phone: 1-877-282-8932

Young and/or vulnerable parents and their children are supported with counselling and support services that help build on their strengths and focuses on achieving their goals.