



# Resources

for Exceptional Children and Youth

## Counselling Resources

### 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 re-integration 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

#### [Credit Canada Dept Solutions Oshawa](#)

111 Simcoe Street North, Oshawa  
Phone: 905-231-1252

#### [Credit Counselling Society](#)

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.