Lanark County Community Resource Manual

LCCYSC

Lanark County Community Justice
Building Stronger Relationships Through Restorative Practices

Community Employment Services

SERVICE SEARCH TOOLS

Agency: ***Ontario 211***
Phone: 2-1-1 or Toll-free: 1-877-330-3213

Agency: ***Canadian Mental Health Association (CMHA)***
Website Link: https://cmha.ca/

ADDICTIONS / MENTAL HEALTH SERVICES

Agency: **1Call1Click.ca**
1Call1Click.ca is here to help children, youth and families/caregivers connect with the right mental health, addictions, substance use health and neurodevelopmental health services and care when they need it. 1Call1Click.ca is available to assist infants, children and youth from birth to 21 years of age. We cover parts of eastern Ontario including Ottawa, Pembroke, Cornwall, Hawkesbury, and surrounding areas including the counties of: Lanark, Leeds and Grenville; Stormont, Dundas and Glengarry; Prescott-Russell and Renfrew.
Website link: https://www.kidscomefirst.ca/en/index.aspx
Phone: 613-260-2360 (extension 2) or toll free at 1-877-377-7775

Agency: ***AA***
Meetings within the Carleton Place / Smiths Falls / Lanark / Almonte / Merrickville area.
Website link: https://lanarkleedsaa.org/
Phone: 613-284-2696 or Toll Free 1-855-267-2696
Email: info@lanarkleedsaa.org

Agency: ***Al-Anon Family Groups*** **and Alateen**
Our regular ('closed') meetings are only open to families and friend of alcoholics; this helps create and maintain a safe place for those who have been directly affected by another person's drinking.
Alateen groups are intended for young people up to the age of 20
Website link: https://al-anon.org/
Phone: Meeting Information: 1-888-4AL-ANON (1-888-425-2666)
Email: wso@al-anon.org

Agency: ***ARUMA***
Provides counseling, psychotherapy, and coaching services that encourage self compassion as a tool to reconnect you to yourself, and ultimately those around you. By Appointment Only.
Website link: https://aruma.ca/
Email: https://aruma.ca/contact-us/

Agency: ***CHEO Mental Health Services***
CHEO has created this special mental health website to help you navigate the many services and resources available to children, youth and their families.
Website link: https://www.cheo.on.ca/en/clinics-services-programs/mental-health.aspx
Phone: 613-737-7600
Email: CHEO

Agency: ***Children's Mental Health of Leeds and Grenville***
Through collaboration, we provide mental health services for children, youth and families that they experience as accessible, timely, effective, inclusive and empowering.
Website link: https://www.cmhlg.ca/
Phone: 800-809-2494 or after hours and weekends: 613-345-4600
Email: reachus@cmhlg.ca

Agency: ***Connex Ontario***
We are here to connect the people of Ontario to mental health, addictions, and problem gambling services. Whether for yourself, a loved one, or a client, our confidential and free services are available 24/7.
Website link: https://www.connexontario.ca/en-ca/
Phone: 1-866-531-2600
Email: https://www.connexontario.ca/en-ca/send-email
Online Chat: https://www.connexontario.ca/Chat

Agency: ***Counseling Connect***
Gives all ages of Ottawa residents and the surrounding area quick access to a free phone or video counseling session.
Website link: https://www.counsellingconnect.org/
Email: Contact Us: Counselling Connect

Agency: ***Drug Free Kids Canada Hotline (Parent Support Hub)***
Are you worried about your child's use of substances? The Parent Support Hub is a free online chat or phone service accessible 24/7.Drug Free Kids Canada is building a movement that encourages and supports parents and families to prevent and reduce the harms of problematic drug use by youth. We educate, engage and empower parents, guardians, families and trusted adults.
Website link: https://drugfreekidscanada.org/support/supporthub/
Phone: 1-866-381-1511

Agency: ***Kids Help Phone***
24/7 e-mental health service offering free, confidential support to young people in English and French.
Website link: https://kidshelpphone.ca/
Phone: 1-800-668-6868
Text: 68-68-68
Email: To send an email: https://kidshelpphone.ca/get-involved/contact-us/

Agency: ***Lanark County Mental Health***
A community based mental health service responding to Lanark County adults and transitional aged youth (17 yrs and over) who experience mental health concerns.
Website link: https://www.lanarkmentalhealth.com/
Phone: Smiths Falls: 613-283-2170
Carleton Place: 613-257-5915

Agency: ***Lanark, Leeds and Grenville Addictions and Mental Health***
Offers services and programmes to people who are experiencing mental health or addiction issues. Services offered in person, by telephone, and virtually.
Website link: https://llgamh.ca/
Phone: 613-342-2262 or 1-800-361-6948

Agency: ***LIFT (Lanark Integrated Frontline Team)***
LIFT is a mobile clinic bringing healthcare, substance use support and social services to Lanark County residents. We visit communities where our neighbours live and gather, including encampments and community settings. Who LIFT is for: anyone in Lanark County who needs support related to: substance use, health care, housing or income, or overdose prevention.
No referral required.
Website link: https://www.liftlanark.ca/
Phone: 613-283-2170 — press 3

Agency: ***MindBeacon***
Can connect you with resources to support you and your mental health journey. This can be beneficial if you are waiting for a more permanent therapy or counseling.
Website link: https://www.mindbeacon.com/
Email: https://www.mindbeacon.com/contact/

Agency: ***Open Doors for Lanark Children and Youth***
Mental health services for ages 0-18 and parents needing support. Talk-in sessions, counseling, and groups available. Services are confidential and without fee to clients. Locations in Perth, Smiths Falls, and Carleton Place.
Website link: https://www.opendoors.on.ca/
Phone: 1-877-232-8260
Email: admin@opendoors.on.ca

Agency: ***Pivotal Health***
Provides funding for in-person counseling sessions by connecting approved applicants to local certified counselors in order to help heal from past or present trauma. Pivotal Help currently serves Smiths Falls, Perth and Lanark (village).
Website Link: https://www.pivotalhelp.ca/
Email: https://www.pivotalhelp.ca/contact-us

Agency: ***Planet Youth of Lanark County***
Is not a program but designed (and proven) to reduce or prevent drug and substance abuse and misuse among youth — while helping to build and strengthen communities. **Website link:** https://planetyouthlanark.ca/
Phone: 1-800-660-5853
Email: info@planetyouthlanark.ca

Agency: ***Mental Health and Addictions- Rideau Community Health Services***
Brief, solution focused, client centered, individual counselling for community members aged 18+ navigating mild to moderate mental health issues such as: anxiety, depression, grief, stress, managing relationships, emotion regulation and behaviour change. Clients can self-refer by contacting our office.
The RCHS Counselling team offers psychoeducational groups throughout the year, check the website calendar or call the health centre to learn more.
Website link: https://www.rideauchs.ca/
Phone: 613-283-1952
Email: https://www.rideauchs.ca/contact-us

Agency: ***Ontario Works Addictions Counselling- Rideau Community Health Services***
Addiction and mental health counseling and referral services are provided to people who request to be referred to the project while on Ontario Works (OW) in Lanark County. This trauma-informed program is private, confidential, and arm's length from Ontario Works. There are no long wait lists and services are available by phone or in person in different locations across Lanark County.
How to Get Services: Speak with your primary care provide, ask your Ontario Works case worker for a referral, or call 613-267-4200 ext. 2160
Website link: https://www.rideauchs.ca/
Email: https://www.rideauchs.ca/contact-us

Agency: ***The BounceBack Program***
A free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
Website link: https://bouncebackontario.ca/
Phone: 1-866-345-0224
Email: https://bouncebackontario.ca/contact-us/

Agency: ***The Manie Daniel's Center***
Providing accessible addiction treatment to presentenced individuals who are facing incarceration due to actions influenced by addiction. Through evidence-based treatment, compassionate care, and ongoing support, we aim to equip our clients with the tools and skills necessary to achieve successful reintegration into society. This is an 8-bed facility located between the Kingston and Ottawa area where they deliver a comprehensive model for addictions and recidivism treatment in a residential, communal living setting. The program lasts anywhere from 3 to 12 months, based on the complexity of each case and the client's individual needs for treatment.
Website link: https://lovesoluble.ca/
Phone: 613-693-1736
Email: info@lovesoluble.ca

Agency: ***The Trevor Project (US Based- Resources source)***
The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round. If you are an LGBTQ+ young person in need of support, reach out to one of our crisis counselors, available 24/7.
Website Link: https://www.thetrevorproject.org/
Phone:1-866-488-7386

Agency: ***THRIVE***
We work with service users ages 18+. At the Thrive Centre we are always striving to learn new techniques and provide compassionate, accessible support. Services include, registered social work and psychotherapy, counselling, life skills coaching, EMDR, psychodramatic bodywork, psychodrama, and tapping.
Our centre operates from an intersectional anti-racist/anti-oppression practice, and inclusion is at the heart of our work. Online Booking available.
Website link: https://www.thrivesmithsfalls.ca/
Phone: 613-283-6094
Email: thrivesmithsfalls@gmail.com

Agency: ***Togetherall***
A safe, online community where people support each other anonymously to improve mental health and wellbeing.
Website link: https://togetherall.com/en-ca/

Agency: ***Youthab: Transitional Aged Youth Program (TAY)***
Offer confidential and free support for youth ages 16-24 who are struggling with their mental health. Assistance with connecting to supports and services for mental health, housing, employment, education etc.
Website link: https://www.youthab.ca/transitional-aged-youth
Phone: Lanark: 613-283-2170 x248
Leeds & Grenville: 613 342 2262
Email: Lanark: taylanark@youthab.ca
Leeds & Grenville: hallk@llgamh.ca

Agency: ***Youthab Presents: Quick Connections - Virtual Single Session Counseling***
Virtual single-session counseling for youth aged 16 - 24. Receive same day mental health support offered via phone or video call on Tuesdays and Thursdays. There are two time slots available: 4:00 - 5:00 PM and 5:00 - 6:00 PM. First come, first served basis.
Website link: https://www.youthab.ca/articles/youthab-presents-quick-connections virtual-single-session-counselling
Phone: 613-969-0830 x 210
Email: Emilyb@youthab.ca

CHILDREN/ YOUTH/ FAMILIES

Agency: ***ABA Connections***
Offers a variety of services that focus on communication, social and play skills, daily living skills, and more that will support our clients throughout their development.
Website link: https://www.abaconnections.ca/
Phone: 613-224-8476
Email: info@abaconnections.ca

Agency: ***Big Brothers Big Sisters of Lanark County***
Not-for-Profit volunteer organization which helps children develop to their unique potential through consistent, dependable and non-conditional adult friendship.
Website link: https://lanark.bigbrothersbigsisters.ca/
Phone: 613-283-0570
Email: jennifer.hogan@bigbrothersbigsisters.ca

Agency: ***Children's Resources on Wheels/ EarlyOn***
Not-for-Profit organization with two main streams of service: Ontario Early Years and Licensed Home Child Care. Dedicated to supporting and strengthening childcare, family life, child development and community links in Lanark County.
Website link: https://crowlanark.com/
Phone: 613-283-0095 or 1-800-267-9252
Email: info@crowlanark.com
Contact: Jennifer Coughlin

Agency: ***Connect Youth Inc.***
Services and programs seek to help youth adjust through difficult periods in their lives, to enable them to reach their full potential and be productive adults in their communities. A safe drop-in space for youth to access social and recreational activities, life skills education, as well as basic needs items such as food, clothing and toiletries. See 'Housing' section for information on the Youth Housing Program.
Website link: https://connectyouth.ca/
Phone: 613-918-0173
Email: ed@connectyouth.ca

Agency: ***Family and Children's Services of Lanark, Leeds, and Grenville***
Committed to engaging families and the community in the safety, permanency and well being of our children and youth.
Website link: https://fcsllg.ca/
Phone: 1-855-667-2726
Email: info@fcsllg.ca

Agency: ***HOPE – Helping Other Parents Everywhere***
Offers virtual support groups serving parents throughout Ontario.
Website: https://www.hope4parents.ca/
Phone: 1-866-492-1299
Email: info@hope4parents.ca

Agency: ***KidsInclusive: Centre for Child & Youth Development***
Provide rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges in the Kingston, Frontenac, Lennox and Addington counties as well as communities in Lanark, Leeds and Grenville counties.
Website link: https://kidsinclusive.ca/
Phone: 613-544-3400 ext. 3175
Email: General inquiries only go to: https://kidsinclusive.ca/contact-us/

Agency: ***ConnectWell Community Health***
Not-for-Profit organization providing support to adults, children and families, especially those made more vulnerable by developmental, physical or economic limitations.
Website link: https://connectwell.ca/services/child-youth-and-family/
Phone: 613-257-7121 or 1-800-667-2617
Email: info@connectwell.ca

Agency: ***Lanark County Child and Youth Services Collaborative***
The collaborative provides leadership and collaboration to enable optimal development and healthy living for Lanark County children, youth and their families.
Website Link: https://lanarkkids.ca/
Phone: 613-264-1558
Contact: Sharon Halladay (Coordinator)
Email: shalladay@opendoors.on.ca

Agency: ***Lanark County Social Services***
Provides guidance, support and resources to the people of Lanark County, to promote empowered and fulfilled lives.
Website link: https://www.lanarkcounty.ca/en/family-and-social-services/family-and social-services.aspx
Phone: 613-267-4200 or Toll Free 1-888-9-LANARK
Email: ss@lanarkcounty.ca

Agency: ***Language Express Preschool Speech and Language Services***
Provides services for preschool children with speech, language and communication difficulties. These services are free and available to children from birth until school entry.
Website link: https://healthunit.org/health-information/language-express/
Phone: 1-888-503-8885 or 613-283-2742
Email: language.express@healthunit.org

Agency: ***Perth Community Services Hub***
A place where organizations are working together to offer multiple services, increase accessibility, and better meet the needs of our local residents. 1881 is the office headquarters for both YAK Youth Services and Lanark County Community Justice. Inside, residents will find Perth Fire Services, Firedawgs, the Table's CFC Free Food Pantry, the Perth Union Library's Youth Book Nook, and 4 Bay Fitness. As well as, shared meeting space and offices currently utilized by the CFUW, QCL, Open Doors, Girl Guides Canada, and Community Living; with hopes of more service providers joining within the next two years.
Phone: 613-264-8381
Email: perthcommunityhub@gmail.com

Agency: ***Pleo (Parents Lifeline of Eastern Ontario)***
A non-profit family peer support organization for parents whose children to age 25 are facing mental health challenges.
Website Link: https://www.pleo.on.ca/
Phone: 613-321-3211 or 855-775-7005

Agency: ***Queer Connection Lanark County***
Purpose is to increase the visibility of the 2SLGBTQI+ community. Queer Connection Lanark County values and encourages participation from 2SLGBTQI+ people of all ages: youth to seniors.
Website Link: https://www.queerconnectionlanark.ca/
Email: qclanark@gmail.com

Agency: ***Trans Student Educational Resources***
Is a youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment.
Website link: https://transstudent.org/
Email: tser@transstudent.org

Agency: ***Triple P Parenting Program***
Is a research-based parenting support organization that helps parents and caregivers of children age 0–16 learn positive, practical strategies to strengthen family relationships, manage behaviour, and support children’s emotional and social development. It offers a range of parenting courses and resources (online and with local providers) tailored to different stages and challenges of parenting, from infancy through the teen years. The programs are designed to build confidence, reduce stress, and improve parent–child interactions.

Website link: https://www.triplep-parenting.ca/ont-en/triple-p/
Find a Session: https://www.triplep-parenting.ca/ont-en/contact/find-a-session/
Phone: 1-888-879-0360
Email: reachus@tripleplg.ca

Agency: ***YAK Youth Services (YYS)***
Not-for-Profit Charitable Youth Organization focused on the well-being of local youth through a variety of support services and connections. YYS provides assistance to local youth in building opportunities, supports, resources, information, training and encouragement, while strengthening youth voice and promoting awareness on youth issues. Programs at YYS include: Youth and Parent Referral Services, March and Summer Day Camps (7-11year olds), Food Security Initiatives, Tutoring, Community Response Action Projects, and Youth Service Provider Trainings.
Website link: https://yakyouth.ca/
Phone: 613-264-8381
Email: info@yakyouth.ca

COMMUNITY RESOURCES

Agency: ***Alzheimer Society Lanark Leeds Grenville***
Offers support, education, and advocacy for families of people with Alzheimer's disease and other dementias.
Website link: https://alzheimer.ca/lanark/en
Phone: Brockville: 613-345-7392 or Toll-free: 1-866-576-8556
Email: alz@alzllg.ca (Brockville/ Perth)
Perth: 613-345-7392 or Toll-free: 1-866-576-8556
Satellite Office – Almonte: 613-345-7392 or Toll-free: 1-866-576-8556
Email: gsmith@alzllg.ca
Satellite Office - Smiths Falls: 613-345-7392 or Toll-free: 1-866-576-8556
Email: rhull@alzllg.ca

Agency: ***Community Advocacy Office***
Offers resources, referrals, and support on a wide array of issues from applying for help with utility bills, to replacing lost identification, to helping fill out paperwork, to conducting a housing search, to discussing your options in a difficult situation. The office is open to all community members and no appointment is needed.
Website link: http://thetablecfc.org/advocacy
Phone: 613-267-6428 x111
Email: advocacy@thetablecfc.org

Agency: ***Community Health Clinic***
Rideau Community Health Services offers a weekly free clinic—no appointment needed—everyone is welcome to offer supports in Legal Support, Housing Assistance, Financial Support, Identification Assistance, Tax Assistance, Health Services
Website link: https://www.rideauchs.ca/programs-services/community-support
Phone: 343-262-0902

Agency: ***Home Hospice North Lanark***
We are a hospice without walls that through education, advocacy and presence, offers companionship and support to enhance the well-being of individuals within our community, and their caregivers, during life-limiting illness and bereavement. Caregiver Support groups offered in Almonte and Carleton Place, contact Sindey for more information. We serve Almonte, Carleton Place, Appleton, Clayton, Beckwith, Blakeney, Pakenham, and surrounding areas.
Website link: https://hhnl.ca/
Phone: 343-262-0902
Email: sidney@hhnl.ca

Agency: ***Lanark Transportation***
Provides transportation to families, seniors, children, youth and others living in Lanark County and the Town of Smiths Falls so they may attend: Medical appointments, Day programs, Counseling services, Social service appointments, Food programs, and we also help people return home from hospital. (non-emergency / non-stretcher transportation). Online Booking available.
Website Link: https://lanarktransportation.com/
Phone: 613-264-8256 or Toll Free: 1-877-445-5777

Agency: ***Local Immigration Partnership: Lanark & Renfrew***
Aims to strengthen the role of local communities across Lanark and Renfrew in integrating and serving our newcomer population.
Website Link: https://liplanarkrenfrew.ca/
Phone: 613-735-4308 x 2878
Email: https://liplanarkrenfrew.ca/contact/

Agency: ***The Ontario Caregivers Organization***
The Ontario Caregiver Organization (OCO) supports caregivers by being their one point of access to information they need. Working collaboratively with caregivers, healthcare providers and other organizations, OCO draws on the variety of work currently being done to ease caregiver burnout and improve the caregiving experience. OCO programs and services are available, free of charge, to caregivers across the province.
Website Link: https://ontariocaregiver.ca/
Ontario Caregiver Helpline: 1-833-416-2273
Email: https://ontariocaregiver.ca/contact/contact-us/

Agency: ***Rideau Community Health Services***
Help navigating systems and accessing community resources such as food supports, housing information or income supports. Help accessing transportation, completing forms, applications, or searching for the right supports. Support looking for community connections. RCHS Community Health Workers (CHW's) are available to meet with you in person in our office or in your home, over the phone, or virtually to assess your needs and work with you to reach your goals. This is a short-term service geared at connecting you with the right resources and supports. Gender affirming care team available.
Website Link: https://www.rideauchs.ca/programs-services/community-support
Phone: 613-283-1952
Email: https://www.rideauchs.ca/contact-us

CRISIS/ EMERGENCY/ HELPLINES SERVICES

Agency: ***Assaulted Women's Helpline***
Get 24/7 crisis counselling and referrals to shelters, legal advice and other help. Support is available in over 200 different languages, including 17 Indigenous languages. **Website link:** https://www.awhl.org/
Phone: Toll-free: 1-866-863-0511
TOLL-FREE TTY:1-866-863-7868

Age
ncy: *Distress Centre Lanark, Leeds and Grenville*
A non-judgemental and empathic volunteered ran free, confidential and anonymous telephone support service. The distress line allows a safe and comfortable space to reach someone in your time of need.
If you are feeling alone, and don't know where to turn call the Distress Centre.
Website link: https://developmentalservices.com/services-distress
Phone: (800) 465-4442
Email: lostler@dslg.ca

Agency: *Emergency Assistance (Lanark County Social Services)*
If you live in Ontario (not a visitor or tourist), are in a crisis or emergency situation, and do not have enough money for things like food and housing.
Website link: https://www.lanarkcounty.ca/en/family-and-social-services/emergency assistance.aspx
Phone: 613-267-4200 ext. 2140
Email: ss@lanarkcounty.ca

Agency: *Fem'aide*
Offers French-speaking women who have experienced gender-based violence, support, information and referral to appropriate front-line services within their communities, 24 hours a day, 7 days a week.
Website link: https://femaide.ca/english/
Phone: 1-866-863-0511 – TTY 1-866-863-7868
Email: Info@Femaide.ca

Agency: *Hope for Wellness Helpline*
Is available 24/7, all year around to all Indigenous people across Canada.
Website link: https://www.hopeforwellness.ca/
Phone: 1-855-242-3310
Chat: Available on their home page.

Agency: ***LGBT YouthLine***
Is a *2SLGBTQ+ youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Offers anonymous peer support and referrals; training youth to provide support to other youth; and providing resources so youth can make informed decisions.
Website link: https://www.youthline.ca/
Phone: 416-962-2232 or Toll Free: 1-888-687-9688
Email: info@youthline.ca

Agency: ***Male Survivors Of Sexual Abuse: The Centre for Sexual Violence Response, Support & Education***
A 24/7 crisis and referral hotline, individual and group counseling, peer support, and telephone and online counseling.
Phone: 1-866-887-0015
SMS: #SAFE (#7233)

Agency: ***NeedHelpNow***
If you (or a friend, peer or sibling) have been negatively impacted by a sexual picture/video being shared by peers, we are here to help. Designed to provide youth (13 to 17 years old) with practical steps to regain control over the situation.
Website link: https://needhelpnow.ca/app/en/
Email: https://needhelpnow.ca/app/en/contact

Agency: ***Regional 24/7 Mental Health Crisis Line (LLGAMH)***
Website link: https://llgamh.ca/
Phone: 1-866-281-2911

Agency: ***Safe Families Canada (Lanark County Satellite Site)***
Safe Families provides a model in which parents can voluntarily place their child(ren) with a Host Family while retaining custody during the temporary placement. The families that Safe Families supports come from a wide variety of backgrounds and are referred by a school, hospital, church, pregnancy centre, homeless shelter, child welfare agency, or neighbour. A parent may also contact Safe Families themselves when in a time of crisis.
Website link:https://safefamiliescanada.com/
Phone: 613-772-0276
Email: lanark@safefamilies.ca

Agency: ***Shelter Movers (Lanark County)***
Shelter Movers is a national, volunteer-powered charitable organization providing moving and storage services at no cost to individuals and families fleeing abuse. We collaborate with local businesses and community agencies to support people, primarily women and children, as they transition to a life free of violence.
Website link: https://sheltermovers.com/
Email: https://sheltermovers.com/contact/

Agency: ***Talk Suicide Canada***
Provides nationwide, 24-hour, bilingual support to anyone who is facing suicide.
Website link: https://talksuicide.ca/
Phone: Toll: 1-833-456-4566 (24/7)
Text: 45645 (4pm – Midnight)
Email: https://talksuicide.ca/contact-us

Agency: ***The Hope for Wellness Helpline***
Is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.
Website link: https://www.hopeforwellness.ca/
Phone: 1-855-242-3310
Online Chat: https://www.hopeforwellness.ca/

Agency: ***The Missing and Murdered Indigenous Women and Girls Crisis line***
Available 24/7**.**
Website link: https://www.mmiwg-ffada.ca/contact/
Phone: 1-844-413-6649

Agency: ***Trans LifeLine***
Provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.
Website Link:
Phone: 1-877-330 6366
Email: https://translifeline.org/contact/

DEVELOPMENTAL SERVICES

Agency: ***Community Home Support Lanark County***
Agency for seniors, adults with physical disabilities and persons who have been diagnosed with a life-limiting illness and/or palliative diagnoses. Offered is Meals on Wheels, assisted transportation, footcare, home help, respite, congregate dining, and support groups.
Website Link:
Phone: Perth: 613-267-6400 or Smiths Falls: 613-283-6745
Email: https://www.chslc.ca/contact

Agency: ***Community Living Association Lanark County***
Is a charity supporting individuals with intellectual disabilities to enable and assist them to live a quality life in their community with dignity and respect.
Website link: https://www.clalanark.com/
Phone: 613-257-8040
Email: admin@clalanark.ca

Agency: ***ConnectWell Community Health***
Provides a variety of clinical and support services for children, youth and adults with developmental/intellectual disabilities to develop their potential within their communities.
Website link: https://connectwell.ca/services/child-youth-and-family/
Phone: 613-257-7121 or 1-800-667-2617
Email: info@connectwell.ca

Agency: ***Developmental Services of Leeds and Grenville***
Provides a variety of clinical and support services which will enable persons with developmental/intellectual disabilities to develop their potential within their communities. **Website link:** https://developmentalservices.com/aboutus
Phone: 613-345-1290 or Toll Free 866-544-5614
Email: lostler@dslg.ca

Agency: ***Lanark County Support Services***
Provides supports to youth and adults with developmental disabilities living throughout Lanark County.
Website link: https://www.lanarkcountysupportservices.com/
Phone: Smiths Falls: 613-283-2297
Perth: 613-267-6048
Carleton Place: 613-253-0090
Almonte: 613-256-8581
Email: info@lcss.agency

Agency: ***The Developmental Support Services Program (DSS)***
Helps adults with a developmental disability who live on their own to, live as independently, safely and securely as possible. The DSS program is voluntary.
Website link: https://www.lanarkcounty.ca/en/family-and-social-services/adults-with developmental-disabilities.aspx
Phone: 613-267-4200 ext. 2140
Email: ss@lanarkcounty.ca

DIGITAL SAFETY ONLINE RESOURCES

Removing a Sexual Picture Or Video From The Internet

- Report to Cybertip.ca (https://www.cybertip.ca/en/)
- Reach out to our support team (Kids Help Phone: 1-800-668-6868 or text: 686868 or 9-8-8)
- Reporting to the platform the picture or video was posted too
- Contact your local police service

Agency: ***Cybertip.ca***
Canada's tipline for reporting the online sexual abuse and exploitation of children. If you have concerns about shared intimate images, online luring, and other areas involving child victimization on the internet, we can help.
Website link: https://www.cybertip.ca/en/
Phone: 1-866-658-9022
Email: https://www.cybertip.ca/en/contact/

Agency: ***Digitally Informed Youth (DIY) Digital Safety***
The DIY: Digital Safety website is an open-access knowledge hub that provides educational resources and recommendations for best practices to keep young people safe online and in person. Our goal is to provide relevant, timely educational resources to foster digital literacy, address TFSV, and facilitate safer and more meaningful connections among young people.
Website link: https://www.diydigitalsafety.ca/
Phone: (519) 661-2111
Email: diydigitalsafety@uwo.ca

Agency: ***Need Help Now.ca***
If you are worried a nude of you under the age of 18 is being shared online, we are here to help. There are steps you can take to regain control, and people to support you.
Website link: https://needhelpnow.ca/en/
Email: https://needhelpnow.ca/en/contact/

Agency:Tech Safety Canada
Tech Safety Canada is a project of Women's Shelters Canada. It equips shelter and transition house workers with the knowledge and resources they need to support women, children, and gender-diverse people with their experiences of Technology-Facilitated Gender-Based Violence (TFGBV).
Website link: https://techsafety.ca/

DOMESTIC VIOLENCE/ SEXUAL ASSAULT

Agency: ***Assault Response & Care Centre***
Is a program of Brockville General Hospital**.** Provides services that optimize the self worth, the dignity, and the recovery of each child, woman and man who seeks our support, and fosters the creation of a community free from sexual and domestic violence.
Website link: https://www.arc-c.ca/home-s1.php
Phone: 613-345-3881 or Toll Free: 1-800-567-7415
Email: bgharcc@brockvillegeneralhospital.ca

Agency: ***Lanark County Interval House and Community Support***
Offers emergency and on-going programs to women and children living in or escaping from domestic violence.
Website link: https://lcih.org/
Phone: 613-257-3469
Email: info@lcih.com

Agency: ***Lanark County Sexual Assault & Domestic Violence Program (Hospital Based)***
***You do not have to involve Police to access our services.**
Provides specialized medical and nursing care to victims of sexual and intimate partner violence 24 hours a day, 7 days a week. For all gender identities and ages through any of the emergency departments in Lanark County; Perth and Smiths Falls District Hospitals, Carleton Place & District Memorial Hospital and the Almonte General Hospital.
Website link: https://psfdh.on.ca/sexualassault
Phone: 613-283-2330 ext. 1258 from 8 a.m. to 4 p.m. (after hours call/text the on call nurse confidential phone at 613-284-6656.
Email: lanarkcountysadv@psfdh.on.ca

Agency: ***Safe Pet Ontario***
We provide pet-safekeeping for survivors of family violence and sex trafficking in Ontario.
Website Link: https://www.safepet.ca/
Email: https://www.safepet.ca/contact

Agency: ***The FAM Network***
Pet Fosters in the Ottawa area (men & women over 18 years of age) take-in pets that belong to survivors who are fleeing domestic violence. The Fosters provide pets with food, shelter and appropriate exercise so that survivor at risk of abuse can stay in safety at the VAW shelter until they are ready to exit without having to worry about their pets' well being.
Website: https://famnetworkcanada.com/
Email: https://famnetworkcanada.com/contact-us/

EMPLOYMENT/ EDUCATION

Agency: ***Adult Learning & Training Centre***
Non-profit, community based agency that provides personalized training and skills for adults in Lanark County and Smiths Falls.
Website link: https://altclanark.com/
Phone: 613-284-2121
Email: info@altclanark.com

Agency: ***Canadian Career Academy***
A one-stop shop that offers a full suite of FREE employment services under the Employment Ontario umbrella including: Full logistics support, confidential career counselling, workshops and seminars, funded training and supports and access to a fully equipped resource centre.
Website link: https://canadacareer.ca/
Phone: 613-257-3237
Email: cca@canadacareer.ca

Agency: ***Career Services***
Is both a business and service dedicated to expanding employment opportunities for individuals facing barriers to employment. We support individuals, employers, and community partners to help people realize their work and life goals.
Website link: https://careerservices.ca/
Phone: 613-342-5775
Email: https://careerservices.ca/request-a-quote/

Agency: ***LearningHUB***
Is a free, online Literacy and Basic Skills (LBS) program for English speaking adults living in Ontario.
Website link: https://www.learninghub.ca/
Phone: 1-844-470-7877
Email: Send a Message | The LearningHUB

Agency: ***Ontrac Employment Resource Service***
Offers free professional employment services to job seekers and employers. Workshops and events are available. Locations in Smiths Falls and Perth.
Website link: https://www.getontrac.ca/
Phone: Smiths Falls: 613-283-6978
Perth: 613-264-0707
Email: smithsfalls@getontrac.ca or perth@getontrac.ca

FOOD

Agency: ***Cornerstone Landing Youth Services***
A program where anyone can purchase a monthly box of fresh fruits and vegetables at an affordable price. Your box will be available for pick up at Carleton Place Collective (155 Industrial Ave Carleton Place). Pick Up Time is, Third Thursday of the month, between 2 - 5pm.
Phone: 613-430-4441
Email: info.cornerstonelanding@gmail.com
Website: https://www.cornerstonelanding.com/

Agency: ***Lanark Highlands Food Pantry and Thrift Store***
Provides food baskets to families and individuals in need**.**
Phone: 613-259-3285
Location: 49 George Street, Lanark, ON, K0G 1K0

Agency: ***Smiths Falls Community Food Bank***
Helps families and individuals in need by providing safe and nutritious emergency food as our supplies allow. The only requirement for use of the Smiths Falls Community Food Bank is need. We provide food for residents of Smiths Falls, Jasper, Lombardy, Montague Township, Merrickville, Toledo, and surrounding areas.
Website Link: https://www.smithsfallscommunityfoodbank.org/
Phone: (613) 283-6695
Email: Contact Us – Smiths Falls Community Food Bank

Agency: ***The Falls Food Hub (Smiths Falls)***
Our Mission is to foster a healthier and more connected community. We do this by increasing access to healthy food, improving food skills and food literacy, advocating for individual well-being, and educating, engaging and advocating for social policies to address food insecurity and poverty. Community meals provided on Monday's.
Website link: https://www.fallsfoodhub.org/
Email: ashley@thetablecfc.org

Agency: ***The Hunger Stop: Lanark County Food Bank (Carleton Place)*** Is a non-denominational, non-political organization sustained solely by private donations. We are a needs-based food bank; we will provide food to everyone who comes to our door asking for help.
Website link: https://lanarkcountyfoodbank.ca/
Phone: 613-257-8546
Email: lcfb.thehungerstop@gmail.com

Agency: ***The Table Community Food Centre***
Works to improve access to healthy food and improve skills and food literacy. We educate, engage and advocate on social policies to address food insecurity and poverty. Offered are Community Meals, Good Food Bank, Fresh Food Boxes, After School Program, Drop-In Community Kitchen, and a Community Advocacy Office.
Website link: http://thetablecfc.org/
Phone: 613-267-6428
Email: http://thetablecfc.org/contact

HEALTH

Agency: ***ConnectWell Community Health – Carleton Place Site***
Provides community-based primary health care and health promotion programs and services and a range of developmental and social services. Offers counselling services and mental health peer support program for those 18 and older. Connectwell offers wellness groups.
Website link: https://connectwell.ca/
Phone: (613) 257-7121 or Toll-Free – (800) 667-2617
Email: info@connectwell.ca

Agency: ***ConnectWell Community Health – Lanark Site***
Provides community-based primary health care and health promotion programs and services and a range of developmental and social services.
Website link: https://connectwell.ca/
Phone: 613-259-2182 and Toll Free: (866) 762-0496
Email: info@connectwell.ca

Agency: ***Country Roads Community Health Centre***
CRCHC is “one stop shopping” for family and community health. Services emphasize access to health for everyone including our most vulnerable residents: seniors, families on low income, people with disabilities and people who are isolated.
Website link: https://www.crchc.on.ca/
Phone: Portland: 613-272-3302 or Westport: 613-273-9850

Agency: ***First Place Options***
Is a non-profit organization that offers free pregnancy related services to any person working through any stage of an unplanned pregnancy whether in the present or in the past.Our peer counselors offer After Abortion Support for those who find themselves struggling emotionally after an abortion.
Website: www.firstplaceoptions.ca
Phone: 613-228-7475
Email: info@firstplaceoptions.ca

Agency: ***Ottawa Valley Family Health Team***
Our team of family physicians and interdisciplinary health providers serve people in Mississippi Mills, Carleton Place, Beckwith and the surrounding area. Services include: family physicians, nurse practitioners, dermatologist's, psychotherapists, registered dietitians, obstetrics, and pediatricians, and gender affirming care. Online booking system available.
Website: https://ovfht.ca/
Phone: Almonte: 613-256-9370
Carleton Place: 613-257-7002
Email: almonteinfo@ovfht.ca (General inquires)

Agency: ***Perth Family Health Centre***
Offers services in Chiropractic care, massage therapy, and Orthotics. Providing support through the "Unattached Primary Care Clinic", where residents within 50km of Perth who do not have a family doctor can apply for one. You must be registered with HealthCare Connect. Call to register at 1-800-445-1822.
Website: *https://www.perthchiropractic.ca/*
Phone: (613) 267-2951
Email: https://www.perthchiropractic.ca/contact-us/

Agency: ***Perth Medical Clinic***
Offers health services and programs. Do not offer walk-in or drop-in services.
Online Booking system available.
Website link: http://www.perthmedicalclinic.com/
Phone: (613) 267-1200

Agency: ***Rideau Community Health Services***
RCHS is a non-profit, community-governed health and social service agency. We currently support several partner locations across Lanark, Leeds and Grenville and deliver a wide variety of programs and services including primary care, diabetes education, chiropody, social work, nutrition counseling, telemedicine, lung health, and numerous community health promotion and disease prevention programs in support of the health and wellbeing of our communities.Gender affirming care team available. Locations in Perth, Smiths Falls, Merrickville, and Brockville.
Website link: https://www.rideauchs.ca/
Phone: Perth: 613-264-1576
Smiths Falls: 613-283-1952
Merrickville: 613-269-3400
Brockville: 613-498-1555
Email: https://www.rideauchs.ca/contact-us

Agency: ***Sexual Health Clinic's***
Offer non-judgemental and youth-friendly information and support. Services provided are strictly confidential. All ages, genders and sexual orientations are welcome. Same-day appointments and/or walk-ins may be available.
Website link: https://healthunit.org/clinics-classes/sexual-health-clinic/ (To find location)
Phone: Perth: 613-283-2740
Smiths Falls: 613-283-2740
Carleton Place
: 613-256-1203
Email: areyousafe@healthunit.org

Agency: ***Tay River Health Centre***
Offers physician services to home care, massage therapy and counselling, you'll find it at the new Tay River Health Centre. Gender affirming care team available. Online Booking system available.
Website: https://www.tayriverhealthcentre.ca/
Phone: 613-201-9300
Email: https://www.tayriverhealthcentre.ca/contact

HOUSING

Agency: ***Canadian Centre for Housing Rights***
We work to advance the right to housing across Canada and beyond so that everyone has an adequate, accessible and affordable place to call home. We do this by: engaging communities and proposing solutions, creating knowledge and informing solutions, sharing knowledge and tools to transform lives, empowering renters to claim their rights and stay housed, and seeking justice for impacted communities.
Website link: https://housingrightscanada.com/
Phone: 416-944-0087
Toll-free:1-800-263-1139

Agency: ***Carebridge Community Support***
Is a non-profit that offers senior services, developmental services, and affordable housing to adults, seniors with developmental disabilities and those who need affordable housing, within the Lanark County area.
Website link: https://carebridge.ca/
Phone: (613) 256-1031
Email: info@carebridge.ca

Agency: ***Connect Youth***
Offers a wide range of services for youth who are currently experiencing or at risk of homelessness in Leeds & Grenville. Our agency operates 5 transitional apartments for youth ages 16-24 with units located in Prescott, Spencerville, Kemptville and Brockville.
Website link: https://connectyouth.ca/
Phone: 613-246-2092
Email: ed@connectyouth.ca

Agency: ***Cornerstone Landing***
Is a community-based, non-profit charitable organization providing assistance to youth age 16-24 who are experiencing or are at risk of homelessness in Lanark County.
Website link: https://www.cornerstonelanding.com/
Phone: 613-285-9292
Contact: Elle Halladay
Email: Info.cornerstonlanding@gmail.com

Agency: ***Lanark County Housing Services***
Information on housing programs and subsidies, subsidized housing, and tenant resources. Includes programs like Housing Assistance Program (HAP).
Website link: https://www.lanarkcounty.ca/en/family-and-social-services/housing.aspx
Phone: 613-267-4200 ext. 2402
Email: https://www.lanarkcounty.ca/en/family-and-social-services/housing.aspx

HUMAN TRAFFICKING

Agency: ***The Canadian Human Trafficking Hotline***
Offers a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public.The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term supports and services across the country, as well as connecting callers to law enforcement where appropriate.
Website link: https://www.canadianhumantraffickinghotline.ca/
Hotline: 1-833-900-1010
Email: hotline@ccteht.ca

LEGAL & JUSTICE SERVICES

Agency: ***Finding a Legal Aid Lawyer***
Website link: https://www.legalaid.on.ca/lawyers/
Phone: 416-979-1446 or toll-free 1-800-668-8258

Agency: ***Independent Legal Advice Program***
Learn how to apply for free legal advice if you are a victim or survivor of intimate partner violence, human trafficking, sexual assault, or other sexual offences. The Barbra Schlifer Commemorative Clinic delivers this program across Ontario.
Website link: https://www.ontario.ca/page/independent-legal-advice-program
Phone: 1-855-226-3904
Email: https://www.schliferclinic.com/contact-us/

Agency: ***Justice For Children and Youth***
Legal services for young people under 18 and homeless youth under 25 in Ontario. JFCY lawyers provide up to 30 minutes free summary legal advice over the phone.
Website link: https://jfcy.org/en/
Phone: 416-920-1633 or ON Toll Free: 1-866-999-JFCY (5329)
Email: info@jfcy.org

Agency: ***Lanark County Community Justice***
Offer Youth and Adult Court Diversion Programs. We bring the accused, the victim, support persons, and community members together to discuss what happened and how to repair the harm. Programming and workshops are available relating to Restorative Parenting and Families.
Website link: https://www.commjustice.org/
Phone: 613-264-1558 or Toll Free: 1-888-264-1558
Email: program.coordinator@commjustice.org
Contact: Samantha Snyder(Community Justice Program Coordinator)

Agency: ***Lanark County Mental Health***
Offers both court support and court diversion services for those who have severe and persistent mental illness and are in conflict with the law.
Website link: https://www.lanarkmentalhealth.com/services/support-services/
Phone: Smiths Falls: 613-283-2170 or Carleton Place: 613-257-5915

Agency: ***Law Society Referral Service***
Connects people looking for legal assistance with a lawyer or paralegal. A lawyer or licensed paralegal who will provide a free consultation of up to 30 minutes to help you determine your rights and options, provided we have a match available.
Website link: www.findlegalhelp.ca
Phone: Tel: 416-947-3330
Toll-free: 1-800-268-8326

Agency: ***RNJ Youth Services***
Non-profit community service organization that offers a variety of programs for children and youth, we support them and their families. Prevention and early intervention services, as well as helping overcome challenges such as addictions, mental health and involvement in the justice system are part of our mandate. In Lanark country, we also assist adults with these challenges.
Website link: https://www.rnjyouth.com/
Telephone: 613.284.8304
Toll Free: 1.866.349.0538
Fax: 613.284.8300
E-mail: info@rnjyouth.com

Agency: ***The Legal Clinic (Perth, Sharbot Lake, Brockville)***
Provides no-fee legal services for low-income residents of Lanark County and the United Counties of Leeds & Grenville, as well as the Townships of North and Central Frontenac in Frontenac County and the Township of Addington Highlands in the County of Lennox & Addington.
Website link: https://www.legalclinic.ca/
Phone: 613-264-8888 or 1-888-777-8916
Text Only: 613-390-0229

LIBRARIES

Agency: ***Carleton Place Public Library***
Offers wireless internet access, interlibrary loans through Ontario Interloan Network, local history and genealogical information, talking books for the seeing impaired, shut-In delivery service, photocopying capabilities, children's programs, DVD library, museum and park passes, newspapers, magazines and books. The library offers a wide variety of programs and events to people of all ages.
Website link: https://www.carletonplacelibrary.ca/
Phone: 613-257-2702
Email: library@carletonplace.ca

Agency: ***Lanark Highlands Public Library***
Offers numerous reading material resources both online and physical books for all ages, children's programs, DVD/ TV show library, puzzles, museum and park passes, wheelchair access, internet Access, PCs with common internet and productivity applications, fax and photocopier, and proctor services.
Website link: https://lanarklibrary.ca/
Phone: 613-259-3068
Email: general@lanarklibrary.ca

Agency: ***Mississippi Mills Public Library***
Offers numerous reading material resources both online and physical books for all ages, both in English and French, computers, internet, tech tutor, printing, scanning & 3d printing, a number of services of particular interest to seniors, and programing. Almonte branch, there's a meeting room that accommodates 25 people.
Website link: https://www.missmillslibrary.com/
Phone: 613-256-1037
Email: almontelib@missmillslibrary.com

Agency: ***Perth & District Union Public Library***
Offers numerous reading material resources both online and physical books for all ages, computers, internet, printing, scanning & copying, a book club, museum and park passes, meeting rooms, interlibrary loans, and home delivery.
Website link: https://www.perthunionlibrary.ca/
Phone: 613-267-1224
Email: info@perthunionlibrary.ca

Agency: ***Rideau Lakes Public Library (South Elmsley Branch: Lombardy)*** Offers public access computers, free Internet access, meeting rooms, study carrels and tables, photocopiers, DVDs, books, eBooks, magazines, large-print books, audiobooks, Audiobooks, children's programs, technology workshops, free museum passes, interlibrary loan, used book sales, and more. Offers a variety of adult and children's programs including playgroups, book clubs, summer programs, special event programs, and more.
Website link: https://rideaulakeslibrary.ca/
Phone: (613) 359-5334
Email: info@rlpl.ca

Agency: ***Smiths Falls Public Library***
Offers public access computers, free Internet access, meeting rooms, study carrels and tables, photocopiers, videos, books, magazines, large-print books, books on cassette or CD, newspapers, interlibrary loan, used book sales, and more. Offers a variety of adult and children's programs including throughout the year.
Website link: https://www.smithsfallslibrary.ca/
Phone: 613-283-2911
Email: info@smithsfallslibrary.ca

VICTIM SERVICES

Agency: ***Victim Services***
We are a 24 / 7 agency that provides immediate, confidential, crisis intervention services, practical assistance, information, referrals and emotional support to persons affected by crime, tragedy and / or disaster.
Website link: https://victimserviceslanark.ca/home.php
Phone: 613-284-8380 & Toll-Free 1-866-575-0067
Email: info@victimserviceslanark.ca

Agency: ***Victim Services of Leeds & Grenville***
Helps to reduce victim trauma by providing emotional and practical support, referrals and resources after a crime or tragedy has occurred. We will also provide a single point of entry to other programs and services within a victim's community, assisting with navigating the system and thereby helping to reduce an individual's sense of helplessness, confusion, and stress.
Website link: https://www.vslg.ca/
Email: info@vslg.ca

Agency: ***Victim Support Line (VSL)***
The multilingual Victim Support Line provides services to victims of crime across Ontario, in most languages spoken in the province. Victims of crime and their families have access to a wide range of services, including counseling, financial assistance and other supports.
Website link: https://www.ontario.ca/page/get-help-if-you-are-experiencing-violence
Phone: 1-888-579-2888 (toll-free)

Agency: ***Victim/Witness Assistance Program***
Provides information, assistance, and support to victims and witnesses of crime in order to increase their understanding of, and participation in, the criminal justice process. VWAP services include needs assessment, referrals to community agencies, emotional support, case specific information (court dates, bail hearings) and court preparation and orientation. These services are available to adult and child victims and witnesses of crime, after charges have been laid.
Website link: https://www.ontario.ca/page/victimwitness-assistance-program
Phone: 613-264-8387 or Toll Free: 1-866-296-0166

Agency: ***The Canadian Resource Centre for Victims of Crime***
Provides support, research, and education to survivors of serious crime and stakeholders in Canada. All services are free of charge and confidential. We offer bilingual assistance and advocacy regardless of whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted.
Website link: https://crcvc.ca/
Phone: 613-233-7614 or Toll free: 1-877-232-2610
Text: 613-208-0747
Email: CRCVC@CRCVC.ca

YOUTH CENTRES

Agency: ***Carleton Place & District Youth Centre***
Providing free and low-cost programs, services, fundraisers, and community-building initiatives both in person and online to children and youth aged 8 to 17. Free snacks and meals provided.
Website link: https://cpyouthcentre.org/
Phone: 613-257-8901
Email: cpyouthcenter@gmail.com

Agency: ***Lanark Highlands Youth Centre***
Provides a free, safe and supportive environment where youth have opportunities to enhance their potential and contribute positively to the larger community. Open 2pm 8pm on Tuesday and Fridays, and open 2pm-6pm on Thursdays.
Website link: https://www.lhyci.ca/
Phone: 613-259-2012
Email: lhyci@storm.ca

Agency: ***Mississippi Mills Youth Centre***
Offers fun and inclusive community space for youth aged 10-18. During Drop-in hours, nutritious snacks and meals are provided, homework help, planned activities, engaging programs, special guests, skills-based workshops, free trainings and more!
Website link: https://www.mmyc.ca/
Phone: 613-256-5959
Email: https://www.mmyc.ca/contact-us/

Agency: ***WAK Youth Programming***
A FREE program with all youth in grade 7 thru 12 (age 12 to 18) in the Smiths Falls Area. Included is a healthy snack, some form of physical activity and mental health promotion.
Website link: https://lanark.bigbrothersbigsisters.ca/story/youth-school-program/
Phone: 613-283-0570
Email: jennifer.hogan@bigbrothersbigsisters.ca

Agency: ***Perth Youth Centre***
Managed by YAK Youth Services located within the Perth Community Services Hub at 1881 Rogers Rd. A safe and supportive space where local youth in grades 6-12 can elevate their skills and self-confidence, explore new opportunities, and develop positive relationships while getting more involved in the community. The Perth Youth Centre offers both an Ontario Ministry Registered After School Program (2pm-5pm) and a Youth Drop In (5pm-7pm) Mondays to Fridays. Dinner is served nightly between 4-5PM and a Free Shuttle Service to the centre is offered through Lanark Transportation. A variety of sports (basketball, skating, soccer, and frisbee golf) are offered, inside there is a weight room, pool table, art section, computer lab and lounge, ping pong, kitchen, gaming systems, a piano, multiple guitars and shuffleboard. We have something for everyone!
Website link: https://yakyouth.ca/
Phone: 613-264-8381
Email: Staff@yakyouth.ca