

Counselling Services/Self Help

These counselling services provide a variety of different programs. For more information, please call **519-579-3800**

Mosaic Counselling & Family Services,

400 Queen St S, Kitchener
Phone: 519-743-6333

Interfaith Community Counselling Centre

23B Church St, New Hamburg
Phone: 519-662-3092

KW Counselling Services Inc

480 Charles St E, Kitchener
Phone: 519-884-0000

Shalom Counselling Services Waterloo

9 Avondale Ave S, Waterloo
Phone: 519-886-9690

Lutherwood Family Counselling Services

35 Dickson St, Cambridge
Phone: 519-622-1670

Woolwich Counselling Centre

65 Memorial Ave, Elmira
Phone: 519-669-8651

Family Counselling Centre of Cambridge and North Dumfries

18 Walnut St, Cambridge
Phone: 519-621-5090

Notre Dame of St Agatha, Inc kidsLink

Children's Mental Health Services

1855 Notre Dame Dr N, St Agatha
Phone: 519-746-5437
Child and family therapy program

Waterloo Region Self Help

67 King St E, Kitchener
Phone: 519-570-4595
Develops self help groups, peer support and resource centre

Family and Children's Services of the Waterloo Region

200 Ardelt Ave, Kitchener
Phone: 519-576-0540 (after hours) ~
519-576-1329 (automated attendant)

168 Hespeler Rd, Cambridge
Phone: 519-623-6970 (automated attendant)
~ 519-623-6538 (after hours)

Justice System

Child Witness Centre of Waterloo Region

100 Lancaster St E, Kitchener
Phone: 519-744-0904
Provides support for child victims and witnesses

The Elizabeth Fry Society for the Regional Municipality of Waterloo

58 Queen St S, Kitchener
Phone: 519-579-6732
Provides assistance to women in conflict with the law

John Howard Society of Waterloo-Wellington

310 Charles St E, Kitchener
Phone: 519-743-6071

40 Ainslie St S, Cambridge
Phone: 519-622-0815
Focused on emotional management and anger control for youth

Pregnancy

Birthright

15 Scott St, Kitchener
Phone: 519-579-3990
Crisis: 1-800-550-4900
Assistance and counselling to girls and women facing unplanned pregnancies

Planned Parenthood Waterloo Region

151 Frederick St, Ste 500, Kitchener
Phone: 519-743-9360 (admin) ~
519-743-6461 (counselling, answering service)
Confidential counselling and information on sexuality and related issues

Right to Life Association

10 Water St S, Cambridge
Phone: 519-623-1850

215 Lancaster St W, Kitchener
Phone: 519-746-5433
Promotes alternatives to abortion

Abuse

Anselma House

Phone: 519-741-9184
Crisis: 519-742-5894 ~ 1-877-419-1517
Short term emergency crisis shelter for women 16 years and over

Community Justice Initiatives of Waterloo Region Revive

St Peter's Lutheran Church,
49 Queen St N, 3rd flr, Kitchener
Phone: 519-744-6549
Sexual abuse treatment programs for survivors and offenders

Haven House

Phone: 519-653-2289 ext 222
Crisis: 519-653-2422 ~ 1-800-410-4482
Emergency shelter for women in crisis situations, counselling services

Sexual Assault Support Centre of Waterloo Region

201-151 Frederick St, Kitchener
Phone: 519-571-0121
Crisis: 519-741-8633
Workshops, support groups for survivors of sexual assault

Addiction

Alcoholics Anonymous

Phone: 519-742-6183 (Kitchener and New Hamburg) ~ 519-658-8222 (Cambridge) ~ 519-836-1522 (Elmira)

Al-Anon Family Groups

Phone: 519-896-5678 (Kitchener) ~ 519-658-8222 (Cambridge) ~ 1-888-425-2666

Friends and families of individuals with alcohol dependencies

Community Link Empowered Against Narcotics

Trinity Lutheran Church,
23 Church St, New Hamburg
Phone: 519-662-9555

Parents of children who may be involved with drugs

ConnexOntario Health Services Information

Phone: 1-888-230-3505 (Ontario Problem Gambling Helpline) ~ 1-800-565-8603 (Drug and Alcohol Registry of Treatment)
Provides information and referral to addictions treatment services in Ontario

House of Friendship of Kitchener Alcontrol

215 King St S, Waterloo
Phone: 519-745-4691
Women with alcohol or drug dependencies

St Mary's Counselling Service

600-30 Duke St W, Kitchener
Phone: 519-745-2585

Langs Farm Village Association
887 Langs Dr, Unit 1, Cambridge
Phone: 519-650-7026

Individuals with alcohol, drug or gambling concern

Ray of Hope, Inc Youth180 Addiction Treatment

19 Schneider Ave, Kitchener
Phone: 519-743-2311
Individual support and counselling for youth 13-17 with addiction issues

Distress Lines

For more information on these distress lines, call the Community Information Centre at **519-579-3800**

Advocates for Male Victims of Sexual Abuse

Phone: 519-570-3277 EARS line for men
Toll free: 1-800-553-3277

Anselma House

Phone: 519-741-9184
Crisis: 519-742-5894 ~ 1-877-419-1517

GLOW - The Queer and Questioning Community Centre

Phone: 519-888-4569

Kids Help Phone

Phone: 1-800-668-6868

Canadian Mental Health Association— Waterloo Regional Branch Distress Centre

Phone: 519-744-5594 (Community Links)
~ 519-744-7645 (administration)
Crisis: 519-745-1166 (Distress Line)
~ 519-745-9909 (Youth Line)
Crisis Services: 519-744-1813
~ 519-745-1166 (24 hrs)

Telecare Cambridge

Phone: 519-658-6805

Telehealth Ontario

Phone: 1-866-797-0000

Ask us Anything!

January 2010

Counselling and Support Services



Produced by:
**Social Planning Council of
Kitchener-Waterloo/
Community Information Centre of
Waterloo Region**

151 Frederick St, Suite 300
Kitchener, ON N2H 2M2
519-579-3800

From outside Waterloo Region call
1-877-579-3859
www.waterlooregion.org

