

## **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

### **KidsAbility Centre for Child Development, Firefly Therapy Services**

500 Hallmark Dr, Waterloo  
Phone: 519-886-8886

Therapy services: assessment, 1:1 and group therapy; speech language and occupational therapy, applied behavior analysis

### **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: 519-741-9184  
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

### **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

887 Langs Dr, Unit 1, Cambridge

Phone: 519-653-1470

Individuals with alcohol, drug or gambling concern

### **Ray of Hope, Inc**

#### **Youth180 Addiction Treatment**

19 Schneider Ave, Kitchener

Phone: 519-578-8018

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—Grand River 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

# Counselling and Support Services



Ask us Anything!



Produced by:  
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Waterloo Region**

151 Frederick St, Suite 300  
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**519-579-3800**

From outside Waterloo Region call  
1-877-579-3859

[www.waterlooregion.org](http://www.waterlooregion.org)

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