



Guide to Community Resources for Seniors and Older Adults

1 Safety

1.1 Reporting and Safety:

Crime Stoppers 1-800-222-8477

Durham Regional Police Services

- Non-emergency line 905-579-1520 ext. 6234 (Reporting & Wellness Checks)
- Senior Support Unit 905-579-1520 ext. 5617/905-666-6239 ext. 2460
- Vulnerable Missing Persons Registry www.drps.ca

Elder Abuse Prevention Ontario 416-916-6728

Long-Term Care ACTION line 1-866-876-7658

Retirement Homes Regulatory Authority line 1-855-275-7472

Senior Safety Line 1-866-299-1011

Victim Services Durham Region 905-721-4226 or 1-888-579-1520 ext. 3400

Victim Witness Assistance Program 905-743-2790

1.2 Legal Support:

Advocacy Centre for the Elderly 416-598-2656/1-855-598-2656

Canadian Anti-Fraud Centre 1-888-495-8501

Durham Community Legal Clinic 1-888-297-2202

Durham Family Court Clinic 905-436-6754

Family Law Information Centre (FLIC) 905-579-1988

Luke's Place 1-866-516-3116

Office of Public Guardian and Trustee 1-800-366-0335

1.3 Immigration Support:

Community Development Council Durham 905-686-2661

Welcome Centre Immigration Services 1-877-761-1155

Women's Multicultural Resource & Counselling Centre 905-427-7849

2 Health

211 Ontario 1-877-330-3213

Alzheimer Society of Durham Region 1-888-301-1106

Brain Injury Association of Durham 905-723-2732

Brock Community Health Centre-Cannington 705-432-3388/Beaverton 705-426-4636

Brock Geriatric Assessment Clinic 705-432-3322

Capacity Assessment Office 1-866-521-1033

Central East Healthline www.centraleasthealthline.ca

CHS - Hearing Care Counselling Program 1-866-518-0000

Community Care Durham 1-888-255-6680

Community Paramedicine 289-404-7034

EatRight Ontario 1-877-510-5102

GAIN Geriatric Clinic (Oshawa – Doctor referred only) 905-576-8711 ext. 34832

GAIN Clinic (Carea Community Health Centre) 289-509-0601 ext. 1400

Health Care Connect 1-800-445-1822

Home and Community Care Support Services 1-800-263-3877

MINT Memory Clinic Durham 905-576-2567 ext. 5235 www.mintmemory.ca

North Durham Family Health Team 905-985-2895

Senior Care Network 905-376-7822

Seniors Urgency Room & Care Hub (Oshawa) 905-743-1010

Telehealth Ontario 1-866-797-0000

VON Durham Hospice Services 905-240-4522

2.1 Medical Supports:

Assistive Devices Program 1-800-268-6021

Canadian Diabetes Association 1-800-226-8464

Canadian Hearing Services 1-866-518-0000

Ontario Seniors Dental Care Program (Apply online or by mail through website: www.ontario.ca /Eligibility: Single annual net income of \$22,200 or less/Couple annual net income of \$37,100) 1-833-207-4435
Medic Alert Safely Home 1-855-581-3794
MedsCheck 1-866-255-6701
Ontario Drug Benefit Program 1-866-532-3161
Psychogeriatric Community Support Program 1-866-748-0774
Region of Durham – Oral Health 1-866-853-1326 ext. 4567
Trillium Drug Program 1-866-532-3161

2.2 Personal Care:

Community Care Durham, In-Home Respite 1-888-255-6680
Home and Community Care Support Services 1-800-263-3877
VON Canada 1-800-263-7970

3 Mental Health

3.1 Crisis/Support Lines:

988 Suicide & Crisis Lifeline 988
Assaulted Women’s Help Line 1-866-863-0511
Distress Centre Durham Crisis Line 1-800-452-0688
DRIVEN 905-432-7233
Durham Mental Health Services Crisis Line 1-800-742-1890
Durham Rape Crisis Centre 905-668-9200
Hope for Wellness Help Line (Indigenous crisis line) 1-855-242-3310
Lakeridge Health Crisis Team 905-576-8711 ext. 4384
Ministry of the Attorney General, Victim Support Line 1-888-579-2888
Ontario Caregiver Helpline 1-833-416-2273
Talking4Healing (Indigenous women crisis line) 1-855-554-4325

3.2 Counselling:

Bereaved Families of Ontario Durham Region 905-579-4293
Canadian Mental Health Association 1-833-456-4566

Carea Community Health Care Centre (including Indigenous programs) 1-877-227-3217
Centre for Addiction and Mental Health 1-800-463-2338
COPE Mental Health (support groups) 905-666-0689
Catholic Family Services of Durham 905-725-3513
Durham Rape Crisis Centre 647-273-0457
Durham Hospice Services 1-877-668-9414
Family Services Durham 905-666-6239 ext. 5
John Howard Society (group therapy) 905-579-8482
Ontario Shores Centre for Mental Health Sciences, Senior Services (Inpatient and Outpatient services) 1-800-341-6323
Veterans Affairs Canada 1-866-522-2122
Victim Services Durham Region 905-721-4226 or 1-888-579-1520 ext. 3400

3.3 Addiction Supports:

Addiction Rehab Bowmanville 289-278-6908
Alcohols Anonymous 905-728-1020
ConnexOntario 1-800-531-2600
Methadone Oshawa - New Direction Addiction Clinic 905-579-4900
Newworld Medical Detox Centre (Whitby) 289-203-3547
National Overdose Response Services 1-888-688-6677
Pinewood Centre (Oshawa) 905-721-4747
Renascent Treatment Centre (Whitby) 905-655-5651
Smokers’ Helpline 1-877-513-5333

4 Housing

4.1 Shelters:

Bethesda House (Bowmanville, accessible) 1-800-338-3397
CAREA (Outreach Services) 289-385-6992 or 289-355-8938
Christian Faith Outreach Centre 289-988-0171/Shelter 905-619-2670
Cornerstone Men’s Shelter & Outreach Services 905-433-0254
Denise House (Oshawa, not accessible) 1-800-263-3725

Herizon House (Ajax, accessible) 905-426-1064

John Howard Society, House Services 905-666-8847

Muslim Welfare Centre (Whitby, accessible) 905-665-0424

- Transition Home Program – 905-668-3686 (Accessible, Eligibility: person must be on the by-name-list and be homeless or chronically homeless)

YWCA Wise Wish Shelter (Oshawa, DV only, accessible) 905-576-6743

4.2 By-Name-List Point of Access:

- Ajax Community Centre Hub, Boys & Girls Club Durham, Cornerstone, Durham Youth Services, North House, Oshawa Mission United Hub, Primary Care Outreach Program (PCOP) – assist clients get on by-name-list, Salvation Arm and The Refuge

4.3 Housing:

Community Living Durham – CHPI 905-852-5919

Durham Region Access to Social Housing 905-666-6239 ext. 4

Durham Region Non-Profit Housing Corporation 905-436-6610

Region of Durham Housing Services 1-800-372-1102

Metis Nation Ontario - Housing Stabilization Program 1-800-263-4889 Ext. 350.

North House Brock 705-432-8654/Uxbridge and Scugog 289-640-1929

4.4 LTC and Retirement Living:

Home and Community Care Support Services (LTC applications) 905-430-3308

Ontario Retirement Communities Association 1-888-445-1822

4.5 Cleaning Services:

Evolution Support Services 905-922-7960

Region of Durham Homemakers Subsidy Program 905-666-6239 ext. 2460

VHA (Extreme Clean and Hoarding Services) 1-888-314-6622 ext. 4218

Trax Extreme Cleaning (includes hoarding cleaning) 905-882-3141

4.6 Moving Services:

Community Development Council Durham (assist with moving costs) 905-686-2661

ChuckIt Removal Services 905-619-0000

5 Income/Food/Transportation

5.1 Income:

Credit Counselling Society (Durham) 1-888-527-8999

Income and Employment Support Division (< 65 years of age) 905-666-6239 ext. 2

Ontario Disability Support Program (ODSP) 905-440-1030

Service Canada (OAS, GAINS, CPP) 1-800-277-9914

5.2 Income Tax Services:

Ajax Public Library 905-683-4000

Back Door Mission (Oshawa) 905-728-4664

Business Tax Canada (Pickering) 905-837-3067

Discovery Church Community Volunteer Tax Clinic (Bowmanville) 905-697-4237

North House - Uxbridge: 289-640-1929 ext. 104/Brock: 705-432-8654 ext. 104

5.3 Food/Clothing:

Back Door Mission 905-728-4664

Care Mongers (grocery service) 1-888-573-0982

CCD- Food Box or Meals on Wheels 1-888-255-6680

DUO (Oshawa/Winter hours: 8am-8pm, call for Summer hours) 905-213-9580

Durham Outlook (formally St. Vincent's Kitchen) 905-434-7543

Kendalwood Food Bank (Whitby) 905-434-8300

New Life 7TH Day Adventist Church 905-404-9357

OSCC 55 + Grocery Service 905-576-6712 ext. 2830

Saffron Hub (Seniors Meal Box) 705-344-7490

Salvation Army Food Bank 905-723-7422 ext. 221

Simcoe Hall Settlement House 905-728-7525

Value Village Whitby (Clothing) 905-571-4977

5.4 Transportation:

Community Care Durham 1-888-255-6680

Durham Region Transit (DRT) Specialized Services

- Ajax- Pickering 905-683-4114/Oshawa-Whitby-Clarington 905-725-4000
- Brock-Uxbridge-Scugog 1-800-263-1916

6 Social and Recreation

City of Pickering 905-420-4620/Communityservices@pickering.ca

Community and Social Services Help Line (211) 1-877-330-3213

Ontario Volunteer Centre Network 1-866-693-3318

Precious Minds (Adult Day Program) 905-982-0882

Senior Pride Network www.seniorpridenetwork.ca

Town of Whitby – Recreation Phone in Program 905-430-4900

6.1 Public Libraries:

- Ajax 905-683-4000
- Bowmanville 905-623-7322
- Clarington: Courtice 905-404-0707/Newcastle 905-987-4844
- Oshawa: McLaughlin/Northview/Jess Hann/Delpark 905-579-6111
- Pickering 905-831-6265
- Port Perry 905-985-7686
- Whitby 905-668-6531

6.2 Adult Day Programs:

Region of Durham Adult Day Programs

- Beaverton (133 Main Street) 705-426-7388 ext. 5327
- Oshawa (590 Boulevard North) 905-579-1777 ext. 6318
- Port Perry (451 Paxton Street) 705-426-7388 ext. 5327

Oshawa Senior Community Centres 55+ 905-576-6712 www.oscc.ca

- John Street Branch, Northview Branch, Conant Branch and Specialized Program

6.3 Senior Centres:

Ajax Seniors Friendship Club 905-686-1573

Bowmanville Older Adult Association 905-697-2856

Oshawa Senior Community Centres 55+ 905-576-6712 www.oscc.ca

- John Street Branch: 43 John Street West, Oshawa 905-576-6712 ext. 2853
- Northview Branch: 150 Beatrice Street E., Oshawa 905-576-6712 ext. 2865
- Delpark Centre Branch: 1661 Harmony Rd., N., Oshawa
- Conant Branch: 115 Grassmere Avenue, Oshawa 905-576-6712 ext. 2904
- Sikorski Branch: 1551 Stevenson Road North, Oshawa
- Specialized Program (44 William St. Oshawa) 905-576-6712 ext. 2833

Pickering Village Senior Centre 905-683-8460

Port Perry Senior Club 905-982-2191

South Pickering Seniors Citizens Club 905-420-5049

Uxbridge Seniors Centre 905-852-7401

Whitby Seniors' Activity Centre 905-668-1424

6.4 Cultural Clubs:

Caribbean Cultural Centre (Oshawa) 905-721-1672

Durham Family & Cultural Centre 905-409-0299

Greek Cultural Centre of Durham Region 905-576-9810

Northern Portugal Cultural Centre (Oshawa) 905-576-2474

Oshawa Italian Recreation Club 905-725-8053

Royal Canadian Legion #43 (905-723-9211)/# 637 (905-404-1992)