

Social Determinants Resource Directory for Children, Youth and Families in St. John's



A directory of local resources available to address the Social Determinants of Health in our pediatric population

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In Association with the Faculty of Medicine, Memorial University of Newfoundland



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Introduction

As health care professionals, we understand the importance of addressing the Social Determinants of Health for our patients and their families. A patient's health and well being are shaped by these factors throughout their lifetime, particularly as children, as these patients are dependent on their parents and families for basic needs, support and education to further their development. Studies have identified several barriers that prevent health care professionals from properly addressing the issues surrounding the Social Determinants of Health, including a lack of time, training, education and resources.^{1,2,3} As a means to overcome these barriers, this Directory has been created for health care professionals to have easy access to resources in St. John's that address the Social Determinants of Health on a variety of levels. Through knowledge translation, this document will enhance the quality of the health care services we provide to our patients.

This Directory was compiled in association with the Faculty of Medicine, Memorial University of Newfoundland as a Phase II Independent Project within the medical student curriculum.

I would like to send a special Thank-You to Dr. Sandra Luscombe MD and Dr. Leslie Rourke MD for their guidance, collaboration, support and encouragement throughout this project.

I hope you find this Directory to be a useful tool in your daily practice to advocate for the health and well being of your pediatric patients and their families!

Amanda Brett, B.Sc (Pharm)
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¹Andermann A. Addressing the social causes of poor health is integral to practicing good medicine. *CMAJ*. 2011;183(18), 2196.

²Fazalullasha F, Taras J, Morinis L, et al. From office tools to community supports: The need for infrastructure to address the social determinants of health in paediatric practice. *Paediatr Child Health*.2014;19(4):195-199.

³Garg A, Dworkin P. Applying surveillance and screening to family psychosocial issues: Implications for the medical home. *J Dev Behav Pediat* 2011;32:418-26

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Early Childhood Development

Brighter Futures Coalition of St. Johns

44 Torbay Road, St. John's (Nuport Building, Suite 200)

(709) 739-8096

www.brighter-futures.net

Not for profit organization that promotes the healthy development of families and children aged 0-6 years. Programs include: Healthy Baby Club, Mother Goose, Physical Activity Program, Family Resource Centre Playgroups, Breastfeeding Support Program and Little Learners.

Child Care Services – The Department of Children, Seniors and Social Development

95 Elizabeth Avenue, St. John's

(709) 729-0760

www.cssd.gov.nl.ca

The Department of Children, Seniors, and Social Development provides support to families when accessing childcare and offers subsidy programs for families in need.

Daybreak Parent Child Centre

74 The Boulevard, St. John's

(709) 726-8373

www.daybreakcentre.com

Not for profit community organization aimed at supporting the development, learning and well being of children and families. Programs include: Children's Program, Daybreak Community Program, Family Home Visitation Program and Parent Program.

Department of Education and Early Childhood Development

Third Floor, West Block, Confederation Building, St. John's

(709) 729-5097

<http://www.ed.gov.nl.ca/edu/earlychildhood>

The Department of Education is responsible for early childhood learning and the K-12 school system and serves to provide resources to parents and educators in early childhood development. Programs and resources include: The Power of Play, Your Developing Child, Parent Resources and a directory of Early Childhood Programs and Services.

Family and Child Care Connections

50 Pippy Place, Unit 22, St. John's

(709) 754-7090

www.familyandchildcareconnections.ca

Not for profit community based child care agency and resource centre dedicated to providing quality, accessible and affordable early learning and family childcare. Programs include: Parent Workshops, Drop In Playgroups, Resource Library and Toy and Equipment Lending Services.

Healthy Beginnings

St. John's East – 37 Major's Path – (709) 752-3585

Downtown St. John's – 20 Cordage Place – (709) 752-4800

St. John's Center and North – 81 Kenmount Road – (709) 752-3560

St. John's West – 760 Topsail Road – (709) 752-4317

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=1534&p=1540>

This Public Health operated program provides support to newborns, young children and their families through the various stages of childhood development. Program includes: You and Your New Baby, Your Developing Child, Breastfeeding support, Preschool and school health checks and child health clinics.

Privately Operated Institutions

- **Academy for Mathematics and English**

386 Stavanger Drive, St. John's

(709) 733-6284

www.tutoringacademy.ca

The Academy for Mathematics and English offers education programs to children and youth ages 4-18 (college entry level). They specialize in Math, English and Science and offer children a unique audio/visual tutoring system to help kids succeed. The Academy strives to empower children to thrive independently and learn in a way that suits them best.

- **Early Achievers Montessori School and Education Centre**

35 Hebron Way, St. John's

(709) 579-7323

www.earlyachievers.com

Early Achievers strives to offer educational activities that help each child grow and develop to his/her fullest. The centre aims to stimulate children at a very young age and provide them with the experiences needed to help them excel in all academic areas. Through programs in Dance, Art, Drama, Music, Fitness and Academic Skills children are encouraged to learn new skills, discover new talents and experience new things!

- **Kumon Math and Reading Centre**

141 Torbay Road, St. John's

(709) 726-2228

www.kumon.com/ca-en/st-johns

The Kumon Math and Reading Centre offers after school enrichment programs for children ages 3-13+ years in Math and Reading. This centre strives to ensure children and teens reach their full potential by creating personalized programs for students to learn at their own pace. They aim to develop children into learners who are focused, motivated and self-reliant.

- **Oxford Learning Centre**
74 Old Placentia Road, St. John's
(709) 747-1999
www.oxfordlearning.com

This centre strives to help children achieve their fullest potential through structured and focused programs that encourage independence, imagination, confidence and enthusiasm. Programs include: Little Readers, R.E.A.D Elite, Beyond Tutoring, ADHD Program and ESL Education.

Project Grace

www.projectgrace.ca

Project Grace is a music education initiative aimed at providing children from all walks of life the opportunity to learn and make music together while learning individual and collaborative skills that they can carry throughout life. Two programs are offered through Project Grace:

- Orchestral Program – 330 Elizabeth Avenue (St. James United Church) – (709) 722-1881
- Choral Program – 81 Cochrane Street (Cochrane Street United Church) – (709) 722-3023

R.E.A.L Program (Recreation Experiences and Leisure)

(709) 576-8684 or (709) 576-4556

<http://www.stjohns.ca/living-st-johns/recreation-and-parks/recreation-experiences-and-leisure-real-program>

In collaboration with the Canadian Tire JumpStart Program, the City of St. John's R.E.A.L program offers recreational and leisure activities to children in financial need. The program aims to promote active living, boost self-esteem and support child growth through knowledge and skills development.

The Children's Centre

80 Craigmiller Avenue, St. John's
(709) 579-9053

www.thechildrenscentre.com

The Children's Centre is a parent-run, not for profit pre-school offering flexible programs for children 2-5 years old. Their programs give children the opportunity to engage in play that builds confidence and inspires imagination.

Zero to Three

www.zerotothree.org

Zero to Three is a national not for profit organization that provides online resources to parents and professionals regarding early childhood development. Resources and online education tools are available in a variety of topics including: Behaviour and Development, Health and Nutrition, Sleep, Maltreatment and Care and Education.

Education

Department of Advanced Education and Skills

West Block, Confederation Building, St. John's

1-800-563-6600

<http://www.aes.gov.nl.ca>

The Department of Advanced Education and Skills supports the labour market of our province and provides programs and services directed toward advancing the leadership, education and skills of our workers. Services include: Career and Employment Services, Adult Literacy, Single Parent Resources, Immigration information, Income support, Support for Persons with Disabilities, Youth Engagement and Emergency Social Services.

Department of Education and Early Childhood Development – see Early Childhood Development

Discovery Centre

655 Topsail Road, St. John's

(709) 726-3500

www.discoverycentre.nf.ca

Setting education as their first priority, the Discovery Centre offers Adults the opportunity to complete or upgrade their basic education in an environment that is comfortable, personalized and built for success.

Learning Disabilities Association of NL

66 Kenmount Road, St. John's

(709) 753-1445

www.ldanl.org

Not for profit organization that acts as a provincial voice for individuals with learning disabilities and enables them to reach their full potential. This organization offers a tutoring program for individuals with a wide variety of learning disabilities and provides online information about the various types of learning disabilities and how they can affect an individual's education.

Project Grace – see Early Childhood Development

Stella's Circle


142 Military Road, St. John's

(709) 738-8390


www.stellascircle.ca

Through a mission to transform lives through real homes, real work and real help, The Stella's Circle community offers programs and services to adults and families who have faced challenges in the past but are now ready to work, recover, learn and become active members of a community. Programs and services focused on education include: Community Support Program, Just Us Women's Centre and Employment Services.

St. John's Community Centres – see corresponding community locations on city map below
www.ccanl.ca

 **Buckmasters Circle Community Centre**
129 Brigade Street, St. John's
(709) 579-0718


Their mission is to promote leadership, well being and cooperation of all members of the Buckmaster's Circle Community. Programs include: Play and Learn, Buddy's Book Club, Boys Group, Summer Program, Youth Outreach, Homework Haven, Mom's Moments, Mother And Daughter Program, Music Program and Project Endure.

 **Froude Avenue Community Centre**
89 Froude Avenue, St. John's
(709) 579-0763


Committed to providing opportunities for community members of all ages that support community involvement and development. Programs include: Community Employment Facilitator, Skill Linking Program, Afterschool Program, Homework and Tutoring Program and Youth and Adult Zumba.

 **MacMorran Community Centre**
10 Brother McSheffrey Lane, St. John's
(709) 722-1168

Committed to providing equal opportunity for all community members to participate in programs and services that allow for individual growth and development through recreation and education. Programs include: Healthy Baby Club, Playgroup, After School Program, Math Tutoring, Homework Haven, Youth Group and Music Lessons.

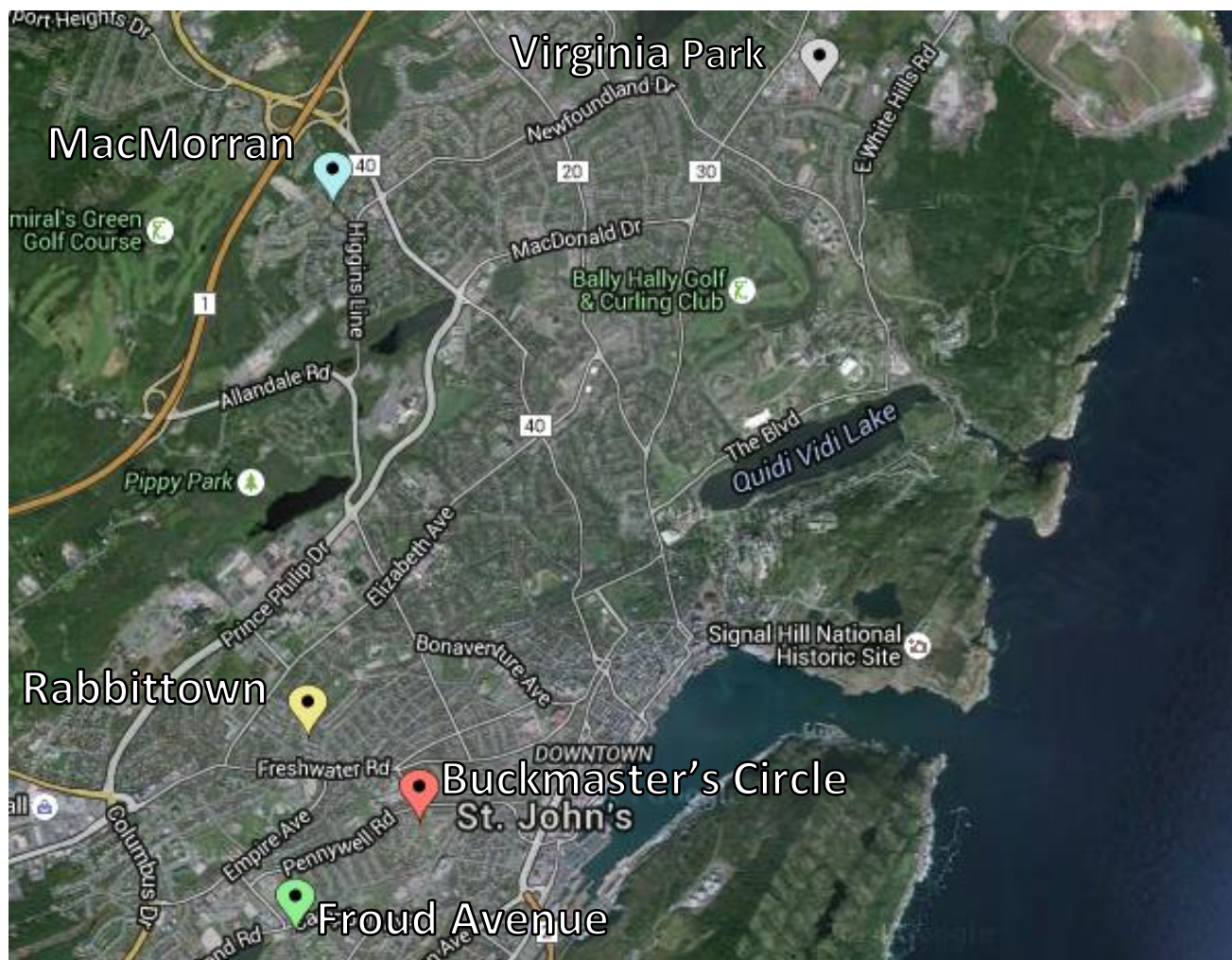
 **Rabbittown Community Centre**
26 Graves Street, St. John's
(709) 739-8482

In collaboration with public and private organizations, local residents work together to ensure comprehensive solutions to the problems that impact their families and community as a whole. Programs include: Afterschool program, Youth program, Junior Youth Mentorship, Toddler's Program, Wellness Program and Homework Haven.

 **Virginia Park Community Centre**
51 Harding Road, St. John's
(709) 579-4534

The Virginia Park Community Centre strives to create a positive atmosphere, community spirit and cooperation between members of the community by providing opportunities for recreation, education and social programs for its community members. Programs include: After School Program,

Homework Haven, Saturday Recreation Program, Teen Basketball Program, Co-Ed Youth Night, Teen Night Program, Youth Leadership Program, Healthy Baby Club and Parents and Tots.



The Murphy Centre

1 Prince Philip Drive, St. John's

(709) 579-6606

www.murphycentre.ca

The Murphy Centre offers an enhanced and alternative high school experience to adult learners in a respectful, flexible and supportive environment aimed at encouraging personal growth and development. They offer both Adult Basic Education and High School Credit Programs to meet the individual needs of their learners and to help them achieve their fullest potential.

Employment

Autism Society of Newfoundland and Labrador

Elaine Dobbin Centre, 70 Clinch Crescent, St. John's

(709) 722-2803

www.autism.nf.net

The Autism Society of Newfoundland and Labrador is dedicated to promoting the development of people with Autism Spectrum Disorder. In collaboration with its supporters, the Society offers programs and services to individuals to provide them with the skills they need to obtain employment and contribute to their communities. Drawing from an individual's interests, this society provides the education, training and support needed for them to succeed.

- Autism Job Seekers Database – created in collaboration with *Ready, Willing and Able*, this database offers employment opportunities to individuals with Autism Spectrum Disorder.
- Structured Teaching Program – prevocational and pre-employment program that offers individuals the opportunity to gain the new life skills, social skills and communication skills needed to excel at life in the workplace.
- Supported Employment Program – provides competitive and meaningful employment in a supportive community environment to persons with autism spectrum disorder.

Avalon Employment Inc.

62 Field Street, St. John's

(709) 579-4866

www.avalonemploy.com

Not for profit organization that offers supportive employment services for persons with developmental disabilities. It helps these individuals find meaningful employment within their communities, by promoting and working with their individual skills, strengths and interests. Any adult over 18 years of age is eligible to participate in this program.

AXIS Career Services

10 Smithville Crescent, St. John's

(709) 579-1780

<http://www.axiscareers.net>

As a division of the Association of New Canadians, this program provides new immigrants with comprehensive, career-focused services and employment opportunities. AXIS career services help to facilitate the integration of new community members into the labour market and provide them with the skills, knowledge and services they need to develop meaningful careers in their new home.

Choices for Youth

261 Duckworth Street, St. John's

(709) 754-0446

www.choicesforyouth.ca

Choices for Youth works to empower at risk youth in St. John's by supporting them with opportunities to gain independence and acquire the skills needed to make a health and meaningful transition into adulthood. This organization offers two employment support programs to provide youth with the education they need to succeed:

- Jumpstart Pre-Employment Program – offers skills training and portfolio building to increase the likelihood for at-risk youth to obtain long term and meaningful employment as adult citizens. Program focuses on the responsibility, teamwork, financial management, and personal development needed to be active members of the workforce.
- Train for Trades Program – in collaboration with the Carpenters Millwrights College this program offers on-the-job training in the safety and construction industry. These skills allow youth to successfully transition into the workforce and obtain independent and meaningful employment and to serve as active and contributing members of their communities.

Community Centre Alliance

20 Hallett Crescent, St. John's

(709) 753-5670

www.ccanl.ca

Not for profit organization that aims to reduce poverty by providing individuals and families with the education, employment and support they need to enhance their development and contribute to their communities. Programs and support are available at each of the housing developments and community centres in the St. John's region including, Buckmasters Circle, Froude Avenue, MacMorran, Rabbittown and Virginia Park.

Department of Advanced Education and Skills – See Education

Easter Seals

206 Mount Scio Road, St. John's

(709) 754-1399

www.eastersealsnl.ca

This not for profit organization aims to engage and empower persons with disabilities through programs and services to enhance their abilities and inspire them to succeed. The Horizons Program provides individuals with disabilities the opportunity to build new skills and gain new experiences that are essential to have before entering the workplace. This Program helps persons with disabilities prepare for, obtain and maintain meaningful employment. An Opportunities Fund is also offered to subsidize wages and help employers hire those who have a disability.

Employment Services – Eastern Health

35 Major's Path, St. John's

(709) 777-3427 OR (709) 777-3489

<http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=2109&p=2106>

This program helps adults with mental health and addictions issues obtain and maintain meaningful employment within their communities. The program assists individuals in creating a résumé,

preparing for interviews, identifying and overcoming barriers to employment and disclosing necessary information to employers.

Stella’s Circle Employment Training Centre

114 Cabot Street, St. John’s

(709) 579-1181

www.stellascircle.ca

In addition to their education and housing initiatives, Stella’s Circle also strives to prepare individuals for stable and meaningful employment to increase their well being and quality of life. Services include: Work Experience programs, Social Enterprise Training through the Hungry Heart Café, Trades Helper Program, Clean Start, CanDo! Enterprises, Employment Transition Groups, Job Development and Employment Maintenance, and Adult Basic Education.

The Murphy Centre

320 Torbay Road (Suite 201), St. John’s

(709) 753-2830

www.murphycentre.ca

In addition to their education program, The Murphy Centre also offers employment and career services to individuals seeking support in obtaining lasting and meaningful careers. Programs and services include: Career Education, Planning and Development, Vocational Assessments, Employment Counselling, Job Searches, Career Placement and Maintenance Support.

The Vera Perlin Society

6 Logy Bay Road, St. John’s

(709) 739-6017

www.veraperlinsociety.ca

Not for profit organization dedicated to serving and supporting individuals with developmental disabilities. The Society offers a nurturing environment for career development that allows individuals to develop the skills and confidence they need to succeed. Their programs offer individuals the opportunity to discover their potential and engage in their communities.

- W.O.R.C – Matches employer needs with an individual’s abilities while fostering a Person-Oriented relationship.
- Supportive Employment – secures community based paid employment for individuals with disabilities thereby enabling them to become contributing members of society
- Career Education and Exploration – pre-employment skills program for individuals who wish to further their knowledge and education as a means to obtain and maintain employment.
- The Button Shop – employment opportunity created for persons with developmental disabilities to take part in office oriented tasks to promote and distribution promotional buttons.

Workplace Health and Safety Compensation Commission (Workplace NL)

146-148 Forest Road, St. John's

(709) 778-1000

www.whscc.nl.ca

As an employer-funded commission, Workplace NL strives to promote safe and healthy workplaces throughout our province and provides insurance, return to work programs and fair compensation to injured workers.

Food Security

Food Banks Canada

This national charitable organization represents and supports community food banks across the country. Their goal is to meet the short-term needs of families and communities and to ultimately find long-term solutions to end food insecurity across the nation. Many registered food banks are available in the St. John's area and require clients to present their MCP, AES and drug card numbers to avail of the services.

Bridges to Hope – 39 Cookstown Road – (709) 722-9225

Campus Food Bank – Memorial University, Corti Reale Building – (709) 864-3467

Chaulker Place Community Centre – 47 Chaulker Place – (709) 754-7890

Community Food Sharing Association – 21 Mew's Place – (709) 722-0130

Corpus Christi Food Bank – 260 Waterford Bridge Road – (709) 368-9751

Mary Queen of Peace Food Bank – 135 Torbay Road – (709) 726-9924

Salvation Army Food Bank – 21 Adam's Avenue – (709) 726-0393

Single Parents Food Bank – 472 Logy Bay Road – (709) 738-3401

St. Paul's Food Bank – 340A Newfoundland Drive – (709) 754-1980

St. Pius X Food Bank – 16 Smithville Crescent – (709) 738-0031

St. Teresa's St. Vincent De Paul Society – 120 Mundy Pond Road – (709) 579-0065

Food Security Network NL (Food First NL)

44 Torbay Road, St. John's

(709) 237-4026

www.foodsecuritynews.com

This not for profit organization was developed in response to the growing concerns of hunger and poverty in our province and today serves to provide community-based solutions to ensure families have access to adequate and healthy food. The Food Security Network organizes events, workshops and information sessions to promote food security and have partnered with many other community programs to ensure we work toward a sustainable solution to end hunger.

Healthy Baby Clubs

685 Water Street, St. John's

(709) 739-8096

www.brighter-futures.net

In Association with the Canada Prenatal Nutrition Program and the Public Health Agency of Canada, the Brighter Future Coalition of St. John's offers nutritional and breastfeeding support to all new mothers. These programs aim to support the needs of all pregnant women and new mothers who may face challenges that could compromise their health or the health of their babies. Support services include: Nutrition Counselling, Prenatal vitamins, Food and food coupons (to cover the cost of 7L of milk, one dozen eggs and fruit/juice for one week), Counselling in prenatal health and lifestyle choices, Breastfeeding education and support, Food preparation training and education and support on infant care and child development. Healthy Baby Clubs are available at the following locations:

- Buckmasters Circle Community Centre – 129 Buckmasters Circle, St. John’s
- Chaulker Place Community Centre – 47 Chaulker Place, St. John’s
- MacMorran Community Centre – 10 Brother McSheffery Lane, St. John’s
- New Pennywell Road Family Resource Centre – 64 New Pennywell Road, St. John’s
- Parkside Community Centre – 128 Barachois Street, St. John’s
- Rabbittown Community Centre – 26 Graves Street, St. John’s
- The Church of The Ascension – 58 Smallwood Drive, St. John’s
- Virginia Park Community Centre – 51 Harding Road, St. John’s

Kids Eat Smart NL

80 Elizabeth Avenue (2nd Floor), St. John’s

(709) 722-1996

www.kidseatsmart.ca

Kids Eat Smart is a charitable organization that supports the education, health and wellness of children through volunteer based nutrition programs. These programs run through schools and community centres and are of no charge to the families or community. A full list of participating locations can be found at http://www.kidseatsmart.ca/?page_id=63.

Meal Programs/Soup Kitchens

In addition to providing food hampers to those in need, many organizations in St. John’s also serve nutritious food to families in need on a daily basis. These organizations may also offer community kitchens and workshops on how to prepare healthy cost effective meals in an encouraging team-building environment that celebrates communication and socialization.

Bridges to Hope – 39 Cookstown Road – (709) 722-9225

For the Love of Learning Inc – 99 Queen’s Road (Gower Street United Church) – (709) 738-7911

New Hope Community Centre – 18 Springdale Street – (709) 739-0290

St. John’s Status of Women Counsel and Centre – 170 Cashin Avenue Extension – (709) 753-0220

The Gathering Place – 172 Military Road – (709) 753-3234

School Lunch Association

425 Topsail Road, St. John’s

(709) 754-5323

www.schoollunch.ca

The School Lunch Association aims to provide hot, nutritious lunches to children in primary and elementary schools regardless of their family’s circumstances. A full list of participating schools can be found at <https://www.schoollunch.ca/web/guest/schools>

Income and Support Benefits

Benefits Finder – Canada Benefits

www.canadabenefits.gc.ca

This online tool helps families and individuals find the benefits they need based on a customized assessment of their current situation. This tool can be used to formulate a list of applicable benefits personalized to an individual's needs and can link them with the information and resources they need to access these benefits.

Canada Revenue Agency

St. John's Office: 165 Duckworth Street, St. John's
(709) 754-5928 OR 1-800-387-1193

www.cra-arc.gc.ca/bnfts/menu-eng.html

The Canada Revenue Agency administers tax, benefits and related programs across Canada and serves to contribute to the ongoing economic and social well being of all Canadians. A list of programs and benefits for children and families as well as additional information and applications is available online for all citizens.

NL Department of Advanced Education and Skills – Income Support Services and Child Benefit

West Block, Confederation Building, St. John's
1-877-729-7888

www.aes.gov.nl.ca/income-support/index.html

The Department of Advanced Education and Skills supports the labour market of our province and provides programs and services directed toward advancing the leadership, education and skills of our workers. The department's Income Support Services assist families with basic expenses such as food, clothing, personal care, household maintenance, utilities, and shelter and certain individuals may also qualify to receive additional non-basic benefits based on their specific circumstance.

Service Canada Child Tax Benefit and Family Services

St. John's Office: 223 Churchill Avenue, Pleasantville, St. John's
1-800-622-6232

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

http://www.cic.gc.ca/english/newcomers/after-money-child.asp?_ga=2.142029490.1498507837.1504141283-1623269695.1493848464

Service Canada is a national organization for Canadians to access the programs, services and benefits they need from the Government of Canada and its associated partners.

Health Care Services

Aspens and Oaks

23 Cashin Ave, St. John's

(709) 754-2068

www.counsellingsolutions.ca

Aspens and Oaks is a community based counselling service that strives to promote individual and family empowerment through counselling and consultation. This Service is available to children, adolescents and adults who are faced with personal or family challenges and wish to make positive changes in their lives. Through a client-centered approach, Aspens and Oaks offer a respectful environment for all individuals to work toward their goals. More information can be found under the resources tab of their website. Services include: Counselling (couples, grief, addictions, anger, anxiety, post-trauma, stress, sexual abuse), Walk-In Medical Clinic, Consultations, Mental Health First Aid, Psychoeducational Assessments for children ages 6-16, and Mindfulness Instruction.

Canadian Mental Health Association- NL Division

70 The Boulevard, St. John's

(709) 753-8550

www.cmhanl.ca

Not for profit organization committed to promoting a better understanding of mental health and mental illness in the province of Newfoundland and Labrador. The Mental Health Association provides individuals and families access to the resources they need to maintain and improve their mental health. Programs and Services include: Think Twice Youth Anti-Stigma Program, Workplace Mental Health, Kids have Stress Too and Changing Minds

Dental Health Plan

45 Major's Path, St. John's

(709) 758-1503

http://www.health.gov.nl.ca/health/dentalservices/general_info.html

The Children's Dental Health Plan provides universal access for eligible dental services to children ages 12 and under. This care plan may be extended to cover children aged 13-17 if their families are in receipt of income support benefits. Adults who receive income support may also be eligible for limited dental services under this plan. Application and further information can be found at the website above.

Eastern Health Services

- **Children and Adolescents Mental Health and Addictions**

100 Forest Road (Southcott Hall, Dr. L.A. Miller Centre), St. John's

Central Intake: (709) 777-2200

<http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=2111&p=2106>

Eastern Health strives to improve accessibility and efficiency among their Community Mental Health and Addictions Services. Parents, children and families are welcome to call for information, inquire, self-referral, and assessment. The **central intake services** include:

- Bridges Program – offered to youth ages 13-18 who are likely to benefit from short-term interventions and are able to identify and articulate their program goals. Bridges works collectively with youth and their families to build the awareness, skills and understanding needed to overcome mental health challenges. This program offers short-term individual and family psychotherapy, skill building groups and psychiatric consultations.
- Community Counsellors – are available to provide individual, couple, family and group therapy, consultation and community education.
- Janeway Family Centre – offers services to children, youth and families who are burdened with emotional, social or behavioral challenges in their daily life. This Centre offers counselling and therapy to those in need as well as referral to appropriate practitioners should a case require additional support. Programs and services cover a wide variety of individual and family concerns including: family violence, sexual abuse, separation and divorce, anxiety, empowerment for girls and young women, raising families, parenting young children and parenting adolescents.
- Outpatient Psychiatry – provides psychiatric assessments and treatments to children, adolescents and their families. This department offers psychiatric assessment, interventions and consultation, family therapy, education and information sessions, and skill building groups.
- Rowan Centre – offers addictions services to youth ages 12-17 who are struggling with substance abuse. This program aims to promote healthy development and positive growth while improving the quality of life for youth with addictions issues. They offer individual, group and family counselling, an intensive addictions day program, recreational therapy, education programs, and follow-up referral program for residential treatment.
- Youth Outreach – offers support to young people aged 10-17 who want to lead happy, healthy lifestyle and make good choices. Outreach workers are available to act as mentors and help youth navigate their way through the services available in their communities.

▪ **Community Supports Program**

(709) 752-4717

<http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=993&p=980>

This program allows adults (18+) and families to live in their communities while still maintaining access to the supportive health care services they need. This program offers support to adults with physical and/or intellectual disabilities, individuals requiring protection under the Neglected Adults Act, families of children under school age who have delayed development and youth under 18 requiring Special Child Welfare Allowance. Services include: Financial Assessment, Home Support, Intervention Support, Residential Support, Special Assistance, Special Child Welfare Allowance and supports for Neglected Adults.

- **Health and Community Services St. John's – Parent and Child Health Programs**

St. John's East – 37 Major's Path – (709) 752-3585

Downtown St. John's – 20 Cordage Place – (709) 752-4800

St. John's Center and North – 81 Kenmount Road – (709) 752-3560

St. Johns West – 760 Topsail Road – (709) 752-4317

<http://www.easternhealth.ca/WebInWeb.aspx?d=3&id=1536&p=1540>

The Public Health sector of Eastern Health works with individuals and families to achieve their best health and well being. With several sites around the city, these services are made accessible to all communities in the St. John's area. Health services provided in these clinics include: Prenatal Education and Support, Support for Newborns, Young Children and Families, Breastfeeding Support, Child Health Clinics, Immunization Clinics and Preschool and School health checks.

- **Mental Health Crisis Centre and Crisis Line and Mobile Crisis Response Team**

47 St. Clare Avenue, St. John's

(709) 737-4668

This Centre and call line are available to all individuals in need of rapid advice or assessment with regard to mental health issues. The Mobile Crisis Response Team is available to adolescents and adults over 16 years of age who require intervention services directly in their homes or communities. The Crisis Response Service is available Wednesday, Thursday, Friday and Saturday from 4:00om to midnight.

- **Janeway Children's Health and Rehabilitation Centre**

300 Prince Philip Drive, St. John's

(709) 777-6300

www.janewayfoundation.nf.ca

The Janeway Children's Centre provides specialized care to sick and injured children in a supportive environment that strives to ensure the best possible outcomes for each and every child. The Centre provides primary, secondary and tertiary care to children from birth to age 18. Specialized Departments operated through the Janeway include:

- Adolescent Medicine – (709) 777-4963 – provides specialized care to meet the unique health needs of the adolescent population including the diagnosis and treatment of eating disorders.
- Child Development and Rehabilitation– (709) 777-4638
- Emergency Department – (709) 777-4228 – provides 24-hour walk in emergency care to children and youth up to 18 years of age.
- Learning and Behavior – (709) 777-4604
- Janeway Resource Centre – (709) 777-2946 – Located in the Janeway Hostel this Centre allows patients and families to access the latest pediatric health information in hopes that they can become active participants in their child's care. The Resource Centre offers library and computer services with a librarian on staff to help families in searching and evaluating health information. A quiet room is also available to families

who wish to have a quiet space for privacy and a playroom for children to color and play!

For a complete list of Janeway Departments and their contact numbers please visit www.easternhealth.ca > Our Services > Children's and Women's Health > Contact Us

- **Outreach, Promotion and Prevention Services**

30 Ropewalk Lane, St. John's

(709) 777-5047

<http://www.easternhealth.ca/WebInWeb.aspx?d=1&id=2106&p=74>

This program provides outreach and early intervention services to individuals, families, organizations and communities. With both youth and adult outreach programs, Eastern Health is working toward promoting healthy behaviors and preventing illness through counselling, relationship building and education.

Healthline – Department of Health and Community Services

811 OR 1-888-709-3555

www.yourhealthline.ca

The NL HealthLine is a confidential and free telephone line staffed by experienced Registered Nurses and is available to all residents of Newfoundland and Labrador, of any age. The HealthLine helps individuals decide the steps to take to manage their physical and mental health and the health of their families and provides a comprehensive list of health services available in Newfoundland and Labrador.

Newfoundland and Labrador Medical Care Plan

45 Major's Path, St. John's

(709) 758-1500

www.health.gov.nl.ca/health/mcp

This Medical Care Plan is a comprehensive plan of medical care insurance designed to cover the cost of physician services for residents of the province. Eligible applicants must be Canadian Citizens, Landed Immigrants, International Workers or International Post-Secondary Students. Application forms, coverage inquiries, travel assistance and other information can be found on the above website.

Newfoundland and Labrador Prescription Drug Program

45 Major's Path, St. John's

(709) 729-6507

www.health.gov.nl.ca/health/prescription/index.html

The Prescription Drug Program provides financial assistance for the purchase of prescription medications to those people of the province that qualify based on their needs. Eligibility varies depending on a resident's family and financial situation. The program includes five main plans with varying degrees of coverage:

- The Foundation Plan – automatic qualification with the receipt of income support services
- The 65Plus Plan – supplied to a resident at the time they receive a Guaranteed Income Supplement (GIS) and Old Age Security benefits
- The Access Plan – for low-income families (application required)
- The Assurance Plan – for individuals with high drug costs in relation to their total income (application required)
- The Select Needs Plan – automatic qualification for patients diagnosed with Cystic Fibrosis or Growth Hormone Deficiency

Housing

Carew Lodge

11 Carew Street, St. John's
(709) 738-5055
www.stellascircle.ca

Offers supportive housing for individuals of low income. In addition to providing supporting housing, Carew Lodge offers its residents supportive services in education, employment and mental health.

Choices for Youth

261 Duckworth Street, St. John's
(709) 754-0446 OR Shelter Line (709) 757-3050
www.choicesforyouth.ca

Choices for Youth provides safe housing and an fair standard of living to the youth of St. John's as an act to help promote healthy physical, mental, emotional, psychological, and social development. This organization aims to provide supportive housing and targeted supports to those in need while fostering an independence that allows individuals to succeed in life. Available housing includes:

- Shelter for Young Men – an emergency shelter for individuals identifying as male, aged 16-29
- Rally Haven - housing for at-risk youth facing homelessness
- The Lilly - affordable longer-term housing for youth facing homelessness

Iris Kirby House

196 Waterford Bridge Road, S. John's
(709) 722-8272
www.iriskirbyhouse.ca

The Iris Kirby House provides safe and supportive housing for women and their children who are experiencing violence or abuse in their lives at home. The home allows women to be surrounded by a supportive environment as they grow and overcome the obstacles they've had to face. The home also offers additional programs and services to women including life skills programs on budgeting, cooking, nutritious meal planning and navigating community services, mental health services, youth groups and empowerment sessions.

Key Assets NL

120 LeMarchant Road, St. John's
(709) 579-1624
www.keyassetsnl.ca

Key Assets is a children's service provider that offers residential childcare to children and youth who are experiencing difficulty within their lives. They strive to maintain a high quality standard of care for all young people in supportive and therapeutic residential environments. They provide children the structure and routine they need in a safe environment while allowing them to grow and develop into individuals.

Marguerite's Place – St. John's Status of Women Council

170 Cashin Avenue, St. John's
(709) 753-0220

www.margueritesplace.ca

This home was established to meet the needs of women who have been subject to marginalization and require care and support to transition back in to their communities and society. The home gives women the opportunity to come together as a community and support each other in their commitment to better themselves. In addition to housing, Marguerite's Place offers women a weekly resident meal and meeting with support staff to set goals for personal development and healing, and members are invited to participate in many other programs offered through the Status of Women's Council.

Non-Profit Housing Division – City of St. John's

City Hall Annex, 10 New Gower Street, St. John's
(709) 576-8196

<http://www.stjohns.ca/living-st-johns/city-services/non-profit-housing>

The Non-Profit Housing Division is responsible for the management of residential rental units throughout the city of St. John's. These houses and apartments vary in size and are available for rent to low and moderate-income earners on the basis of their net family income. The City offers two options for Housing including Lower End of Market Housing where tenants pay the lower end of the market rent as determined by Newfoundland Labrador Housing, or Rent Geared to Income homes where the rent is strictly 25% of the families net monthly income. Applications are available at City Hall Annex or online.

NL Housing Corporation

2 Canada Drive, St. John's
(709) 724-3000

www.nlhc.nl.ca

The Housing Corporation strives to meet the changing housing needs of low to moderate-income households in Newfoundland and Labrador. This corporation offers a Rental Housing Program for low-income earners to pay a set rent of 25% of their monthly income, a Provincial Home Repair Program for low-income earners to improve their private households, a Home Modification Program for low-income earners who require accessibility changes to their homes for personal and medical circumstances and an Energy Efficiency Program for low-income earners wishing to improve their home's efficiency. The corporation also works with contractors, developers and other non-profit organizations to increase affordable housing and end homelessness in our province.

Ronald McDonald House NL

150 Clinch Crescent, St. John's
(709) 738-0000

www.ourhousenl.ca

The Ronald McDonald House gives families of sick children a place to call home when they travel for medical care. The House is in close proximity to the Janeway Children's Hospital giving families the peace of mind they need when caring for a sick child. To avail of this housing service families must permanently live at least 80 kilometers away from the Ronald McDonald House and be actively involved in their child's hospital care.

Shalom Inc.

Unit 50, Hamlyn Road Plaza, St. John's
(709) 579-2208

Shalom Inc. is committed to providing a safe, long-term home and support services to young people who are in the care of Child, Youth and Family Services.

Brian Martin Housing Resource Centre - Stella's Circle

84 Prescott Street, St. John's
(709) 738-0457
www.stellascircle.ca

In addition to its other social support programs, Stella's Circle provides safe, secure and stable housing at an affordable rate to individuals and families in need. Operating from the Brian Martin Housing Resource Centre, this organization offers counselling, advocacy and other support services to those with complex needs seeking an affordable home, and provides shorter-term accommodations to women based on their specific needs. These housing options include:

- Naomi Centre – an emergency shelter that offers safe and supportive temporary housing for young women aged 16-30.
- Jess's Place – a transitional housing program for women 18 and older in recovery from addiction.

Waypoints

145 LeMarchant Road, St. John's
(709) 368-6390
www.waypointsnl.ca

The Waypoints Residential Program provides housing and accommodation to youth ages 8-18 who are in the care of Child, Youth and Family Services. A variety of programs are offered based on the needs of the youth they serve including a Phase II Program for adolescents with specialized treatment needs, and a Live In Parent Model Program for children and youth ages 8-15 designed to create a supportive, homelike environment for children who are experiencing difficulties.

Youth and Family Services - Department of Children, Seniors and Social Development

12-16 Carter's Hill Place, St. John's
(709) 729-4412
<http://www.cssd.gov.nl.ca>

The Department of Children, Seniors and Social Development is dedicating to the protection and well being of children and youth in Newfoundland and Labrador. Through Youth and Family Services, this

department offers residential housing to children and youth under the care of Child, Youth and Family Services therefore allowing them to grow and develop in a caring and nurturing environment. Housing and financial services are available to youth unable to reside at home due to abuse or improper care.

Culture, Immigration and Refugee Services

Association for New Canadians

144 Military Road, St. John's

(709) 722-9680

www.ancnl.ca

Not for profit, community based organization that strives to provide settlement and integration services for immigrants and refugees to Newfoundland. The Association delivers a number of programs and services to facilitate the integration of its members into their new home and community. Programs and Services include:

- Resettlement Assistance – newcomers to St. John's are met by a Settlement Counsellor and Interpreter and are provided with temporary accommodations along with information and support to ensure their transition to Newfoundland is a comfortable one.
- Orientation and Integration Services – provides newcomers with the information they need to know about living in Canada including support services, financial issues, laws, rights, responsibilities, health and wellness, education and employment.
- Language Training and Assessment – through Language Instruction for Newcomers to Canada (LINC), adult learners are taught the language skills they need to settle and integrate into Canadian society.
- Bridge-To-Work – offers both paid and unpaid opportunities for employers to host skilled workers, giving them the opportunity to demonstrate their skills and abilities while gaining valuable Canadian work experience. New residence are also able to search the current job market for employment opportunities best suited to their skills using the AXIS Career Service.
- Pre-Employment Training – program offered to Canadian newcomers that assist them in preparing for employment in the Canadian workplace. This program offers assistance in résumé building, job interviewing, and increasing communication skills.
- Settlement Workers in the Schools (SWIS) – offers to assist in the integration of new residence into a new culture and school environment. The program provides assistance in registration, orientation, interpretation and communication. This program is available in several elementary, junior high and high schools throughout St. John's.
- Support Services – various support services are offered to new Canadians as they transition into a new culture including childcare, transportation, translation and interpretation.
- Health Services – in a partnership with Eastern Health, a public health nurse is available two days a week at the Adult Training Centre to promote healthy living and address the health and wellness concerns of new families.
- Life Skills Program – provides culturally appropriate and gender-sensitive life skills support to newcomers who need assistance in adapting to everyday living in Canada.

Canadian Collaboration for Immigrant and Refugee Health

www.ccirhken.ca

The Canadian Collaboration for Immigrant and Refugee Health provides evidence-based best-practice guidelines to health care professionals to improve the delivery of health care to vulnerable migrant populations. Regional checklists have been developed to guide practitioners in assessing these patients. Checklists can be found online at www.ccirhken.ca > Practice Tools.

Caring for Kids New to Canada

www.kidsnewtocanada.ca

Is a website developed by the Canadian Pediatric Society to assist health care professionals in caring for immigrant and refugee children and their families. This website contains evidenced based information on assessing, screening and treating patients, as well as information on medical conditions, development, cultural health, navigating the health care system and health promotion.

Coalition on Richer Diversity

204 Water Street, Suite 3000, St. John's

(709) 754-4122

www.cancord.org

The Coalition on Richer Diversity aims to enhance the community by bringing people together as a resource. The Coalition reaches out to organizations and groups of immigrants to collaborate and offer networking opportunities to raise awareness and help the community grow to be diversity sensitive.

English as a Second Language

Newcomers to Canada are often assessed for English language proficiency in oral, reading and writing skills. To help improve the integration of new Canadians into their new home, English as a Second Language (ESL) Programs are offered to enhance an individual's English Language skills at a level suited to their needs and educational capacity. Throughout St. John's, many institutions offer ESL Programs to facilitate their students' success in their new home. ESL providers in St. John's include:

- **Association of New Canadians** – (709) 722-9680 – see above
- **College of the North Atlantic** – (709) 758 7290 – offers intensive ESL programs throughout the year as well as 6-week short courses in May and during the summer.
- **Memorial University** – (709) 864-7681 – offers intensive ESL programs three times a year and 5-week summer courses throughout July.
- **Refugee and Immigrant Advisory Council** – (709) 754-4122 – offers ESL conversation classes twice a week at the beginner, intermediate and advanced level.
- **Schools within the Eastern School District** – (709) 758-2372 – over 20 schools in the district offer ESL programs to a variety of students. For further information and a list of registered schools visit: www.nlesd.ca/programs/englishlanguagelearners/index.html

Human Rights Commission

20 Crosbie Road, St. John's

(709) 729-2709

www.justice.gov.nl.ca/hrc

The goal of the Human Rights Commission is to create a province in which every person is treated with dignity and respect and where diversity is welcomed with open arms. They act to promote human rights through the distribution of information and education of individuals, organizations and communities.

Interim Federal Health Program

21 Hallett Crescent, St. John's

1-888-242-2100

<http://www.cic.gc.ca/english/refugees/outside/arriving-healthcare.asp>

This program provides temporary coverage of health care benefits for refugees and immigrants who are not yet eligible for provincial health care coverage. Further information on the services covered and application information can be found online or by making an appointment at the CIC Office in St. John's.

Multicultural Women's Organization for Newfoundland and Labrador

44 Torbay Road, St. John's

(709) 726-0321

www.mwonl.org

The Multicultural Women's Organization strives to empower women from diverse backgrounds to achieve their goals and become active members of our Canadian society. Through a variety of programs this organization allows women to gain the confidence and skills required to integrate into their community. Programs and services include: Health and Wellness initiatives, Trans-Cultural Competency and Awareness training, Leadership and Skills development, Basic Computer Training, Violence Prevention and Diversity Counselling.

Office of Immigration and Multiculturalism – Department of Advanced Education and Skills

West Block, Confederation Building, St. John's

(709) 729-6607

www.nlimmigration.ca

The NL Office of Immigration and Multiculturalism is responsible for increasing awareness on the benefits of immigration and enhancing the settlement services of new Canadians. The Office also promotes multiculturalism in Newfoundland and Labrador and encourages immigrants to choose our province as a place to call home.

Refugee and Immigrant Advisory Council

204 Water Street, St. John's

(709) 754-4122

www.riac.ca

Not for profit, charitable organization dedicated to supporting the ongoing needs of Canadian refugees, immigrants and other persons of diverse origin. The Refugee and Immigrant Advisory Council aims to provide the support and services its members need to call Newfoundland and Labrador their new home. Programs and Services offered include: Conversation Partner Program, Art Gallery, Bridging the Gap, Human Library Project, ESL Classes, and Refugee and Immigrant Community Clinics.

St. John's Native Friendship Centre

716 Water Street, St. John's

(709) 726-5902

www.sjnfc.com

Not for profit organization that serves the Aboriginal community of Newfoundland and Labrador with a wide range of programs and services to create a community of trust, respect and friendship. This centre offers programs to Aboriginals and Non-aboriginals in an attempt to increase awareness, communication and understanding between diverse cultures. Programs include: Community Craft, Spirit Horse, Yoga, Community Culture Circle, Men's Drumming, Tea and Sharing Circle, Turtle Island Youth Program, Aboriginal Arts Program, Aboriginal Patient Navigator Program, Child Care Services, Temporary Housing at the Shanawdithit Shelter, and a scholarship program for Aboriginal students in financial need.

Gender and Sexuality

Adolescent Medicine Program – Eastern Health

300 Prince Philip Drive (Janeway Children’s Health and Rehabilitation Centre), St. John’s
(709) 777-4963

This department provides specialized care to meet the unique health needs of the adolescent population as they grow, develop and transition into adulthood. Specialists are available in the areas of eating disorders and sexuality to help patients and families gain a better understanding during these challenging times. The Adolescent department is serviced by pediatricians, nurses, a nurse practitioner, a psychologist, a social worker and a dietitian to provide their patients the comprehensive and collaborative care they need to achieve their best health and well being.

Coalition Against Violence – Avalon East

31 Peet Street, St. John’s
(709) 757-0137

www.coalitionagainstviolence.ca

This alliance of community and government organizations is dedicated to ending violence in our homes and our communities. They work to increase awareness on violence and enhance the services available to its victims through early intervention and support. Violence comes in many forms and occurs due to a variety of factors. The Coalition therefore works hard to raise awareness on all types of violence and offers a wide range of support programs, services and resources to meet an individual’s needs.

Gay Straight Alliance

www.mygsa.ca

The Gay Straight Alliance is a student-run organization dedicated to serving the needs of the LGBTQ community by creating a safe and non-judgemental environment in schools and after school groups. A faculty advisor is available to address any issues regarding bullying, coming out and making school more inclusive for all students regardless of their orientation. This organization also offers extensive online resources for students, parents and educators. St. John’s offers two schools with registered Gay Straight Alliances (although any school is free to register as a supporter) as well as many other associated organizations that support these endeavors.

- Leary’s Brook Junior High School – 15 Larkhall Street, St. John’s – (709) 726-9889
- Memorial University – University Centre, Arctic Avenue, St. John’s – (709) 864-7619

Planned Parenthood

203 Merrymeeting Road, St. John’s
(709) 579-1009

<http://www.plannedparenthoodnlshc.com>

Planned Parenthood offers sexual health support to youth and adults of St. John’s in a non-judgemental, safe environment that respects individual rights. Programs and services are available to everyone regardless of age, religion, nationality or orientation. Planned Parenthood provides

education and information services to individuals and communities regarding a wide variety of sexual health issues. Programs and services include: Sexuality education, Sexual Health Clinics, Pregnancy testing, Sexual Health Information Line, Contraceptive Information, Sexual Health and Reproduction Resource Library, and various Support Groups for the LGBTQ community.

- Camp Eclipse – leadership retreat for all youth wishing to learn more about the issues faced by LGBTQ people and how to create positive changes to make their schools and communities more safe and accepting of others.
- LGBT Youth Group – group for youth ages 16-25 to socialize in a safe and non-judgemental space while interacting with adults and leaders from the community.
- Making Queerness Visible Workshop – school based workshop available to all schools in Newfoundland and Labrador that discusses the issues surrounding the stigma of sexual orientation and expression and gives students the knowledge they need to create positive and welcoming changes in their schools.

PFLAG Canada – St. John’s Chapter

9 Cathedral Street, St. John’s

(709) 699-0509

www.pflagcanada.ca

PFLAG (Parents, Families and Friends of Lesbians and Gays) is a national organization that offers help and support to all Canadians with issues of sexual orientation, gender identity and gender expression. This organization provides educational resources and advice to communities, families and individuals with questions or concerns regarding sexual orientation and expression.

Social Support Networks and Safety

Advocate for Children and Youth NL

193 LeMarchant Road, St. John's

(709) 753-3888

www.childandyouthadvocate.nl.ca

As an independent office of the House of Assembly, this office has the authority to represent the rights, interests and viewpoints of children and youth who are entitled to receive services and access programs. They serve to ensure all rights of children and youth are respected and protected.

Coalition Against the Sexual Exploitation of Youth

108 LeMarchant Road, St. John's

(709) 754-0536

www.thrivecyn.ca/what-do-we-do/coalition-against-the-sexual-exploitation-of-youth-casey/

Operated through the Thrive Community Youth Network, the Coalition Against the Sexual Exploitation of Youth is a group of concerned professionals of the community who have come together to end the sexual exploitation of youth in our province. The Coalition provides support and education to the community by increasing the awareness and understanding of exploitation of youth. They offer educational awareness videos, brochures, posters and training for youth and community members.

Coalition Against Violence – Avalon East – see Gender and Sexuality

Department of Children, Senior and Social Development

95 Elizabeth Avenue, St. John's

(709) 729-0790

<http://www.cssd.gov.nl.ca>

The Department of Children, Seniors and Social Development works to ensure the protection and well being of children and youth in Newfoundland and Labrador. They develop programs, policies and services to promote the rights of child and youth to ensure that each child has the chance to safely grow, develop and succeed. Programs and services provided include: Adoption, Youth Criminal Justice, Young Persons Offences and Child Protection.

Child Protection Services

(709) 729-4612 OR After Hours: (709) 729-4775

<http://www.cssd.gov.nl.ca/childprotection/index.html>

Child Protection Services ensure that every child is safe and well treated and works to investigate and provide interventions for allegations of maltreatment. Services include: Protective Intervention Program, Voluntary Care Agreement, Youth Services Program and In Care program for placement of children in foster families.

Kids Help Phone

1-800-668-6868

www.kidshelpphone.ca

Kids Help Phone offers free and anonymous counselling, referrals and information to children and youth of all ages. Through their service lines and conversation, Kids Help Phone aims to improve the well being of all children by giving them a chance to be heard no matter how big or small their concerns may be.

NL Human Rights Commission

21 Crosbie Place, St. John's

(709) 729-2709

www.justice.gov.nl.ca/hrc/

The Human Rights Commission strives to create a positive and respectful province and community where everyone is treated with dignity, and where diversity is encouraged and promoted by all. Any complaints against Human Rights are of high importance and can be made to the Human Rights Commission. The Commission also provides education, support and advice to the community in matters that related to human rights.

NL Legal Aid Commission

251 Empire Avenue, St. John's

(709) 753-7860

www.legalaid.nl.ca

Legal Aid is a program available to those in financial need who are seeking help and cannot afford private legal counsel. This commission ensures that all people, regardless of their social situation, have access to the knowledge and services they need to protect themselves, their rights and their quality of life. Further information and applications are available online from the website above.

NL Sexual Assault Crisis and Prevention Centre

360 Topsail Road, St. John's

(709) 747-7757 OR 24-hour Crisis Hotline 1-800-726-2743

www.nlsacpc.com

The Sexual Assault Crisis and Prevention Centre offers support to men, women and youth who have been affected by any type of sexual violence. The Centre offers support services on education and prevention to youth in an attempt to end sexual violence in our communities and our province. Programs and services include: 24-hour Crisis Hotline, Peer Support Program, Medical and Legal Meeting Accompaniments, Professional Referrals and Educational Workshops.

Provincial Advisory Council on the Status of Women

15 Hallett Crescent, St. John's

(709) 753-7270

www.pacsw.ca

This Provincial Advisory Council provides advice to Government on issues affecting the status of women and educates the community on the issues that women may face. They also offer services and information to young girls on how to be safe online when using social media.

Thrive Community Youth Network

108 LeMarchant Road, St. John's

(709) 754-0536

www.thrivecyn.ca

Thrive provides youth with the services and resources they need to succeed. The services provided are youth-friendly, non-discriminatory and located in safe, accessible environments. Thrive works with many other organizations in the community to address the concerns of youth today and to reach out to youth in all areas of our communities. They are considered leaders in alternative education for youth who have or are at risk of leaving school. Thrive also provides education and support to parents, caregivers and families in dealing with troubled youth. Programs include: Community Support and Development, Education, Street Reach, Velocity Adventure, Project Endure and Reach Out.