

**Direct Your Life**  
**Support Groups**

<b>Support Groups</b>	<p><b>Dismas Fellowship, Toronto ON</b> Fellowship meetings for ex-inmates. Website: <a href="https://dismasfellowshipnetwork.com/toronto/">https://dismasfellowshipnetwork.com/toronto/</a> Email: <a href="mailto:dismassarnia@gmail.com">dismassarnia@gmail.com</a> Phone: 1-877-554-1076</p> <p><b>Women For Sobriety</b> Self-help recovery group for women with substance use disorders. Eligibility: Women 18 years and older with drug and/or alcohol problems who want to become sober. Website: <a href="https://womenforsobriety.org/">https://womenforsobriety.org/</a> Email: <a href="mailto:contact@womenforsobriety.org">contact@womenforsobriety.org</a> Phone: 215-536-8026</p> <p><b>The Bridge</b> The Bridge Hamilton provides reintegration services to people exiting incarceration. At our temporary 399 Barton Street location, we provide several reintegration supports including our Transitional Housing Program. Phone: 905-522-0283 Fax: 905-522-7318 Email: <a href="mailto:info@hamilton-bridge.ca">info@hamilton-bridge.ca</a> Website: <a href="https://www.hamilton-bridge.ca/">https://www.hamilton-bridge.ca/</a></p>
<b>Youth Support Groups</b>	<p><b>Youth Wellness Hubs</b> Ten hubs are established to serve as fully integrated “one-stop-shops” for youth aged 12-25, to address their needs related to mental health, substance use, primary care, education training, employment training, housing, and other community and social services. These hubs will also include peer services, outreach, and system navigation services. Services will emphasize quality</p>

and will be timely, integrated and co-located.

Website: <https://youthhubs.ca/en/sites/>

**Liberty for Youth**

Phone: 905-297-7929

Email [info@libertyforyouth.org](mailto:info@libertyforyouth.org)

Website: <https://www.libertyforyouth.org/>

**TNG Community Services**

Need help with school? We've got you covered. Looking for work? No problem, we can help. If you're looking for something to do after school or on the weekend, check out our programs and drop-ins. If you're having trouble at school or with police, we're here to help you through it. Just need someone to talk to or some advice? We're ready, willing and able.

Website: <https://tngcommunityto.org/Programs-Services/Children-Youth>

**Toronto Council Fire native Cultural Centre**

The Toronto Council Fire native Culture Centre operates Friendship Centres which provide programming directed at serving the Aboriginal population. This Friendship Centre offers educational classes, youth programming, a drop-in centre, recreational activities, daily meals, a food bank, employment services, counselling, life skills training, cultural activities, housing support, prenatal support, child development programming, and wellness initiatives.

Phone: 416.360.4350

Website: <http://www.councilfire.ca>

**Youthspace.ca (NEED2 Suicide Prevention, Education and Resource)**

Youth Text (6pm-12am PT): (778) 783-0177

Youth Chat (6pm-12am PT):

Website: [www.youthspace.ca](http://www.youthspace.ca)

**African Community Services**

African Community Services of Peel offers: a newcomer Settlement Program; Youth Programs; Womens Programs; Community Programs; Seniors Programs; Mental Health Programs; Programs for the Black Community; and volunteer opportunities. Visit their website for more information.

Phone: 905-460-9514

Website: [www.africancommunityservices.com](http://www.africancommunityservices.com)

**Outward Bound Canada**

Offers a variety of outdoor adventure courses for youth, providing an inclusive and supportive environment for participants from diverse cultural, economic, and social backgrounds. Provide a variety of funded opportunities for youth to participate in courses.

Website: [https://www.outwardbound.ca/mental-wellbeing/?gad=1&gclid=Cj0KCQjwrMKmBhCJARIsAHuEAPT\\_5hidl2cgYxUr-K7RCAJe9TPvuEszbDc9-YrU3IH6NluGLnNVw5gaAog0EALw\\_wcB](https://www.outwardbound.ca/mental-wellbeing/?gad=1&gclid=Cj0KCQjwrMKmBhCJARIsAHuEAPT_5hidl2cgYxUr-K7RCAJe9TPvuEszbDc9-YrU3IH6NluGLnNVw5gaAog0EALw_wcB)