

## SERVICES IN SARNIA-LAMBTON

### St. Clair Child and Youth Services

(519) 337-3701

- Children's mental health centre (0-18 years old)
- Services include:
  - clinical services
  - community services
  - residential services (Community Girl's Home)



### Family Counselling Centre

(519) 336-0120



- **STARRting Point** provides information and referrals for all children's services in Lambton County and provides a single point of access for all children's residential placements

### Children's Aid Society

Sarnia-Lambton

(519) 336-0623



### Pathways Health Centre for Children

(519) 542-3471



A family-centred community agency that serves Lambton County children and youth with physical, developmental and communication needs and their families, as well as adults for some specialized services.

### Sarnia-Lambton Rebound

(519) 344-2841



Is committed to supporting young people in reaching their full potential. We support youth who are experiencing difficulties at home, school or with the law.

Services Include:

- **Life Choices** – social skills development for youth 12-17 years old
- **SAFE Choices** – targets youth 12-17 years old to help them make informed decisions on substance abuse

- **STAND** – empowers youth 8-17 years old through motivational strategies to help enable them to make responsible decisions for themselves
- **Justice Forums** – innovative approach to resolve non-violent and minor criminal offences involving youth before the courts
- **PASS** – Positive Alternative to Suspension from School – Gr. 7 – 12
- **STAGE** – Striving Toward Achieving Girl Empowerment (adolescent girls)



### Canadian Mental Health Association

– Lambton County Branch

(519) 337-5411

For youth 16 years of age and older

### Bluewater Health

- **Lambton County Addiction Services**  
(519) 464-4400 Ext. 5370  
Youth and adult programs



- **Problem Gambling Services**  
(519) 464-4400 Ext. 5370

### Community Living – Sarnia Lambton

(519) 332-0560

For children with an intellectual disability

Services include:

- Respite
- Social and recreational activities



### Autism Ontario – Sarnia Lambton

(519) 332-0333

For all individuals with Autism Spectrum Disorders

Services include:

- advocacy and support
- information
- public and professional awareness
- programs and services
- presentations



**Community Resources for Parents**

The St. Clair Catholic District School Board is committed to promoting a positive school climate in all of our Catholic schools. This commitment is a key component in the prevention of aggressive behaviours. A positive school climate exists when there are healthy relationships among students and when we see members of the school community feel safe, comfortable and accepted.

When students struggle with issues related to anger management, bullying and substance abuse, it is important to know where to look for help.

This pamphlet is designed to assist parents and students in accessing resources and community supports that promote positive behaviour and assist in building healthy relationships with peers and adults.

Your school principal and members of the school's student support services team will be happy to help you access any of these community agencies. Many of these services are available at no cost to the families of students in need.



## SERVICES IN CHATHAM-KENT

### Chatham-Kent Children's Services

(519) 352-0440

Services include:

- mental health services for children and families
- child protection services (CAS)
- child development and prevention services



### Chatham-Kent Mental Health & Addictions Program

(519) 351-6144



(located at the Chatham-Kent Health Alliance)

- For youth 16 years of age and older
- Referrals accepted from any source



### Canadian Mental Health Association

(519) 436-6100

- For youth 16 years and older

### Community Living Chatham-Kent

(519) 352-1174 Ext. 225 (Heather Wice)

### Community Living Wallaceburg

(519) 627-0777



- For children with an intellectual disability
- Services include:
  - respite
  - social and recreational activities

### Family Service Kent

(519) 354-6221



- **KIDS Team** – single point of access for residential treatment

### Rain & Shine Behavioural Counselling

(519) 351-6657 (Fee for Service)

In home support services include:

- Parent Coaching
- Child Behaviour Management
- Tutoring
- Day respite

### WAYS – Western Area Youth Services

(519) 354-2065 Ext. 2007

### Crisis Intervention

(519) 354-4095



Services include:

- Crisis support (up to 18 years old)
- Family respite (up to 6 years old)
- Community youth support (14 – 21 year olds)

### Centre for Addiction & Mental Health

(519) 360-1829



Services include:

- Information on mental health and addictions
- Child, youth and family programs
- Youth programs

### KIDS Help Phone

1-800-668-6868

- Provides immediate bilingual counseling services 24 hours daily



[www.kidshelpphone.ca](http://www.kidshelpphone.ca)