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☞ When you see this mouse icon it means that the organization has a web-site for you to explore on-line for even more information.

We couldn't possibly fit all the available information in one tiny book so we have an expanded version of the "Little Black Book" available on-line! Check out:

☞ www.unitedwayperththuron.ca/Home.html for links to interactive web-sites and even more local information to help you make the best decisions!

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Phone Lines for you...

Kids Help Phone:	1-800-668-6868
Rural Abuse Helpline:	1-800-668-5094
Crime Stoppers Hotline:	1-800-222-8477
Huron-Perth Crisis Intervention:	1-888-829-7484
Perth Health Line: Stratford	519-271-7600 ext 267
	North Perth 1-877-271-7348 ext 267

Need Help?...Start Here

Dial 2-1-1

Sometimes it can be difficult to know what you need; it can be hard to know where to start looking or to know what's available. When you dial 2-1-1, a real person will listen to your situation and help connect you to people who are willing to help. Dialing 2-1-1 makes it easy to find information and learn about your options. 211 is a free call to make and it is available 24/7.

 www.youthspark.ca SPARK is a Huron County Health Unit web-site designed by youth, for youth. Get information about sex, healthy eating and emotional health. It also features "Ask a Pro", which lets you ask questions anonymously to a health care professional.

Coping isn't easy...

1. Suicide and Crisis

Many people go through life hiding their feelings and problems from those around them. They think it's not okay to have feelings of sadness or to be overwhelmed by life, or to face problems that seem as though they can't be overcome.

Usually one of the fears people have is asking for help; but that is exactly what you should do; it does not make you look weak or incapable. Life is full of choices, and sometimes it's hard to realize the right ones on your own.

If someone you know tells you they're thinking about suicide, *take them seriously*. Let them know you're there to listen and help out in any way you can, and don't make them feel guilty about their problem. Suggest that they talk about what they're feeling with a professional.

Make sure you tell an adult you can trust or call one of the numbers below if you or someone you know who is feeling down, or thinking about suicide.

Mental Health Services Information 1-866-531-2600

A 24-hour helpline providing free, confidential and anonymous information and referral to local mental health services.

Huron-Perth Mental Health Crisis Intervention Program 1-888-829-7484
519-482-3961

☎ www.hpha.ca/

A 24-hour crisis counselling line for people with emotional distress and/or mental illness. Face-to-face support is available at the Stratford General Hospital Special Services Unit.

Canadian Mental Health Association Huron-Perth 1-888-875-2944

Stratford: 519-273-1391

Seaforth: 519-527-2442

☎ www.cmha-hp.on.ca


The CMHA has an early intervention program for youth, which offers peer support, recreation services, workshops and public education.

2. Counselling

Are personal problems, family issues, a crisis, or events from your past causing you stress or anxiety? Talking to someone may help you work things out. Of course, talking to your friends can help at times, but speaking with a professional or individual who is used to talking with people in your situation can be very helpful. Often, they can help you see another point of view or make suggestions you might not have thought about.

If you don't want your family involved or don't want anyone to know you're seeking help, many of the resources below offer free, confidential services. Try to write down your thoughts or make a list of questions/concerns to ensure you're getting the help you're looking for when you call or visit.

Choices For Change 1-877-218-0077
Stratford: 10 Dowine St. 3rd Floor 519-271-2746

 www.choicesforchange.ca

Provides professional counselling, resources and support for teens struggling with their own, or a loved one's substance abuse. In Perth County the main office is located in Stratford with outreach offices in Mitchell, Listowel and St. Marys and all area high schools.


In Huron County the main office is in Seaforth with outreach to Goderich, Wingham, Exeter and Clinton.

Perth Health Line: Stratford 519-271-7600 ext 267
North Perth 1-877-271-7348 ext 267

School-Based Public Health Nurses are available to meet with Perth County students in the Avon Maitland District School Board to provide supportive, confidential counselling.

Huron-Perth Centre

1-888-829-7484

 www.hpcentre.on.ca

The Huron-Perth centre has offices in Clinton, Listowel and Stratford. Offers group family and individual counselling services

Crossing Bridges Youth Stratford:

519-275-2594

Crossing Bridges is a drop-in program that helps struggling youth deal with their substance use. Crossing Bridges provides shelter, food, stability, employment skills, living skills, and most importantly a place to talk. We are open Tuesday, Wednesday 11 am-4 pm and Thursday 12 noon-3 pm. There are no appointments needed, and everything shared at Crossing Bridges is 100% confidential.


Huron-Perth Children's Aid Society

Goderich: 413 MacEwan St E.

1-800-265-5198

Stratford: 639 Lorne Ave E.

1-800-668-5094

 www.h-pcas.ca

Free counselling offered for youth 16 and under and their parents Monday-Friday: 8:30 am-4:30 pm.

Huron Safe Homes for Youth

1-800-361-1640

Goderich:

519-235-0433

 www.huronsafehomes.com

Provides confidential services for youth between the ages of 16-18. There is no cost to individuals accessing services such as temporary shelter, counselling, crisis intervention and support for pregnant teens.

Community Psychiatric Services

Clinton:

519-482-3961

Goderich:

519-524-8316

Seaforth:

519-527-2711

Wingham:

519-357-1614

 www.amgh.ca

Alexandra Marine & General Hospital has outpatient mental health programs that include: therapy groups and individual counselling. Eating disorder programs for youth are offered in Clinton.

3. Running Away


Almost everyone thinks about running away from home at some point. You might feel like you want to escape, but people who have run away say that usually you just end up exchanging one rotten situation for another.


Talking to someone may help you think through your options and make an intelligent decision that's right for you. See the places below for emergency accommodation.

Salvation Army

Clinton: 43 Albert St.	519-482-8586
Goderich: 309 Suncoast Dr E	519-524-2950
Listowel: 661 Main St. E	519-291-2900
Stratford: 230 Lightbourne Ave.	519-271-2763
Wingham: 205 Josephine St.	519-357-1387

Huron Safe Homes for Youth	1-800-361-1640
Goderich:	519-235-0433

 www.huronsafehomes.com

Stratford/Perth Shelterlink	519-272-2294
Stratford: 130 Youngs St. 3 rd Floor	
 www.shelterlink.org	

4. Family Problems

Just can't seem to get along with your family? Are they driving you crazy? Maybe it doesn't have to be that way - maybe the solution needs to start with you. Here are some options to try:

Crossing Bridges Youth

519-275-2594

Crossing Bridges is a drop in program that helps struggling youth deal with their substance use. Crossing Bridges provides shelter, food, stability, employment skills, living skills, and most importantly a place to talk. We are open Tuesday, Wednesday 11am-4pm and Thursday 12noon-3pm. There are no appointments needed, and everything shared at Crossing Bridges is 100% confidential.

Family Services Perth-Huron

1-800-268-0903

Stratford:

519-273-1020

Offers counselling services for individuals and families across Perth and Huron Counties.

Huron-Perth Centre

1-888-829-7484

☎ www.hpcentre.on.ca

Monday-Friday 9 am-5 pm

Evening appointments are available upon request.

Counselling services are offered to youth and parents as a means of resolving family issues.

Huron-Perth Children's Aid Society

Goderich: 413 MacEwan St E.

1-800-265-5198

Stratford: 639 Lorne Ave E.

1-800-668-5094

☎ www.h-pcas.ca

Youth under 16 and their parents can make an appointment for individual and/or family counselling.

5. Gangs, Violence and Crime

If you're in a gang, or you feel scared of a gang, you don't have to feel helpless, trapped or threatened.

Crime Stoppers Hotline

1-800-222-8477

You can make an anonymous call if you have information about a crime that has been committed or is being planned. If the information you provide results in an arrest you could receive a reward of up to \$1,000.

6. Drugs, Alcohol and Addiction

The use of alcohol and drugs can impact your life in negative ways. If you're going to use, it's important to make informed choices and understand the potential risks that can have an impact on your life. When you're under the influence you're more likely to make bad decisions that you normally wouldn't make when you're sober. If you do choose to take alcohol or drugs, make sure you have a safe ride home; check out our listings of local taxi services on page 83. Driving while intoxicated is against the law and risks the lives of you and others. If you, a friend or a family member has a problem with drugs or alcohol, confidential and anonymous support is available.

Alcoholics Anonymous **1-800-706-9833**
Listowel-Palmerston (Waterloo office): 519-742-6183

 www.aa.org

Meetings for people coping with alcoholism where they can share experiences and stay sober.

DART Helpline **1-800-565-8603**
Drug & Alcohol Registry of Treatment

 www.dart.on.ca

Choices For Change 1-877-218-0077
Stratford: 10 Dowine St. 3rd Floor 519-271-2746
☎ www.choicesforchange.ca

Provides professional counseling, resources and support for teens struggling with their own, or a loved one's substance abuse. Main office is located in Stratford with outreach offices in Mitchell, Listowel and St. Marys and all area high schools. In Huron County the main office is in Seaforth with outreach to Goderich, Wingham, Exeter and Clinton.

MADD Canada – Huron/Bruce 519-357-4552
☎ www.madd.ca

MADD is a network committed to stopping impaired driving, offering community outreach and victim services.

Narcotics Anonymous 1-800-573-0920
☎ www.na.org


Exeter, Goderich, Listowel, Seaforth and Stratford.

Ontario Problem Gambling Helpline 1-888-230-3505
24-hour information helpline for problem gamblers.

7. Homework Help

Need some help with your homework, a project, or studying for a test? Ask about homework clubs at your high school, go to your local library, or check out some of these resources:

Avon Maitland District School Board

 www.gsc2.amdsb.ca

East St Station

519-524-5612

Goderich: 1 Maitland Rd.

 www.eaststreetstation.ca

Listowel Upper Deck Youth Centre

519-291-9296

Drop by on for free tutoring and homework help from peers and adult tutors Monday-Friday 3:30 pm-4:30 pm.

Youth Centre: Homework Club

519-273-3014

Stratford: 165 Downie St.

Drop by Wednesdays between 4pm-5pm for homework help from a peer or a Youth Centre volunteer.

8. Loss and Grief or Life-Threatening Illness

When someone you love has been diagnosed with a life-threatening illness, is dying or has died, it can feel like a part of you is being ripped away. Instead of hiding your feelings and trying to be “strong”, it can really help to talk to someone. There’s nothing wrong with looking for extra help to get through this tough time.

Stratford Grief Support Network 519-275-2187


Call to find out when you can attend a support group session to talk with others in similar situations.

Huron Hospice Volunteer Services

Rainbows Program

Seaforth Community Hospital: 519-527-0655

Wingham and District Hospital: 519-357-2720

 www.huronhospice.ca

Provides emotional support by qualified volunteer teams to individuals with life-threatening illness and their families, as well as grief counselling and cancer support groups.

Wellspring Stratford

519-271-2232

Stratford: 48 Well St.

☞ www.wellspringstratford.ca

Provides care for families living with cancer, including emotional support, information, yoga, relaxation therapy and a “Look Good, Feel Better” program.

Victim Services

Huron County:

1-866-863-4108

Perth County:

1-866-387-7773

☞ www.victimservicesontario.ca

Specially trained crisis volunteers are available anytime to offer assistance and emotional support to family members and victims of tragic circumstances including suicide, homicide, sudden death and accidents.

9. Loneliness

There's nothing wrong with feeling lonely sometimes. The important thing is that you do something about it! Check out "There's Nothing to Do" section on page 30 for a listing of places where you can go that will keep you busy and help you meet new people.

10. Anger Management

Anger is a powerful emotion. Sometimes it's hard to control and when it gets out of hand sometimes it becomes destructive. But when properly understood and managed, anger can actually be healthy and constructive. Learn to recognize your own anger patterns and how to react in appropriate ways by taking advantage of the resources below:

Perth Health Line: Stratford **519-271-7600 ext 267**
North Perth **1-877-271-7348 ext 267**

School-Based Public Health Nurses are available to meet with Perth County students in the Avon Maitland District School Board) to provide supportive, confidential counselling.

Huron-Perth Centre

1-888-829-7484

☎ www.hpcentre.on.ca

The Huron-Perth centre has offices in Clinton, Listowel and Stratford. They offer group family and individual counselling

Huron-Perth Children's Aid Society School-Based Program

Goderich: 413 MacEwan St E.

1-800-265-5198

Stratford: 639 Lorne Ave E.

1-800-668-5094

☎ www.h-pcas.ca

On-site intervention services and counselling for youth experiencing anger issues, bullying or other social difficulties.

Huron Perth Mental Health Services 1-877-695-2524

Clinton:

519-482-3961

The Huron Perth Healthcare Alliance operates a number of mental health programs and support services, call for more details.

I've Been Hurt...

1. Victim and Witness Assistance

If you are being hurt emotionally or physically by the wrong actions of another person, you are a victim. Being a victim doesn't always mean that you show outside scars, but it always means that you have inside scars. If you have been a victim of a crime the services listed below can offer the support and resources you need to help your scars heal a little better.

If you suspect or have witnessed the abuse of someone close to you, talk to someone about your concerns. Don't sit by and hope it'll go away; you may help to save a life.


Victim Services

Huron County:

1-866-863-4108

Perth County:

1-866-387-7773

 www.victimservicesontario.ca

Victim Services offers 24 hour service for crisis intervention, emotional support and referrals to victims of crime or tragic circumstances.

Ontario Victim Services Secretariat

Goderich: 519-524-4085

Stratford: 519-271-5221

☎ www.victimservicesontario.ca

Information and support during the criminal justice process.

Contacting the Police & Emergency Services 911

This is the number to call in an **emergency situation** to contact the police, fire department or ambulance for issues that require immediate attention.

Stratford Police Service: 519-271-4141

Wingham Police Service: 519-357-1212

Ontario Provincial Police (OPP) 1-888-310-1122

Huron County: 519-524-8314

Clinton: 519-482-9626

Exeter: 519-235-1300

Goderich: 519-524-1074

Grand Bend: 519-238-2345

Wingham: 519-357-1331

Perth County: 519-393-6123

Listowel: 519-291-1414

Mitchell: 519-348-9700

2. Family Violence and Abuse

Nobody's family is perfect, but no parent has the right to hurt their child. If you feel threatened, bullied or violated by someone in your family, talk to someone. Whether you are being harmed physically, psychologically or sexually or if you just can't get along, there are resources for both you and your parents. It's important to seek help for your own safety as well as the sake of your whole family. Emergency contacts for the **Police** and **OPP** are listed in the, "Victim and Witness Assistance" section.

Family Services Perth-Huron

1-800-268-0903

Stratford:

519-273-1020

Offers family counselling for individuals and families through group therapy, individual therapy a family violence treatment programs.

Huron-Perth Centre

1-888-829-7484

 www.hpcentre.on.ca

The Huron-Perth centre has offices in Clinton, Listowel and Stratford. They offer group family and individual counselling Evening appointments available upon request.

Huron-Perth Children's Aid Society

Goderich: 413 MacEwan St E.

1-800-265-5198

Stratford: 639 Lorne Ave E.

1-800-668-5094

☎ www.h-pcas.ca

Offers free counselling to children under 16 years and their parents as well as child protection services.

Huron-Perth Children's Aid Society

Rural Abuse Helpline

1-800-338-2556

☎ www.h-pcas.ca

A toll-free line for children who have been abused.

Family Law Information Centre

519-271-2640

Stratford: Administration of Justice Building,

100 Patrick St. Wednesday 1 pm-3 pm

FLIC provides resources, information, services and advice on the legal system for clients considering family court action.

1. Volunteering


Do you need community service hours for school, or do you need work experience? Do you just want to volunteer in your community and feel a sense of accomplishment and pride? Through volunteering, you can meet new people, work in an area that you're interested in and gain valuable experience you can learn from that looks great on resumes and post-secondary applications. Not to mention you're making a difference for people in your community.

🔗 www.volunteerconnection.ca you can browse and search volunteer opportunities filtering your results according to your age, availability, location, area of interest and more! You can also find listings of local non-profit agencies and services.

For some more ideas check out other local organizations that you're interested in or student services at your school to find opportunities for students.

Volunteers in Perth

519-271-1329

 volunteersinperth.blogspot.com

Volunteers in Perth is an association of volunteer supported organizations in Perth County that collectively promotes, supports, recognizes, and advocates for volunteerism in Perth.


Accessibility Advisory Committees

If you or someone close to you has a disability and you would like to make a difference, join the committee to advise municipal government in the identification, removal and prevention of barriers in the community and improve opportunities for other people with disabilities.

City of Stratford: **519-271-0250 ext 237**

County of Huron: **519-524-8394 ext 259**

Every community in Perth and Huron Counties has many opportunities for you to get involved in sports, arts, dance and theatre; check out our on-line version of the Little Black Book for more information about what your community has to offer!

 www.unitedwayperthhuron.ca

There's nothing to do...

1. Recreation Centres

Do you just want something fun to do? Here are a few ideas to get you going in your free time.

Indoor Swimming Pools

Pyramid Recreation Centre 519-284-2160
St. Marys: 317 James St.


Vanastra Recreation Centre 519-482-3544
Vanastra: 26 Toronto Blvd.

Wescast Community Centre 519-357-1208
Wingham: 99 Kerr Dr.

YMCA of Goderich-Huron 519-524-2125
Goderich: 190 Suncoast Dr.

 www.ymcasar.org

YMCA of Stratford-Perth 519-271-0480
Stratford: 204 Downie St.

 www.stratfordperthymca.com

Huron-Perth Children's Aid Society: 1-800-265-5198
Huron County, Booster Program

 www.h-pcas.ca

The Booster Program helps families in Huron County who cannot afford the full cost of recreational activities to cover costs associated with most sports and arts related programs that run between September-June.

Agricultural Societies


Many Agricultural Societies host Fall Fairs and events throughout the year. If you're interested in farming or farmer's markets contact your local Agricultural Society.

Brussels: **519-887-6687**

Huron Central: **519-482-7925**

Stratford: **519-271-5130**

Air, Army and Sea Cadets **1-877-540-6111**

 www.cadets.ca

Cadets are motivated to improve their physical fitness, to work harder at their academic studies and to give back to their communities through volunteerism.

Girl Guides of Canada

1-800-565-8111

☞ www.girlguides.ca

With locations all over Perth and Huron Counties, Girl Guides is a great way for girls of all ages to become a part of an exciting peer group where members learn, have fun and make new friends. Call the recruitment line to find the group nearest you.

Scouts Canada

1-888-726-8876

☞ www.scouts.ca

Call now to find out how you can get involved with Scouts and enjoy the adventures of making new friends and learning new skills

St. Marys LEO Club

519-284-1472

A Junior Lions Club for youth interested in serving their community, and making a difference.

St. Johns Ambulance Leadership Program

St. Marys:

519-284-0600

Learn practical leadership and life saving skills.

6. Youth Councils

Return

United Way-Youth United Council **1-877-818-8867**

Stratford: United Centre, 32 Erie St. **519-271-7730**

☎ www.unitedwayperthhuron.ca

The Youth United Council (YUC) is a group of youth aged 14-25 who work with the United Way and other local organizations on youth issues through advocating and raising awareness. YUC is always looking for new members to get involved. Serving as an advisory board to the United Way, YUC members build experience; participate as community leaders and work with professionals in a nonprofit organization. Participating in YUC is also a good way to get community service hours, and is a great reference for scholarship and post secondary applications! YUC is open to youth in Perth County or Huron County who are looking to make a difference. For more information feel free to call or drop by the office, you can also check out our

☎ Facebook Fan Page: www.facebook.com/UWPH1

7. Public Libraries

Stop by your local library or give them a call to find out about programs and activities, internet access, getting a library card to check out books, magazines and movies.

Huron County Library, Bayfield 20 Main St.	519-565-2886
Huron County Library, Blyth 435 Queen St.	519-523-4400
Huron County Library, Brussels 402 Turnberry St.	519-887-6448
Huron County Library, Clinton 27 Albert St.	519-482-3673
Huron County Library, Exeter 330 Main St.	519-235-1890
Huron County Library, Goderich 52 Montreal St.	519-524-9261
Huron County Library, Hensall 108 King St.	519-262-2445
Huron County Library, Howick 45088 Harriston Rd.	519-335-6899
Huron County Library, Kirkton Kirkton-Woodham Community Centre, 7047 Rd 164	519-229-8854

Huron County Library, Seaforth 108 Main St	519-527-1430
Huron County Library, Wingham 281 Edward St	519-357-3312
Huron County Library, Zurich 50 Main St	519-236-4965
Lambton County Library, Grand Bend 15 Gill St	519-238-2067
St Marys Public Library 15 Church St	519-284-3346
North Perth Public Library, Listowel 260 Main St	519-291-4621
North Perth Public Library, Monkton 216 Winstanley St	519-347-2703
North Perth Public Library, Atwood 218A Main St	519-356-2455
Perth East Public Library, Milverton 27 Main St	519-595-8395
Stratford Public Library 19 St Andrew St	519-271-0220

8. Drop-ins

Are you bored and looking for a fun place to hang out and meet new people? Call one of the places below to find out what they offer and when you and your friends can drop in.

Grand Bend Optimist Youth Centre **519-238-1155**
16 Municipal Dr.

Call the youth centre for drop-in hours and programs.

St. Marys Youth Centre **519-284-9965**

217 Park St Mon-Thu, Sat. 6pm-9pm Fri. 6pm-11pm

Come hang out and play arcade games like, pool, ping-pong, air hockey, foosball, Wii and PlayStation, and board games or catch a live band concert! Computers and Internet are also available.

Stratford Youth Centre **519-273-3014**

165 Downie St. Units 1 & 2

A fun environment where you and your friends can enjoy a variety of board and video games or hang out in the lounge or computer area that has Internet access. Call for more information on programs and workshops.

Listowel Upper Deck Youth Centre **519-291-9296**
280 Wallace St

Give the Youth Centre a call to see what's available.

Youth Zone **519-524-2125**

Goderich:

190 Suncoast Dr.

Come out on Friday's from 6 pm-8:30 pm. Bring a group of friends or come solo and meet new people through activities like sports, swimming and movies. Wii is offered every Friday night.

9. Internet Access

All libraries in Perth County and Huron County offer free computer and internet access. Check out the list under "Public Libraries" on page 34 to find your local library. Also some of Youth Centres have free access to the Internet. In some towns and cities coffee shops also have free Wi-Fi access to the Internet. If you're looking for employment check out the Centre's for Employment and Learning for free access to Internet job search engines. See page 70 for more information.

10. Recreation Centres

North Huron

Wescast Community Centre 519-357-1208
Wingham: 99 Kerr Dr.

Blyth & District 519-523-9600
Community Centre and Arena
Blyth: 377 Gypsy Ln.

Belgave Community Centre 519-357-4220
12 Queens St.

Howick Community Centre 519-335-3883
Harriston Rd. (Hwy 87)


Central Huron & Goderich

Clinton Arena & Community Centre 519-482-7731
Clinton: 129 Beech St.

REACH Centre 519-606-1408
Clinton: 169 Beech St.

Memorial Arena 519-524-9032
Goderich: 180 McDonald St.

YMCA of Goderich-Huron 519-524-2125
Goderich: 190 Suncoast Dr.

 www.ymcasar.org

Huron East
Brussels, Morris and Grey Arena 519-887-6621
Brussels: 800 Sports Dr.

Vanastra Community Centre 519-482-3544
26 Toronto Blvd.

South Huron
South Huron Recreational Centre 519-235-2833
Exeter: 94 Victoria St.

Huron Park Arena 519-228-6425
69625 Airport Line

Bluewater
Hensall Arena 519-262-3206
157 Oxford St.

Bayfield Community Centre & Arena 519-565-2121
4 Jane St.

Bluewater-Zurich Recreation 519-236-4969
15 East St.

North Perth

Elma-Logan Recreation Complex 519-347-2650
Monkton: 200 Nelson St.

Wallace Community Centre and Arena 519-291-2976
Kurtzville: 6670 Perth Line 88.

Perth East

Perth East Recreation Complex 519-595-8375
Milverton: 40 Temperance St.

West Perth

Mitchell & District Arena 519-348-9311
Mitchell: 185 Wellington St.

St. Marys

Pyramid Recreation Centre 519-284-2160

St. Marys: 617 James St.

YMCA of Stratford-Perth 519-284-2500

St Marys: Wellness Centre, 268 Maiden Ln.

 www.stratfordperthymca.com

Wildwood Conservation Area 519-284-2931

3995 Line 9 (RR #2)

Stratford

Stratford Rotary Complex 519-271-7731

353 McCarthy Rd.

William Allman Memorial Arena 519-271-2161

15 Morenz Dr.

Dufferin Lions Arena 519-271-8860

15 Oak St

YMCA of Stratford-Perth

519-271-0480

204 Downie St.

 www.stratfordperthymca.com

I want to know about...

1. Getting a Birth Certificate

This piece of identification lets the world know who you are and that you are a Canadian citizen, and entitles you to all the rights and privileges of living in Canada.

All applicants over 9 years of age need to have a guarantor, which is someone that has known you for at least two years, and is currently serving or practicing in specified professions. They are needed to guarantee that your information is accurate, and must give you their permission to provide their name. For more information and an online application, contact:

You can call ServiceOntario

1-800-267-8097

 www.serviceontario.ca

Service Canada's toll-free help line:

1-800-622-6232

 www.servicecanada.gc.ca

2. Getting a Health Card

A health card is an important thing for all residents of Ontario to have because it's what you show when you visit a doctor or hospital. Most of our health care is paid for by the government, and this piece of photo identification, which you receive at birth, is your way of receiving this care. If your card is lost, stolen or broken, then you must report it immediately. For health card services, including registration, renewal or if you have changed your address, visit one of the places below.

ServiceOntario

1-800-267-8097

 www.serviceontario.ca

Clinton: 65 Albert St.

519-482-9138

Goderich: 38 North St.

1-800-267-8097

Exeter: 388 Main St.

519-535-4578

Listowel: 975 Wallace Ave.

519-291-9000

Mitchell: 53 Ontario Rd.

519-348-0990

Stratford: 5 Huron St.

519-271-9995

Wingham: 185 Josephine St.

519-357-4386

3. How to Manage My Money

Managing your money is a skill that you will have to master. It is important that you learn how to save and spend your money. Sometimes it can be tempting to spend all of the money you make on things that you want. But it is important to remember that saving money will allow you to do things that you want to do in the future, like go to school or buy a car. Check out some of these resources for more information about how to effectively budget and manage your money.

Financial and Consumer Agency of Canada

☞ www.themoneybelt.gc.ca this is a practical web-site to help you manage your money; it is a gateway to learn about money. Look around and increase your financial skills!

4. Skin Care

As you're probably aware many teens fight the battle against acne. If you're unhappy with your skin, you're not alone. Acne is common because of the hormonal changes of puberty causing an increased amount of oil production in your skin. Stress and cosmetics can sometimes make it even worse.

Using a mild cleanser every morning and night is one way to help, but beware; over cleaning or too much attention can also make it worse. If your acne is severe, talk to your doctor or local pharmacist for some helpful suggestions. Either way, don't sweat it!

For some more skin care tips, check out the sites below:

☞ www.kidshealth.org/teen offers answers and advice on acne and skin concerns as well as other health-related topics.

☞ www.canadian-health-network.ca has a selection of health info, facts and tips especially for youth.


5. Dental Help

No one should have to suffer a toothache! If you're under the age of 17, and the cost of insurance or necessary treatment could cause you or your family financial hardship, you may be eligible to receive subsidized dental care. Services are available in both Huron and Perth Counties to children and youth who require urgent or essential dental treatment.

Huron County Health Unit **1-877-837-6143**

Dental Services


Clinton: 77722B London Rd (RR #5) **519-482-3416**

 www.huroncounty.ca/health/

Perth District Health Unit **1-877-271-7348**

Dental Services

Stratford: 653 West Gore St. **519-271-7600**


 www.pdhu.on.ca

6. Quitting Smoking

There is nothing healthy about smoking and exposing yourself and those around you to the harmful toxins from cigarettes. You probably don't want to hear this, but there is no "easy" way to quit smoking. It might just be the hardest habit you'll ever have to break, but it will be worth it.

Here are some ideas to help you quit:

- Find your own motivation; know that this is good for you, your family and your friends.
- Ask for help from one or two friends or quit together.
- Stay away from places where people smoke (for a while) so you're less tempted to fall back into the habit.

QUIT RUN CHILL is a free online program for young adults who are smokers and ex-smokers. It's based on the idea that everyone wants to be a bit healthier. It offers facts about quitting, being active, and managing stress. Check out:  www.quitrunchill.org

Canadian Cancer Society

1-877-513-5333

Smokers Helpline

Whether you are thinking about quitting, want to quit, have quit or want someone else to quit, this is the place to call for support, information and advice.

Huron County Health Unit

1-877-837-6143

Tobacco Awareness

Clinton: 77722B London Rd (RR #5)

519-482-3416

☎ www.huroncounty.ca/health/

The Community Health department offers programs to help you quit, as well as tobacco awareness materials.

Perth District Health Unit

1-877-271-7348

Stop Smoking Clinic

Stratford:

519-271-7600

☎ www.pdhu.on.ca

A personal counselling service available by appointment for smokers who want to understand why they smoke, reduce the amount they smoke and have support while they quit.

7. Live Healthy

A very tiny percentage of people have a “perfect” body (whatever that is?). Yet many people spend their lifetime battling their natural shape to attain this “perfection” and miss out on a lot of fun along the way.

For some people, dieting can get to the point where it becomes dangerous. A person who suffers from Anorexia Nervosa deliberately starves him/herself, while a person with Bulimia will eat a lot of food in a short period, then either fast then vomit, or use laxatives to get rid of the food. They become stuck in this cycle, some-times not even realizing they have a problem, and often not knowing how to get out. If you, a family member, or a friend has an eating disorder, you can get help.

There are good and bad ways to manage your weight. Here are some groups that will understand your problems, and fitness centres to get a healthy workout.

Curves

Clinton: 54 King St. **519-482-3330**

Exeter: 301 Main St. **519-235-0414**

Listowel: 1200 Wallace Ave. **519-291-9657**

Mitchell: 46 Ontario Rd. **519-348-0925**

Stratford: 684 Ontario St. **519-273-4141**

Dynafit Exercise Centre **519-291-2122**

Listowel: 275 Elma St. W

Goodlife Fitness Club **519-275-2582**

Stratford: 603 Romeo St.

Grand Bend Fitness Centre **519-238-3488**

37 Ontario St. N

Healthworks Tri-Chiropractic **519-273-3107**

Stratford: 245 Downie St.

Rob's Gym 519-527-0419
Seaforth Arena, 122 Duke St. Upper level.

South Huron Golf & Fitness Centre 519-235-
4555 Exeter: 190 Thames Rd. E

Wescast Community Complex 519-357-1208
Wingham: 99 Kerr Dr.


Vanastra Recreation Centre 519-482-3544
26 Toronto Blvd.

YMCA of Goderich-Huron 519-524-2125
Goderich: 190 Suncoast Dr.
☎ www.ymcasar.org

YMCA of Stratford-Perth
Stratford: 204 Downie St. 519-271-0480
St Marys: 286 Maiden Ln. 519-284-2500
☎ www.stratfordperthymca.com

EatRight Ontario

1-877-510-5102

 www.eatrightontario.ca

EatRight Ontario is your first stop for information and advice on nutrition and healthy eating. Call the phone line to speak with a registered dietician for free.

Eating Disorder Information Centre 1-866-633-4220

Call for information and referrals for all eating disorders.

Huron-Perth (HPHA)

519-272-8210 ext 2570

Eating Disorders Outreach Program

Stratford: General Hospital, 90 John St.

Outpatient program which offers assessment, nutrition counselling and psychiatry support.

Community Psychiatric Services

1-877-695-2524

Clinton: 56 Mary St.

Wingham: 253 Josephine St.

Outpatient eating disorders programs. Services include therapy groups, psychosocial rehabilitation, individual counselling and support for parents.

8. Sexuality, Birth Control and Pregnancy

If you're feeling pressured to have sex, you may need to look at your relationship. It's your body and you have the ability to choose what to do with it. Not having sex doesn't mean you don't care for your partner, and it is okay to say "no", even if you've said "yes" before. Sex isn't for everybody, so don't let others make your decision.

You can get the facts about sex and birth control at the places listed here. If you think you or a friend might be pregnant, remember that it will not go away if you ignore it. *It is very important to get a pregnancy test as soon as possible (this can be confidential).* Very soon, you could be faced with difficult decisions that will affect your entire life. You should talk to an adult you trust whether it's a parent, teacher, counselor or someone at a pregnancy centre for help and support.

**Huron County Health Unit
Sexual Health Clinic**

1-877-837-6143

Clinton: 77722B London Rd (RR #5)

519-482-3416

☎ www.huroncounty.ca/health/

Make an

appointment to access free information about sexuality, pregnancy and birth control. A physician is available to provide pap testing, HPV vaccine, low cost birth control, emergency contraception, pregnancy testing and counselling, STI testing and treatment and referrals.

**Perth District Health Unit
Sexual Health Clinics**

1-877-271-7348 ext 779

Stratford:

519-271-7600 ext 779

☎ www.pdhu.on.ca

The clinics provide information about birth control options, low cost birth control, pap testing, pregnancy testing and pregnancy counselling, a valid Health Card is required for some services. Call for an appointment.

Stratford: Festival Sq Building, 10 Downie St. 2nd Floor
Tuesday's, 5 pm-7 pm

St. Marys: St. Marys D.C.V.I., 338 Elizabeth St

First and third Thursday of the month, 1 pm-3 pm

Perth District Health Unit Continued...

Listowel: Out-Patient Building, 285 Sarah Avenue
Friday, 10 am-12noon

PDHU Health Connection 519-271-7600 ext 267

Drop in for sexual health information and counselling
and free pregnancy testing.

Stratford: 10 Downie St Festival Square 2nd floor.

Tuesday's 2 pm-4 pm; Thursdays 11 am-2pm

Listowel: Outpatient Services Building, 285 Sarah Ave N
Friday's 12 noon-1pm

Perth Health Line: Stratford **519-271-7600 ext 267**

Perth Health Line: North Perth **1-877-271-7348 ext 267**

School-Based Public Health Nurses are available to meet
with Perth County students in the Avon Maitland District
School Board) to provide supportive, confidential
counselling.

Huron County Health Unit 1-877-837-6143
Healthy Babies, Healthy Children
Clinton: 77722B London Rd (RR #5) 519-482-3416
☎ www.huroncounty.ca/health/

Young parents' pre-natal classes are offered as a six-class program for teens and young women. Topics include: nutrition, labour, birth, breastfeeding, what to expect after delivery, and bringing your baby home.

Perth District Health Unit
Healthy Babies Healthy Children Program
Perth Health Line: Stratford 519-271-7600 ext 267
Perth Health Line: North Perth 1-877-271-7348 ext 267
☎ www.pdhu.on.ca

Young parents' pre-natal classes are offered as a six-class program for teens and young women. Topics include: nutrition, labour, birth, breastfeeding, what to expect after delivery, and bringing your baby home.

Brighter Futures Ministry 519-357-9338
Wingham: 11A Veterans Rd.

If you're pregnant, or a young mother, drop by for information, counselling, or just to talk to someone.

9. Sexually Transmitted Infections and HIV/AIDS

STIs and HIV/AIDS are nothing to take lightly or laugh about. Many STIs are passed along through body fluids such as pre-cum, semen, vaginal fluids, breast milk and blood. Some STIs are found on the skin and surfaces of the vagina, penis, rectum and mouth. Direct contact with these surfaces may spread the infection. Any activity which can cause someone else's body fluids to get into your body may put you at risk for getting an STI, including needle sharing.

Some symptoms of common STIs include:

- Unusual discharge or odour from your penis or vagina
- A painful burning feeling while urinating
- Sores or blisters on or around your mouth or sex organs
- Itching, swelling or bumps in the groin area

Often there are no symptoms at all! If you choose to have sex, use a condom every time to reduce the risk of contracting STIs. Carrying a condom doesn't mean you're pushy, easy or overly sure of yourself, it just means you're being smart.

HIV is spreading rapidly in teens because many people ignore the facts or believe false ideas about AIDS and other STIs. For example, you can't be exposed by:

- Casual contact (hugging, shaking hands, etc.)
- Contact with doorknobs and or toilet seats.
- Donating blood

Here's how to limit exposure to HIV/AIDS and STIs:

- Not having sex (abstinence)
- If you have sex, properly using a latex condom makes contact much safer, although it doesn't guarantee protection
- If you use drugs, don't share needles
- Don't share items that may be contaminated with blood

It is true that choosing to be sexually active or to use drugs can cause serious consequences in your life, no matter what precautions you might be taking. If that's the choice you've made, then take responsibility to be as protected as possible.

HIV/AIDS Network **519-482-1141**


If you're looking for education about transmission, or someone in your family is HIV positive.

AIDS and Sexual Health Infoline **1-800-686-7544**

Call for anonymous and non-judgmental counselling, referrals to clinics and current information on STIs and HIV/AIDS including how to have safer sex and how to deal with relationship concerns.

Huron County Health Unit **1-877-837-6143**
Sexual Health Clinic

Clinton: 77722B London Rd (RR #5) **519-482-3416**

 www.huroncounty.ca/health/

By appointment

only

Free STI testing and treatment from a physician is offered, as well as a variety of other services and information related to sexual health.

Perth District Health Unit **1-877-271-7348 ext 779**
Sexual Health Clinics
Stratford: **519-271-7600 ext 779**
☎ www.pdhu.on.ca

Stratford: Festival Sq. Building, 10 Downie St. 2nd Floor
Tuesday 5 pm-7 pm

St Marys: St. Marys D.C.V.I., 338 Elizabeth St
First and third Thursday of the month, 1 pm-3 pm

Listowel: Out-Patient Building, 285 Sarah Ave.
Friday 10 am-12 noon

A nurse practitioner is on site to offer sexual health
information and free STI testing and treatment.


Perth Health Line: Stratford **519-271-7600 ext 267**

Perth Health Line: North Perth **1-877-271-7348 ext 267**

Health Line is a free, confidential service providing
health information Monday-Friday 8:30 am-4:30 pm.

**AIDS Committee of London
Stratford Perth Outreach Services**

1-866-920-1601

 www.aidslondon.com

Make an appointment to speak to someone for emotional and practical support if you or a member of your family is living with HIV/AIDS.

AIDS/Sexual Health Infoline

1-800-686-7544

Call for anonymous information and support on safe sex, birth control options, emergency contraception, sexuality, relationship concerns, pregnancy and options and more.

Telehealth Ontario

1-866-797-0000

A Registered Nurse will answer your call 24 hours a day for health advice, general information and referrals to clinics and other resources in your community.

Don't forget about 211. When you dial 2-1-1 you can get connected to services and organizations that can help!

10. Date Rape and Sexual Assault

Sexual assault is any kind of act that you are forced or tricked into against your will, and can be anything from un-wanted touching to rape. Being a victim of any type of sexual assault can be confusing because they are usually committed by someone you know, rather than a stranger, or even a current boyfriend or girlfriend.

If you're being touched or approached sexually by someone and it makes you uncomfortable or unhappy, you may be a victim of sexual abuse. If you were forced to have sex against your will, even if it was with your boyfriend or girlfriend, it is rape; no matter what anyone tells you. Your right to choose has been taken away by someone, and in any of these situations it is important for you to know that *IT'S NOT YOUR FAULT!*

If you're unsure what to do, talk to an adult you trust or contact the places below for help and support. If you have been raped, go to the emergency room at the hospital or a walk-in clinic to seek medical attention. Sexual assault and rape are serious crimes!


Assaulted Women's Helpline **1-888-364-1210**

If you have been assaulted in any way, call anytime for emotional support, counselling, information and referrals to resources in your area. All calls are free, anonymous and confidential.

Huron Perth (HPHA) Sexual Abuse Treatment Program **519-272-8210 ext 2570**

Provides confidential counselling services to women aged 16+ who have been sexually assaulted or abused.

Optimism Place: Dating Violence **519-271-5550**


 www.optimismplace.com

Learn how to recognize the signs of an abusive relationship, what constitutes physical, emotional and sexual abuse and how to end an abusive relationship. This program offers both one-on-one and groups support.

Victim Services

Huron County: **1-866-863-4108**

Perth County: **1-866-387-7773**

 www.victimservicesontario.ca

10. Parenting Help

Huron County Health Unit 1-877-837-6143

Family Health

Clinton: 77722B London Rd (RR #5) 519-482-3416

☎ www.huroncounty.ca/health/

Programs are available for families with children aged 0-6 years. Information and resources about parental health, baby care, preventing injuries, keeping your child safe, product recalls and more.

Huron County Children's Services 1-888-371-5718

Clinton: 77722D London Rd. 519-482-8505

☎ www.huroncounty.ca/childcare

Child development advice, books and videos on parenting skills; programs for children under six years. Learn new activities to do with your child at home, plus talk to other parents and caregivers in the community.

Salvation Army: Baby Talk Program

Clinton: 43 Albert St. 519-482-8586

Goderich: 309 Suncoast Dr. 519-524-2950

A program for expecting and/or young mothers to help ease the transition into motherhood.

Ontario Early Centres Perth Care for Kids

☎ www.pcfk.on.ca

Offers parenting support, books, pamphlets and information about other places who offer child care help.

Stratford: 35 Waterloo St **519-273-9082**

Listowel: 791 Main St. **519-291-6626**

Milverton: 68 Mill St. E **519-595-8844**

Mitchell: 177 Frances St. **519-348-8618**

Ontario Early Years Centre-PDHU

Young Parents' Place **1-877-271-7348**

Stratford: **519-271-7600 ext 267**

A weekly drop-in for pregnant teens and young single moms under 25 years of age, as well as their partners and children. Offers support and advice. Stop in and enjoy a free healthy meal.

11. Lesbian, Gay, Bisexual, Transgender Resources

If you are questioning your sexuality or think you may be Lesbian, Gay, Bisexual, Transsexual or Transgender, this can be a difficult and confusing time in your life. *You don't have to deal with it alone.* There are people who have shared similar experiences and people who will listen to you and will not judge you.

Open Closet

1-866-920-1601

Weekly social support group and Safe Space for LGBTQ youth. Friday night from 7 pm-9 pm at the AIDS Committee of London office.

Lesbian Gay Bi Trans Youth Line

1-800-268-9688

Sunday-Friday. 4 pm-9:30 pm

Get peer support, information or advice from a youth volunteer who has had a similar experience and knows where you're coming from.

PFLAG Canada

1-888-530-6777

☎ www.pflagcanada.ca

LGBTQ individuals, parents, friends and family members can get free confidential help and information.

12. Bullying

If you're feeling like someone you go to school with or someone you see regularly is making you feel scared, nervous, anxious or intimidated, you don't have to deal with it alone. No one has the right to scare you, or make you feel bad about yourself. If you're being bullied it's not o.k. Try some of these numbers for help on how to deal with your situation.

Kids Help Phone:

1-800-668-6868

School-Based Public Health Nurses

School-Based Public Health Nurses are available to meet with Perth County students in the Avon Maitland District School Board) to provide supportive, confidential counselling.

Huron-Perth Children's Aid Society

School-Based Program

Goderich: 413 MacEwan St E.

1-800-265-5198

Stratford: 639 Lorne Ave E.

1-800-668-5094

 www.h-pcas.ca

On-site counselling for youth who have been bullied.

13. Spirituality

If you feel like something is missing in your life, perhaps exploring your spirituality could give you the answers you're looking for. Spiritual experiences often help people discover hope or a purpose for living. Many churches, mosques, synagogues, temples and other places of worship have groups and programs specifically for youth. Check out the web sites below to learn about major faith groups, incorporate your spirituality into everyday life or to connect with others who have similar beliefs.

World religions:

☪ www.bbc.co.uk/religion/religions/

Christianity:

☪ www.lifeteen.com

☪ www.streetbrand.com

Islam:

☪ www.teenperspectives.com

Judaism:

☪ www.jvibe.com/

Hinduism:

☪ hinduism.iskcon.com/

Buddhism:

☪ buddhistyouthproject.org

Get a job and build your career...

1. Social Insurance Number

Before you can apply for a job; you will need to apply for a Social Insurance Number (SIN). This number identifies you to the Canadian Government and allows you to pay taxes and receive the benefits you qualify for. There is no fee for your first card. Simply visit your nearest Service Canada Office to apply.

Service Canada

1-800-622-6232

 www.servicecanada.gc.ca

This is a toll-free telephone referral service that can help you with questions you have about finding job, and direct you to employment agencies in your area.

2. Employment Services

Each of these centres has a team of dedicated employees who can help you with resumes, job searching, connecting with local employers and preparing for interviews. You can also find free access to tools like computers and internet, telephones, photocopiers and fax to help you secure a job.

Centre for Employment and Learning

Clinton: 60 Mary St.	519-482-1700
Exeter: 349 Main St.	519-235-0471
Goderich: 38 East St.	519-524-2515
Listowel: 280 Wallace Ave. S	519-291-9453
Seaforth: 138 Main St.	519-527-0305
Stratford: 75 Waterloo St.	519-271-4896
Wingham: 152 Josephine St.	519-357-4995

☎ www.thecentreforemploymentandlearning.ca

A walk-in job search centre where you can find access to job banks, on-line job search stations. Find out more information about employment counselling and skills upgrading, including upgrading your education. All of these centres have access to computers and the Internet. Drop in and let the trained staff help you reach your employment goals.

Reach For Success

Clinton: 60 Mary St. **519-482-1700**

Stratford: 75 Waterloo St. **519-271-4896**

YMCA of Goderich-Huron

Goderich: 190 Suncoast Dr. **519-524-2125**

 www.ymcasar.org

An employment and skills training program for youth between the ages of 15-30, designed to assist youth in finding meaningful employment and upgrading education levels.

Partners in Employment

Clinton: 60 Mary St. **519-482-1700**


Exeter: 349 Main St. **519-235-0471**

Goderich: 38 East St. **519-524-2515**

Listowel: 230 Main St. W **519-291-2726**

St. Marys: 26 Wellington St. **519-284-0112**

Stratford: 75 Waterloo St. **519-272-1946**


 www.partnersinemployment.on.ca

Speak with someone about your skills, interests and experience to help find a job that suits you and help prepare a resume. The Summer Jobs Service is especially for students looking for summer employment.

Conestoga College Summer Jobs

519-271-9976


Stratford: 130 Youngs St.

 www.conestogac.on.ca

Service Canada Centres for Youth

Goderich: 52 East St.

519-524-8342

 www.youth.gc.ca

Open during the summer check out job postings, one-on-one employment counselling, mock interviews, group workshops and information about finding and having a job. If you're between 15-30, looking for a job in the summer, and are returning to full-time studies, check out the job service and job postings here.

Finding a job can be really difficult (no kidding!). So while you're waiting, get as much volunteer experience as you can – it will make a big difference when employers look at your resume! Check out some possibilities under the section “Volunteering” page 28.

I need a place to eat and sleep...

1. Housing and Shelter

Are you without a place to stay? Do you need a couple of days to get your life back on track? There are places that can help. You can access food banks and hot meals, programs that assist with housing costs, places to sleep if you're on the street and discretionary benefits from social services that help with things like emergency dental costs. There are also crisis lines if you just need someone to talk to. This guide will help you find and connect with these services so you can explore your options and decide which programs fit your needs and values. The choices are yours to make.

**Huron Safe Homes for Youth
Goderich:**

**1-800-361-1640
519-235-0433**

☎ www.huronsafehomes.com

Voluntary, confidential services are provided for youth aged 16-18 and their families at no cost. Includes shelter in a Safe Home, mediation between youth and parents, counselling, support services for pregnant teens and supported independent living.

Stratford/Perth Shelterlink **519-272-2294**
130 Youngs St. 3rd Floor,
☎ www.shelterlink.org

Provides emergency or transitional shelter, basic needs, community referrals and support services to homeless or at-risk youth to help them transition into successful independent living.

Salvation Army

Clinton: 43 Albert St. **519-482-8586**

Goderich: 309 Suncoast Dr. E. **519-524-2950**

Listowel: 661 Main St. E. **519-291-2900**

Stratford: 230 Lightbourne Ave. **519-271-2763**

Wingham: 205 Josephine St. **519-357-1387**

St Vincent de Paul **519-524-1087**

Goderich: 441 MacEwan St.

Emergency overnight accommodations, a food bank and daily soup pot services are offered.

Centre for Equality Rights in Accommodation

1-800-263-1139

If you're having problems accessing affordable housing or if you live in a low-income household, you may be eligible for landlord mediation or legal representation.

2. Food

Money can be pretty tight if you're living on your own. No one should be without food, and there are many places that are willing to help out people in tough situations. Call or drop by for details on services.

Abundant Life Worship Food Bank **519-235-3720**

Exeter: 41 Main St. Call for more details.

Blessings Community Store **519-236-4376**

Zurich: 45 Main St. Thursday 10 am- 4 pm.

Exeter & Area Community Food Bank **519-235-4104**

Exeter: 293 Main St.

Tuesday, Wednesday, 9 am-12 noon

A five-day supply of non-perishable food is available once a month. You must provide ID and proof of income.

Feed My Sheep 519-565-2790
Bayfield: Trinity Anglican Church, 10 Keith Cres.
Food bank delivers on the third Thursday of the month.

Friends of the Community 519-482-7821
Clinton: 44 Mill St.

Loaves and Fishes Food Bank 519-595-8089
Milverton: 11 Main St. – Monday 9 am-12 noon

Huron County Good Food Box 1-877-837-6143
519-482-3416

📄 www.huroncounty.ca/health/food-goodfoodbox.php Get locally grown fresh fruits and vegetables (seasonally) with a monthly newsletter and recipes. *Orders must be paid for in cash, placed by the first Friday of the month, and can be picked up at the locations above on the third Thursday of the month.*

Bayfield: Anglican Church, 10 Keith Cres.

Blyth: Blyth Library, 392 Queen St.

Brussels: Cinnamon Jim's, 401 Turnberry St.

Clinton: Jacob Memorial Building, 77722D London Rd.

Exeter: Exeter Public Library, 330 Main St.

Goderich: St George's Anglican Church, 87 North St.

Grand Bend: Community Health Centre, 69 Main St

Hensall: Hensall Major Appliances, 107 King St.

Seaforth: Huron East Municipal Office, 75 Main St.

Walton: Barmy Tech, 42659 Walton Rd.

Wingham: Wingham Library, 281 Edward St.

Zurich: Blessings Community Store, 45 Main St.

North Huron Community Food Share 519-357-2277

Wingham: 405 Josephine St. Wed 9 am-12 noon

Salvation Army

Clinton: 43 Albert St. 519-482-8586

Goderich: 309 Suncoast Dr E 519-524-2950

Listowel: 661 Main St. E 519-291-2900

Stratford: 230 Lightbourne Ave. 519-271-2763

Wingham: 205 Josephine St. 519-357-1387

Seaforth and District Food Bank 519-527-0281

Seaforth: Back of Town Hall, 72 Main St

St James Anglican Church 519-271-3572

Stratford: 6 Hamilton St. - Tuesday 9:30-11:30 am

St. Paul's Anglican Church 519-271-4527
Stratford: 9 Douro St.- Fri 9:30-11 am

St. Vincent de Paul Food Bank
Goderich: 441 MacEwan St: 519-524-1087
Stratford: St Joseph's Church, 519-271-2434

Stratford House of Blessing 519-273-3433
Stratford: 423 Erie St. - Tuesday, 1:30pm-3pm
Wednesday-Thursday, 10 am-12:30 pm, 1:30 pm-3 pm
Offers non-perishable items as well as frozen meat, fresh fruit and vegetables when available, and cleaning products and toiletries by request.

Talk to a lawyer...

1. Legal Information

If you are arrested for a minor offense, and it is your first offense, you may be eligible for a diversion program (available for both youth and adults), which allows the opportunity to have the charge withdrawn upon successful completion of an agreed sanction. Contact the services below for youth offenders to get more info.

On the other hand, if you wish to take legal action against another individual, these resources can provide you with your rights, and help point you in the right direction.

Community Legal Education Ontario

☎ www.cleo.on.ca for more information about your legal rights and how to exercise them.

Huron Perth Centre **519-271-9454**
Youth Justice Services & Youth Justice Committee

Stratford: Red Cross Building, 100 Gordon St.

☎ www.hpcentre.on.ca

The Youth Justice Committee helps young offenders who have committed crimes locally to acknowledge their accountability, mediate with the victim and obtain community representative support.

Huron-Perth Community Legal Clinic

Goderich: 44 North St: **519-524-4406**

Stratford: 59 Lorne Ave: **519-271-4556**

☎ www.huronperthlegalclinic.ca

Free and confidential legal services including representation, referrals, legal advice and information.

Lawyer Referral Service **1-800-268-8326**

Find a lawyer who practices in the area of law that meets your needs and will provide you with a consultation of up to 30 minutes to help you determine your options.

Legal Aid Ontario – Huron County **519-524-9612**
Goderich: 44 North St.

Information and advice on all types of legal matters.

Family Law Information Centre **519-271-2640**

Stratford: Administration of Justice Building,
100 Patrick St. Wednesday 1 pm-3 pm
Clients considering family court action can find
resources, information and legal advice.

2. The Police and Youth Laws

If an officer has reasonable grounds to suspect that you have committed a crime, or are about to commit one, they have the right to arrest you and search you without a warrant. You may think some things are no big deal, but remember that they are crimes that are punishable by law. Falsifying your age or I.D. to get liquor isn't a game it's illegal and you can be charged. Is it really worth it?

A helpful hint: drinking, speeding, loud partying only causes the community to trust young people less and the police to crack down more. Help your friends keep things under control so the police won't have to.

Getting around

1. Taxi Services

A 1 Taxi Service	519-238-7433
B&B Taxi	519-524-9052
Bluewater Taxi	519-565-2700
Clinton Taxi	519-482-9334
City Cabs Stratford	519-272-2222
Goderich Taxi & Delivery	1-800-939-2882
Grand Bend Taxi	519-238-8790
Listowel Taxi	519-291-4591
Radio Cab of Stratford	519-271-4242
Star Taxi	1-888-236-2205

2. Getting a License

ServiceOntario

1-800-267-8097

 www.serviceontario.ca

The locations below offer license issuing services.

Exeter: 388 Main St. **519-235-4578**

Mitchell: 53 Ontario Rd. **519-348-0990**

Goderich: 38 North St. **1-800-267-8097**

Clinton: 65 Albert St. **519-482-9138**

Listowel: 975 Wallace Ave. **519-291-2000**

Mitchell: 53 Ontario St. **519-348-0990**

St Marys: 194 Queen St. **519-284-8137**

Stratford: 240 Graff Ave. **519-273-1161**

Wingham: 185 Josphine St. **519-357-4386**

Drivetest **1-888-570-6110**

Ministry-Approved Driver's Education Courses

Maitland Driver Training 1-866-292-5906

Listowel: 519-291-2120

☎ www.MaitlandDriverTraining.ca

Drive Right Driving School 519-524-4008

☎ www.driverightschool.ca

Aerodynamic Driving School
Stratford: 519-301-2345

☎ www.aerodynamicds.com

Bud's Driving School
Stratford: 519-273-9142

☎ www.budsdrivingschool.com

Dominion Driver Training 1-800-665-3027
Stratford: 519-273-1221

☎ www.dominiondrivertraining.on.ca

Young Drivers of Canada 519-272-1020
Stratford: 309 Lorne Ave.

☎ www.youngdrivers.com

3. Car Accidents

If you've just been in a car accident, the first thing to remember is *don't panic!* Simply exchange names, addresses, phone numbers, driver's license numbers and car registration with the driver of the other vehicle. Call your insurance company as soon as possible.

If the other person is blaming you, and you don't think it was your fault, try to get the names and numbers of any witnesses before calling your insurance company.

If the accident is over \$1,000 in damage or if an injury is involved, you are required by law to file an accident report with the police within 24 hours. The contact numbers for police and OPP in Huron and Perth Counties are listed under the section "Victim and Witness Assistance". **In an emergency situation, dial 911.**

WARNING: It is a very serious offense to drive away from the scene of an accident.

4. Public Transportation

Aboutown Transportation

1-888-666-5466

 www.aboutown.ca

Bus depot at Coffee Culture, Goderich to Stratford
Monday, Wednesday and Friday 9:15 am and at 7:20 pm
Public transportation is offered from Goderich to London
and Stratford with stops at points in between. Call or visit
the web-site to find bus schedules and fares.

Stratford Transit

519-271-0250

 www.city.stratford.on.ca/transit/transit.asp

Stratford city buses operate Mon-Sat, excluding holidays.

Stratford Airporter

1-888-549-8602


519-273-0057

 www.stratfordairporter.com

Call for more information about daily schedules.

Via Rail

1-888-842-7245

 www.viarail.ca

Stations are located in Stratford and St. Marys. You can
also catch the train in other nearby cities such as London
and Kitchener.