

#ATHOME RESOURCES FOR TEENS COMMUNITY SUPPORT



The Aurora community is full of wonderful organizations whose mandate and purpose are to support and assist teens in various aspects of their lives. This is a compilation of some of those organizations, how they can help and how to get in touch with them to access their programs!

Please Note: This document is a list of the resources recently highlighted on the @AuroraTeens Instagram account. These organizations represent a good cross section of those available in the community. As more organizations are highlighted on @AuroraTeens, they will be added to this list.

360 KIDS (www.360kids.ca)

General Inquiries – (905) 475-6694 (and follow prompts based on inquiry)

Email – info@360kids.ca

Provides a full complement of programs and services aimed at assisting at-risk and homeless youth. Assistance includes housing, employment, wellness and support and education.



Canadian Mental Health Association York Region & South Simcoe (www.cmha-yr.on.ca)

General Inquiries – 1-866-345-0183/Crisis Line – 1-855-310-COPE (2673)

Email – yorkregion@cmha-yr.on.ca

Located throughout York Region and South Simcoe, CMHA provides help that everybody needs to maintain their mental health. This includes programs and services for youth, adults and family and friends. No doctor referral is necessary to access their variety of programs, which focus on emotional and social well-being of community members. These tools help the community cope with mental illness and mental health issues.



MOBYSS (<https://cmha-yr.on.ca/programs/youth/mobyss/>)

General Inquiries – (289) 879-2376 (call or text)

Email – MOBYSS@cmha-yr.on.ca

One of the CMHA's programs is MOBYSS (Mobile York South Simcoe). MOBYSS is a travelling walk in clinic for those ages 12 to 25. Free services include birth control, STDs, pregnancy, mental health, anxiety, coping with drugs or alcohol, injury or any other health concern you may have. Teens can walk in, or use their "Save-A-Spot in line" function to virtually line up! Visit the website listed above for details on their schedule and locations to access these incredible free services.



Neighbourhood Network (www.neighbourhoodnetwork.org)

General Inquiries – (905) 726-3737 OR 1-855-870-4586

Neighbourhood Network's mission is to multiply community giving and create caring and vibrant neighbourhoods through promoting volunteerism, linking resources and supporting local charities. If you are looking for volunteer opportunities, this is the place to look! Neighbourhood Network connects local volunteer opportunities with local volunteers.



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PFLAG York Region (www.pflagyork.ca)

Anonymous Support Line – 1-866-YR-PFLAG (977-3524)

Pflag is York Region's LGBTQ2 support, resource and education network – bringing together all members of the community.



Kids Help Phone (www.kidshelpphone.ca)

Call – 1-800-668-6868

Text – 686868

Kids Help Phone is Canada's 24/7 national support service. They offer professional counselling, information and referrals and volunteer-led, text based support to young people in both English and French. Services are confidential and can be accessed by phone, text, mobile app and through their website.



York Hills Here to Help Phone Line (www.yorkhills.ca)

Main Line – (905) 503-9560

(leave a message your call will be promptly returned)

This is a free service available to children, youth ages 0 to 19 and their parents, caregivers or adult supporters. Call this line if you are requiring support due to feeling sad, worried or angry, you are experiencing bullying, or dealing with any other kinds of personal issues requiring support. Visit the website above for more details on how they can help.

