

Smiths Falls Youth Services

	Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing
Health			Sexual Health Clinic 10:30-6pm Smiths Falls Health Unit 25 Johnston Street (613)283-2740			Smiths Falls Community Health Centre 2 Gould Street, Unit 118 (613) 283-1952 Mon-Fri 8:30-7:30 Smiths Falls Nurse Practitioner led Clinic 52 Abbott Street (613)205-1025 Mon-Fri 8-4
Mental Health		Algonquin College Counselling Services (Perth) Shawna Hyde 9-3pm (613)267-2859 ext. 5610 <i>Students only</i>	Algonquin College Counselling Services (Perth) Shawna Hyde 9-5pm (613)267-2859 ext. 5610 <i>Students only</i>	Algonquin College Counselling Services (Perth) Shawna Hyde 9-5pm (613)267-2859 ext. 5610 <i>Students only</i>		Lanark County Mental Health 88 Cornelia Street A2 (613)283-2170 Mon-Thurs 8-8pm Open Doors 88 Cornelia Street A1 (613)283-8260 Mon-Fri 8:30-4:30
Food Services		Smiths Falls Food Bank 1-3pm 93 Russell Street (613)283-6695	Smiths Falls Food Bank 1-3pm 93 Russell Street (613)283-6695		Smiths Falls Food Bank 1-3pm 93 Russell Street (613)283-6695	
LGBTQ						LGBTQ Youthline 1-88-687-9688 www.youthline.ca
Substance Abuse	Alcoholics Anonymous (check meeting list)	Alcoholics Anonymous (check meeting list)	Alcoholics Anonymous (check meeting list)	Alcoholics Anonymous (check meeting list)	Alcoholics Anonymous (check meeting list)	TriCounty Addictions Services 88 Cornelia Street A3 (613)283-7723 Mon-Fri 9-5

Smiths Falls Youth Services

	Change Health Care Clinic 8-4pm 13 William Street	Change Health Care Clinic 8-4pm 13 William Street	Change Health Care Clinic 8-4pm 13 William Street	Change Health Care Clinic 8-4pm 13 William Street (Thrive Counselor available on site) Narcotics Anonymous 88 Cornelia Street A3 (TriCAS) 8pm	Change Health Care Clinic 8-4pm 13 William Street	
Socializing		F.I.T (SFDCY) Duncan J. Schoular 4-5pm 41 McGill Street (613)284-1784 Youth Group First Baptist Church 6:30-8:30pm 73 Beckwith St. (613)283-1579	Express Yourself SFDCY 4-5pm 41 Main Street (613)284-1784	My Action Plan SFDCY 4-5pm 41 Main Street (613)284-1784 Youth Group Calvary Bible Church <i>2nd & 4th of the month</i> 6:30pm 8 Beech Street (613)283-6474		Smiths Falls District Club for Youth 2-8pm 41 Main Street (613)284-1784
Employment						Ontrac Employment Resource Services 52 Abbott Street (613)283-6978 Mon-Fri 8:30-4

HEALTH

Smiths Falls Community Health Centre: provides primary health care services including physician and nurse practitioner services; social workers; health promotion programs; Open to all local residents. (<http://www.rideauchs.ca/>)

Smiths Falls Health Unit (Sexual Health Clinic): There is a sexual health clinic available in Smiths Falls on Wednesdays located at the Leeds, Grenville, and Lanark District Health Unit, which can be found at 25 Johnston Street. If unsure about attending clinic, you can also call the Health ACTION Line 1-800-660-5853 or visit our website at [areyousafe.ca](http://www.healthy.ca) for answers to general sexual health questions. (<http://www.healthunit.org/sexual/>)

Smiths Falls Nurse Practitioner-led Clinic: Nurse Practitioner-Led Clinics are a new health care delivery model in which Nurse Practitioners are the lead providers of primary health care. These clinics were created to provide accessible, quality family health care services to people who do not have access to a regular health care provider. (<http://www.smithsfallsnplc.com/>)

MENTAL HEALTH

Algonquin College Counselling Services: Counselling Services provides brief, supportive counselling for Algonquin students. (<http://www.algonquincollege.com/counselling/>)

Lanark County Mental Health: Lanark County Mental Health is a community based mental health service responding to Lanark County adults and transitional aged youth (17 yrs and over) who experience mental health concerns such as suicidal thoughts, trauma, anxiety, depression or symptoms of psychosis. (<http://www.lanarkmentalhealth.com/>)

Open Doors: Our Counselling Service is offered in all three sites. Qualified Counsellors can work with you in a variety of ways; individually, as a family, or in groups. All of our Counsellors are trained in a variety of evidence informed practises such as CBT (Cognitive Behavioural Therapy), and Solution Focused Therapy. Some have more specialised skills such as EMDR, Family Therapy and Intergenerational Trauma Treatment. (<http://opendoors.on.ca/>)

FOOD SERVICES

The Smiths Falls Community Food Bank helps families and individuals in need by providing safe and nutritious emergency food as our supplies allow. (<http://www.smithsfallscommunityfoodbank.org/>)

LGBTQ

Youthline: The Lesbian Gay Bi Trans Youth Line is a toll-free service provided by youth for youth. We're here to offer support, information and referrals specific to your concerns. We are here because we want to be there for you – to be part of your community. We may not have lived your experiences exactly, but we can probably relate. We too, are lesbian, gay, bisexual, transgender, transsexual, two-spirit or queer. (youthline.ca)

Rainbow Alliance for Youth: Our mission is to live in an inclusive Lanark County community that is safe, welcoming and free of fear, discrimination and hate for all people regardless of sexual orientation or gender identity.

SUBSTANCE ABUSE

Change Health Care Clinic: We are a group of health clinics providing opioid substitution therapy to individuals suffering from the effects of opioid dependence. It is proven that replacement therapies, such as methadone and suboxone aid in reducing the risks and harmful effects associated with drug use benefiting our clients and our communities. (<http://changehealthcare.ca/>)

Alcoholics Anonymous: Alcoholics Anonymous is a Fellowship of Men and Women who share their Experience, Strength and Hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any Sect, Denomination, Politics, Organization, or Institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our Primary Purpose is to stay sober and help other alcoholics to achieve sobriety.

Meeting List: http://www.lanarkleedsaa.org/pages/information/find_a_meeting.htm

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Narcotics Anonymous: Narcotics Anonymous (NA) is a nonprofit, international, community - based organization for recovering addicts. Narcotics Anonymous members learn from one another how to live drug-free and recover from the effects of addiction in their lives.

Meeting List: <http://ottawana.org/meet.html#smith-falls>

TriCounty Addictions Services: The TriCounty Addiction Services is a community-based addictions counselling and health promotion agency located in southeastern Ontario. We assist persons in Lanark, Leeds and Grenville counties who may be at risk of developing, or currently experiencing, family and personal difficulties related to alcohol, other drugs, gambling and addiction co-occurring with mental health problems. (<http://www.tricas.on.ca/>)

SOCIALIZING

Smiths Falls & District Club for Youth: The SFDCY is a non-profit charitable organization that provides a safe, welcoming, fun zone with lots of activities for youth aged 10-18 after school with adult supervision at all times. (<http://sfdcy.ca/whatwhat/>)

First Baptist Church (Youth Group): Our Vision is to impact hearts and lives with the Gospel of Christ, in the community, and beyond. (<http://www.firstbaptistchurchsmithsfalls.ca/>)

Calvary Bible Church (Youth Group): Our Youth Group is from Grade 7 to Grade 12. We meet at the church at 6:30 p.m. on the second and fourth Thursday of every month during the regular school season. More information about special outings is available on our facebook page. (<http://www.calvarybiblechurch.ca/>)

EMPLOYMENT

Ontrac Employment Resources Services: Ontrac Employment Resource Services will provide a one-stop single point of access, delivering high quality employment services for all clients in the Arnprior and Smiths Falls areas, including individuals, employers and community services. (<http://getontrac.ca/mission-statement/>)