

# Mapping the Eastern Avalon – Information & Services Related to Violence Prevention

The roots of violence are far reaching and intertwined. What may not seem a service related to violence prevention or early intervention, reveals itself to be upon closer inspection. Socio-economic inequality is a current reality of our society – we are, as individuals, defined by our status within society. That status is defined by the amount of money we have, the education level we have, our familial status on a whole. Certainly, power dynamics are always at play.

We may, for example, equate our justice system with an absolute acknowledgement of right and wrong. We would like to think that everyone is equal under the law. However, those who can afford the best lawyers have an obvious advantage over those availing of legal aid, whose choice in legal representation is compromised by financial means. In such a society, the old adage ‘everyone’s equal, but some are just more equal than others’ rings true. Inequality is a root cause of violence as those with power due to their social status, the amount of money and education they have, are more likely to wield this power. Those without such power are subject to those wielding it.

Given the obvious relation between violence and inequality, below is a rather extensive list of services ranging from food banks to addictions services, shelters to community centres. For it is these sorts of services that help level the so-called playing field, helping those most at risk of violence to reach out.

Certainly, some services are cross listed and will appear under 2 or more categories. For example, you will find Iris Kirby House under ‘Shelters/Transition Houses’ as well as under ‘Services for Women’, as it is a shelter for women and children.

## LEGAL ISSUES

### **Newfoundland and Labrador Human Rights Association (NLHRA)**

Association active in promoting, extending and defending human rights in the province of Newfoundland and Labrador as well as to promote international human rights issues within the province.

155 Water Street  
St. John's, NL  
Tel. (709) 754-0690

<http://www.nlhra.org/>  
[nlhra@nf.sympatico.ca](mailto:nlhra@nf.sympatico.ca)

### **LEAF - Women's Legal Education and Action Fund**

National non-profit organization committed to using the provisions of the Canadian Charter of Rights and Freedoms to promote equality for women.

St. John's Chapter Contact:  
Sheila Green  
sgreene@nape.nf.ca  
<http://www.leaf.ca/>

### **Public Legal Information Association of Newfoundland (PLIAN)**

Non-profit organization dedicated to assisting Newfoundlanders and Labradorians in understanding the law and making the legal system more accessible. Available to all who require information about the law, legal processes and the administration of justice. Services offered include lawyer referral, a legal information line, school visits, information sessions and various publications

Suite 101, Fortis Building  
139 Water Street  
St. John's, NL A1C 1B2

Tel. (709) 722 2643  
Fax. (709) 722 0054  
[info@publiclegalinfo.com](mailto:info@publiclegalinfo.com)  
<http://www.publiclegalinfo.com>

## HEALTH

### **AIDS Committee NL**

Not-for-profit organization providing education, direct support and advocacy for persons living with HIV/AIDS. ACNL believes in and encourages social and political advocacy to ensure individual and collective rights to non-judgmental education and support, thus encouraging responsible decision-making and personal empowerment. Services – Education, Outreach, harm reduction, needle swap, short term shelter

Tommy Sexton Centre  
47 Janeway Place (Pleasantville)  
St. John's, NL A1A 1R7  
Tel. (709) 579-8656  
Toll Free. 1-800-563-1575  
Fax. (709) 579-0559  
<http://www.acnl.net>

## **Mental Health**

### **Eastern Health**

Eastern Health offers acute, rehabilitative and continuing care to those 16 and older with mental health problems and mental illnesses both in our hospitals and in the community. Care ranges from assessment, treatment and follow-up to vocational rehabilitation, housing options, case management services and leisure programming. Our services range from early intervention to long-term therapy, from crisis response to support services, from adolescents to seniors.

Clients include people in acute psychotic episodes; those with addictions and abuse issues; people with developmental disabilities; forensic clients; geriatric residents; and people trying to live and work each day with mental illness.

### **Bridges Program**

Pilot project for youth (ages 16-19) and their families who are experiencing a serious, urgent mental illness/health problem or crisis. Bridges is a brief intervention/outpatient mental health service. Interdisciplinary team includes a Division Manager, Psychiatrist, Social Workers, Psychologist and an Administrative Assistant.

We assist our young clients with problems such as depression, suicidal and self-harm behaviors, eating disorders, sexuality concerns, mental illnesses and family conflict. Key service areas are individual therapy, family therapy, psychiatric consultation and treatment, parent education and supportive counseling, post hospital follow-up to inpatient mental health treatment, referral to other agencies

Bridges Program  
Adolescent Division,  
Mental Health Program  
L. A. Miller Centre  
5th Floor, Southcott Hall  
100 Forest Road  
St. John's, NL  
A1A 1E5  
Tel. (709) 777-7715  
Fax. (709) 777-7779  
Division Manager: Ian Shortall, Tel. (709) 777-7528

**LeMarchant House**

Part of Eastern Health providing quality treatment programs for individuals with mental illness/health problems

192 LeMarchant Road  
St. John's, NL A1C 5B8  
Tel. (709) 777-5622  
Fax. (709) 777-5654

[http://www.hccsj.nl.ca/med\\_services/mental\\_health/lemarchant.html](http://www.hccsj.nl.ca/med_services/mental_health/lemarchant.html)

**Short Term Assessment Referral and Treatment (START) Clinic**

Providing rapid access to individuals requiring urgent mental health care - Services are provided in a brief therapy model coordinated by an interdisciplinary team of nurses, psychiatrists, psychologists, a social worker, occupational therapist and spiritual care counsellor. Patients may be referred by family physicians, emergency departments, or hospital-based consultation/liaison services. Individuals referred to the clinic must be at least 20 years of age, require urgent intervention and are not being followed elsewhere in the mental health system. All Referrals are seen in 72 hours by a psychiatric nurse for initial assessment and then assigned to a primary therapist. Patients are followed for a maximum of six-eight visits.

Referrals can be made by completing the Mental Health and Addictions referral form.

Tel. (709) 777-5390/5391  
Fax. (709) 777-5093

Contact Division Manager Eileen Colbert at:

Tel. (709) 777-5822  
Fax. (709) 777-5322

**Canadian Mental Health Association (CMHA) NL Division**

Promoting understanding of mental health and mental illness through education, advocacy and community development; we support the development of self-help groups; serve as a mental health resource centre; provide mental health and illness education in communities, schools, workplaces and professional training programs; advocate for improvements in the mental health care system.

81 Kenmount Road  
St. John's, NL A1B 3P8  
Tel. (709) 753-8550  
Toll free. 1-866-509-3937  
Fax. (709) 753-8537

[office@cmhanl.ca](mailto:office@cmhanl.ca)  
[www.cmhanl.ca](http://www.cmhanl.ca)

**Mental Health Crisis Centre**

Promoting the maintenance of good mental health by supporting individuals through mental health crises, and to provide a 24-7 community-based mental health crisis intervention service.

Community/Town: St. John's  
Toll Free Crisis Line. 1-888-737-4668

**The Pottle Centre**

Providing a safe, pleasant environment for adult consumers of mental health services, as well as a place to socialize, meet people and relax without costing too much money. There are also scheduled activities in which members can choose to participate. Membership is free.

P.O. Box 5321, Station C  
323 Hamilton Avenue  
St. John's, NL A1C 5W2  
Tel. (709) 753-2143

**Stella Burry Community Support Program**

Program assisting high needs individuals who have been diagnosed as having borderline personality disorders, many of whom cannot live independently in the community due to their complex personal and mental health problems. Assistance includes helping individuals with time management for medical and other appointments, budgeting, cooking, grocery shopping, and in certain cases, night-time support for individuals who are afraid of, or not capable of, living alone. As a result of these programs, there has been a significant reduction of re-admissions to hospitals or prison among these program participants.

142 Military Road  
St. John's, NL A1C 2E6  
Tel. (709) 738-7805  
Fax. (709) 738-1030  
[cbruss@outreach.nf.net](mailto:cbruss@outreach.nf.net)

**Sexual Health****Newfoundland and Labrador Sexual Health Centre (NLSHC)**

(formerly Planned Parenthood NL)

Non-profit, pro-choice sexual health centre serving all parts of the province, promoting positive sexual health through education, community partnerships, information and services within an environment that supports and respects individual choice. Also provides sexual health care to prevent the crises of unplanned pregnancy and sexually transmitted infections.

203 Merrymeeting Road  
St. John's, NL A1C 2W6  
Tel. (709) 579-1009  
Toll-free information line: 1-877-NO-MYTHS (1-877-666-9847)  
[info@nlsexualhealthcentre.org](mailto:info@nlsexualhealthcentre.org)  
<http://www.nlsexualhealthcentre.org>

## FOOD

### **Bell Island Community Food Bank**

Supplying food to help alleviate hunger among those not having sufficient means to help themselves, assisting school lunch programs, helping raise public awareness of hunger in our community

Open five days a week assisting approximately 350 people and run entirely by volunteers

Tel. (709) 488-2656

### **Bridges to Hope Food Aid Centre**

Supported by several churches in St. John's and Mt. Pearl area, the Food Aid Centre is located on the third floor of Cochrane Street United Church.

Open: Tuesdays – 11 am -1 pm, Wednesdays, Thursdays, Fridays – 10 am – 1pm

81 Cochrane Street

St. John's, NL A1C 3L3

Program Director: Derek Winsor

Tel. (709) 722-9225

Fax. (709)722-3260

### **Conception Bay South (CBS) / Paradise Community Food Bank Ltd.**

Provision of food to the needy, provision of clothing to the needy, provision of school lunches, fundraising activities

Unit 2-2638 Topsail Road, Manuels

Tel. (709) 834-2800

### **Emmaus House**

Food bank located next to St. Bon's School and open from 1:00 – 3:00 pm on Monday – Friday

Bonaventure Avenue

Tel. (709) 753-6380

### **The Gathering Place**

Drop-in centre offering hot meals on Mondays, Wednesdays and Fridays 11:00 am - 1:30 pm.

172 Military Road

P.O. Box 1761

St. John's, NL A1C 5P5

Tel. (709) 753- 3234

### **Mary Queen of Peace Parish Food Bank**

Open Wednesday mornings 9:30 – 12:30

Mary Queen of Peace Parish Hall

Macdonald Drive

St. John's, NL

Tel. (709) 726-9924

### **Memorial Campus Food Bank**

Food bank for students and employees of the University

Burton's Pond Apartments

Memorial University

St. John's, NL A1B 3P7

Tel. (709) 737-3467

[foodbank@mun.ca](mailto:foodbank@mun.ca)

**St. Kevin's Parish Family Aid / Food Bank**

A volunteer run food bank of St. Kevin's Parish

Tel. (709) 745-2460

**St. Paul's Parish Family Aid/ Food Bank**

Providing food, clothing, furniture for less fortunate and twice a month deliver goods

Newfoundland Drive

St. John's, NL

Tel. (709) 754-1980

**St. Pius X Food Bank**

Providing food and clothing to those in need

St. John's, NL

Tel. (709) 738-0031

**Salvation Army Food Bank**

Open Mondays, Wednesdays, Fridays 11 am - 2:30 pm

Must bring along MCP or hospital card for all members in household

21 Adams Avenue

St. John's, NL A1C 4Z1

Tel. (709) 726-0393

**Society of St. Vincent de Paul Food Bank, St. John's**

Providing food hampers to those in need. Note: ID with present address required (ex: drug card)

**Corpus Christi Parish**

Open Mondays, Wednesdays and Fridays 10am – 12 pm (Saturdays after Labour Day)

Waterfordbridge Road

St. John's, NL

Tel. (709) 364-4116

**Mary Queen of the World Parish**

Open Tuesdays to Fridays 9 am – 11 am

Call one day in advance, you will be phoned the day your hamper is ready between 8:30 am and 9:00 am.

Topsail Road

St. John's, NL

Tel. (709) 364-7140

**St. Peter's Parish**

Open Monday to Thursday evenings 7- 7:30pm

110 Ashford Drive (Basement of St. Peter's Church)

P.O. Box 3

Mt. Pearl, NL A1N 3L6

Tel. (709) 747-3320, (709) 364-8606

Fax. (709) 364-8608

<http://www.nfld.net/stpetersparish>

**St. Theresa's Parish**

Call and leave a message - Call will be returned to set appointment time when hamper is dropped off at residence

Mundy Pond Road

St. John's, NL  
Tel. (709) 579-5467

## **ADDICTIONS**

### **Eastern Health**

Dedicated to providing effective treatment for individuals 19 years of age and older who have substance use/abuse and/or gambling and a psychiatric illness. Outpatient-focused, offering group education, therapy and support as its primary means of treatment. Short-term, individual counseling as well as referrals to inpatient treatment and community services are provided.

Addictions Program  
Mental Health Program  
Waterford Site  
Health Care Corporation of St. John's  
Waterford Bridge Road  
St. John's, NL A1E 4J8  
Tel. (709) 777-3330/3331  
Fax. (709) 777-3912  
Division Manager: Judy Power, Tel. (709) 777-3455, Fax. (709) 777-3468

### **Addiction Services - Eastern Regional Integrated Health Authority**

Coordinating alcohol, other drugs, and gambling education, prevention and treatment services under the Eastern Regional Integrated Health Authority

2nd Floor Bldg 532  
Pleasantville  
P.O. Box 13122  
St. Johns, NL A1B 4A4  
Tel. (709) 752-4919  
Fax. (709) 752-4920

### **Recovery Centre**

Provincial non-medical detoxification service which is operated by the Addictions Services branch of the Eastern Regional Integrated Health Authority. The Centre is located in St. John's, and is open to men and women who are intoxicated or who are experiencing symptoms of alcohol and other drug withdrawal or who are needing respite from a gambling problem. Clients of the Recovery Centre have full access to the outpatient and inpatient treatment services of Addictions Services.

Detoxification may also be accomplished at home under a doctor's guidance or in a hospital for those experiencing severe withdrawal symptoms and needing supervised detoxification.

1st Floor Bldg. 532  
Pleasantville  
P.O. Box 13122  
St. Johns, NL A1B 4A4  
Tel. (709) 752-4980  
Fax. (709) 752-4985

### **Alcoholics Anonymous (AA)**

A support group program designed to offer help to individuals suffering from problems due to their own alcohol consumption

P.O. Box 26074  
3 Blackmarsh Road

St. John's, Newfoundland and Labrador  
A1C 5T9  
Tel. (709) 579-6091 (pre-recorded meeting information)  
[sjintergroup@nl.rogers.com](mailto:sjintergroup@nl.rogers.com)  
<http://www.alcoholics-anonymous.org>

**Al-Anon/ Alateen**

Intended for the families of alcoholics to share experiences, strength and hope, and to learn how to find contentment and happiness whether the alcoholic is still drinking or not. A 12 step, self-help program and fellowship for persons who live close to, or with, an alcoholic person.

3 Blackmarsh Road  
St. John's, NL A1E 1S2  
Tel. (709) 722-2666 (information service)  
[info.al-anon.nl@nf.aibn.com](mailto:info.al-anon.nl@nf.aibn.com)  
<http://www.al-anon.alateen.org>

**Gamblers Anonymous (H.O.P.E. Chapter)**

Association to help those for whom gambling has become a problem, providing mutual support Meetings held Saturdays at 2:00 pm at the Recovery Centre, Building 532 in Pleasantville, St. John's

Tel. (709) 738-4919 (to schedule a meeting)

(Mailing Address)  
P.O. Box 563  
Goulds, NL A1S 1G6

**Narcotics Anonymous (NA)**

An international, community-based "12-step" self-help recovering program, working toward drug-free living (Interpretation services for the deaf or hard-of-hearing are available on request.)

Meetings are held:

Monday, Wednesday or Friday: Canonwood Hall, 8:00 PM at St. Thomas's Church  
Thursday: 93 Long's Hill, Community Chapel at 8:00 PM  
Saturday: St. Clare's at 8:00 PM (south lecture room of Morrissey wing), basement

P.O. Box 782, Stn. C  
St. John's, NL A1C 3L7  
Tel. (709) 579-4290

**Recovering Addicts Fellowship Team (RAFT)**

Organization designed to help recovering addicts meet new non-using friends, share recovery experiences and get on with life, in an environment where using is not the focus of the day, living is! They have developed outreach to bring addiction education to both our youth and the general public. Raft aims to provide the recovering addict with healthy, alternative, social activities.

38 Pearson Street, Suite 111  
St. John's, NL A1A 3RL  
Tel. 351-0000  
[info@raft.nf.com](mailto:info@raft.nf.com)  
<http://raft-nf.com>

## SERVICES FOR FAMILIES

### **Brighter Futures Coalition**

Not-for-profit organization administered by a volunteer Board of Directors of parents, community members, and professionals who are involved in community and dedicated to providing quality programs and services for families promoting the healthy birth, growth and development of children

Activities include:

Healthy baby club, providing food supplements and prenatal support to pregnant women;

Drop-in play group for low income families;

Family resource programs for low income families with children aged 0-6;

Parenting education training for parents in need;

Cooking and nutritional programs for low income families;

Breast feeding support programs.

685 Water Street

St. John's, NL A1E 1B5

Tel. (709) 739-8096

Fax. (709) 739-8097

[info@brighter-futures.net](mailto:info@brighter-futures.net)

<http://www.brighter-futures.net>

The following are a list of Community Centres that feature Brighter Futures programming:

#### **New Pennywell Road Family Resource Centre**

64 New Pennywell Road

St. John's, NL

HBC Facilitator: Patsy Peyton

#### **Buckmaster's Circle Community Centre**

129 Buckmaster Circle

St. John's, NL A1C 6L2

Phone: 579-0718

Fax: 579-0342

HBC Facilitator: Patsy Peyton

#### **Holy Cross Family Resource Centre**

145 St. Clare Avenue

722-0080

Program Facilitators: Deborah Capps and Tina Fisher

#### **Kenmount Park Community Centre**

25 Holden Street, Mount Pearl, NL

A1N 2Y2

Phone: 748-1082 Fax: 748-1087

Program Facilitator: Betty Nofle, Leeanne Fowler

HBC Facilitator: Patsy Peyton

#### **Reid Community Centre**

Reid Centre, Mt. Pearl

126 Smallwood Drive

Phone: 754-1002

Program Facilitator: Annette Saunders, Betty Nofle, Leeanne Fowler

**Bell Island Brighter Futures Family Resource Centre**

283 Quigley's Line

P.O. Box 1214

Bell Island, NL A0A 4H0

Phone: 488-2699 Fax: 488-2699

Program Facilitator/Fundraising Coordinator: Hollie Neary

Parent Program Facilitator: Goldie Cummings

HBC Facilitators: Cynthia Crane, Christine Whelan

**MacMorran Community Centre**

39 ¼ Bell's Turn

P.O. Box 21046

St. John's, NL A1A 5B2

Phone: 722-1168 Fax: 722-1885

HBC Facilitator: Dorene Brown

**Rabbittown Community Centre**

26 Graves Street

St. John's, NL A1B 3C5

Phone: 739-8482 Fax: 739-8472

HBC Facilitator: Patsy Peyton

**Chalker Place Community Centre**

47 Chalker Place, St. John's, NL

Phone: 754-7890

HBC Facilitator: Dorene Brown

**Virginia Park Community Centre**

134 Harding Road

P.O. Box 21011

St. John's, NL A1A 5B2

Phone: 579-4534 Fax: 579-4534

HBC Facilitator: Dorene Brown

**Paradise Family Resource Centre**

St. Thomas Line Community Centre

Paradise

Phone: 895-6100

Program Facilitators: Leanne Fowler, Kristy Stevenson

HBC Facilitator: Leanne Fowler

**St. John Bosco School Family Resource Centre**

St. John Bosco School

P. O. Box 150, Shea Heights

St. John's, NL A0A 1J0

Program Facilitator: Kristy Stevenson

**Holy Trinity School Family Resource Centre**

Holy Trinity Elementary School, Torbay

Program Facilitator: Annette Saunders

## **Child, Youth & Family Services**

### **Family Services**

Working with families & communities to develop, provide, evaluate and link services to children, youth and their families - services are aimed at preventing, reducing and/or resolving risks to child safety, health and well being.

#### **Family Support Service**

Program is aimed at promoting the safety, health and well-being of children through prevention, early intervention and strengthening families and communities. It can include any service a family may require to further the safety, health and well-being of a child, to prevent or reduce the risk of child maltreatment, improve parenting, prevent removal of a child from his/her parent and support communities to meet the needs of children and families.

#### **Voluntary Care Agreement**

A parent can choose to seek temporary care for his/her child to enable the parent time to seek help and/or resolve any issues in the family home that could place the child's safety, health or well being a risk.

#### **Child Welfare Allowance**

This service is available to provide relatives or significant others of children, who are removed from their family homes, support and financial services if they are willing and capable of providing care to the child. This programs aims at ensuring the child maintains consistency in relationships with family, significant others and community.

### **Youth Services**

Assisting young people ages 16 & 17 in a successful transition to adulthood - Social work intervention and services may be provided to youth and their families. Youth Services can be either residential or non residential.

#### **Non Residential Youth Services**

Prevention and support services are available to young people living in their family home to address issues which could effect their development and well being including such things as risk of maltreatment, mental health and addiction issues.

#### **Residential Youth Services**

If a youth is at risk of maltreatment in his/ her family or has no parent willing or able to provide care to the youth, he/she can be offered residential and support services on a voluntary basis. If the youth can safely return to his/her family this would be the focus of intervention.

### **Protective Intervention**

When a child is alleged to be at risk of maltreatment social workers provide risk assessment and risk reduction planning to ensure the child is safe. Intervention with the family, within the context of the community, ensures the best interests of the child are paramount.

Youth and Family Services  
Eastern Health  
PO Box 13122  
St John's, NL A1B 4A4  
Tel. (709) 752-4160

Child and Family Services  
Eastern Health  
PO Box 13122  
St John's, NL A1B 4A4  
Tel. (709) 752-4619

**Daybreak Parent Child Centre Association**

Community-based, not-for-profit association addressing the well-being of children who are at a disadvantage due to environmental or other risk factors by offering a holistic support service involving parents as well as children, providing consultation and leadership toward the development of services and providing both professional and public education

74 The Boulevard  
St. John's, NL  
A1A 1K2  
Tel. (709) 726-8373  
Fax. (709) 726-1607

**Family Violence Treatment & Training Program**

Program offering a range of individual and group therapies for people affected by family violence who also have significant mental health issues or psychiatric illness  
Groups for male and female survivors of childhood sexual abuse are offered on a regular basis.  
Referrals can be made using the Mental Health and Addictions Services Referral Form.

Program Director's Office  
Mental Health Program  
c/o Waterford Hospital Site  
Waterford Bridge Road  
St. John's, NL  
A1E 4J8  
Tel. (709) 777-3660  
Fax. (709) 777-3993  
[Cathy.howlett@hccsj.nl.ca](mailto:Cathy.howlett@hccsj.nl.ca)

**Janeway Family Centre**

Offering a coordinated and comprehensive service for children and youth facing emotional, social or behavioral challenges comprised of six teams, each consisting of social workers, psychologists and staff using a combination of individual, family or group interventions and varied therapeutic approaches according to their area of expertise.:

**Team for Young Children**

Working to help young children (birth to 6 years) and their families adjust to and cope with the behaviors and difficulties associated with this stage of development and to maximize opportunities for growth - The focus is on education, support, and therapeutic interventions with parents and young children.

**School Age Team**

Focusing on addressing the emotional and behavioral well-being of children aged 7 - 12 years and their families. This Team provides individual, family and group therapy to assist children and their families cope with the changes and challenges in their development and environment.

**Adolescent Team**

Working with young children aged 13 - 20 years and their families. A variety of group programs for young people and their parents, as well as individual and family work, are offered. This team also provides consultation and education on adolescent issues.

**Brief Intervention Team**

Offering one to eight sessions to a child or family coping with a specific issue that can be resolved in a short period of time. Young people of all ages can be seen by the Brief Intervention Team.

**Child Abuse Treatment Team**

The Child Abuse Treatment Team offers services to children and their families in situations where there has been alleged / confirmed abuse. A variety of group programs are offered in addition to individual and family work.

**Family Team**

This Team recognizes the importance of the family system in facilitating change and finding solutions. It includes family counselling and/or family therapy. It also offers counselling and therapy on an individual basis to family members dealing with issues specific to the family. Focused consultations, involving a reflecting team, are offered on a continual basis.

The following groups are being offered through the Janeway Family Centre as deemed necessary:

**Children's Groups**

- Grief Group (Age 3 -12)
- Children Who Witness Violence (Age 3 - 12)
- That Was Then...This Is Now (Child Sexual Abuse) (Age 3 - 12)
- Kid Workshops on Emotions, Coping, Self-Awareness, Friendship etc. (Age 9 - 12)
- It's Sill Okay - Children of Divorce / Separation (Age 9 - 12)
- Kid Club (Age 10 - 13)
- Debriefing Group for Children Coming Into Care (Age 7 - 12)

**Adolescent Groups**

- Junior Adolescent Group (Age 13 - 16)
- Open Adolescent Group (Age 16+)
- Adolescent Addictions Group (Age 16+)
- Association for New Canadians Group
- Sexual Abuse Survivors Group
- School based Groups
- Groups dealing with specific issues, such as teens who witness violence or coping with anxiety.

**Parenting Groups**

- A New Tomorrow (families experiencing intergenerational physical abuse)
- Parenting Your Adolescents (Age 12+)
- Parenting Young Children (Age 2 - 12)
- Parent Sessions / Children Who Witness Violence
- Parent Sessions / That Was Then..This is Now (Child Sexual Abuse)
- Supportive Parents of Adolescents

**Family Groups**

- Multiple Family Therapy Group – dependent upon particular issues shared by a number of families.

**Referral Process**

Referrals to the Centre are received by the Intake Coordinator.  
Self referrals are also welcomed.  
Professionals wishing to make a referral are asked to complete and fax a referral form.

Intake Coordinator  
Janeway FAMILY CENTRE  
Janeway Children's Health & Rehabilitation Centre

300 Prince Philip Drive  
St. John's, NL A1B 3V6  
Tel. (709) 777-2016/(709) 777-2019  
Fax. (709) 777-2037

Families experiencing an emergency crisis may visit the Emergency Department at the Janeway Hospital or contact the Mental Health Crisis Line @ 737-4668 / 1-888-737-4668 or the KIDS HELP LINE @ 1-800-668-6868.

**Kilbride to Ferryland Family Resource Centre Coalition Inc.**

Coalition providing a wide range of needs-based family resource programming designed to promote self-help and mutual aid, enhance parent-child relationships and encourage healthy prenatal and child development in the communities from Kilbride to Ferryland. Families with children up to 11 years old will benefit from this program with particular emphasis on programs for children 0 - 6 years.

P.O. Box 1039  
Goulds, NL A1S 1H2  
Contact Rhonda Thomas, Coordinator  
Tel. (709) 747-8532  
Fax. (709) 747-8531  
[kffrc@avint.net](mailto:kffrc@avint.net)  
[http://nl.snis.ca/view/?organization\\_id=112](http://nl.snis.ca/view/?organization_id=112)

**Salvation Army Family Services**

Services provided include: support in the event of marriage breakdown, information on nutrition, counseling for alcoholics, summer camp for underprivileged children, etc.

21 Adams Ave.  
St. John's, NL A1C 4Z1  
Tel. (709) 726-0393  
Fax. (709) 576-7034

**Single Parents' Association NL (SPAN)**

Providing supports to single parents to ensure a sense of community and to help alleviate strain of being the sole earner and single parent with no partner to share the stresses of raising children

Suite 209, Virginia Plaza  
200-232 Newfoundland Drive

P.O. Box 21421  
St. John's, NL A1A 5G6  
Tel. (709) 738-3401  
Fax. (709) 738-3406  
[span@span.nf.net](mailto:span@span.nf.net)  
<http://www.envision.ca/members/templates/template6.asp?ID=2468>

**St. John's Parenting Skills Services Project**

Project designed to enhance the network of parenting services and programs throughout the St. John's area. Lead by a steering committee of a variety of organizations throughout the St. John's region.

[pssp@warp.nfld.net](mailto:pssp@warp.nfld.net) (Lynn Smyth)

[rbpenney@firstcity.net](mailto:rbpenney@firstcity.net) (Steering Committee Chairperson)  
<http://www.parentingskillsproject.com/>

**YM/YWCA of North Eastern Avalon NL**

Building strong kids, families and communities, the Y offers a range of programs including health, fitness and recreation, employment and enterprise services as well as children's services.

34 New Cove Rd.  
St. John's, NL  
Tel. (709) 754-2960

**Employment and Enterprise Services:**

401 Empire Avenue  
St. John's, NL  
Tel. (709) 757-2665

5 Job Street  
St. John's, NL  
Tel. (709) 754-2962

9 Commonwealth Avenue  
Mount Pearl, NL  
Tel. (709) 745-6782

Kenmount Park Community Y  
25 Holden  
Mount Pearl, NL  
Tel. (709) 748-1082

<http://www.ynortheastavalon.com/index.php>

## COMMUNITY GROUPS

### **AIDS Committee NL**

Not-for-profit organization providing education, direct support and advocacy for persons living with HIV/AIDS. ACNL believes in and encourages social and political advocacy to ensure individual and collective rights to non-judgmental education and support, thus encouraging responsible decision-making and personal empowerment. Services – Education, Outreach, harm reduction, needle swap, short term shelter

Tommy Sexton Centre  
47 Janeway Place (Pleasantville)  
St. John's, NL A1A 1R7  
Tel. (709) 579-8656  
Toll Free. 1-800-563-1575  
Fax. (709) 579-0559  
<http://www.acnl.net>

### **Biscay Bay Community Development Committee**

Community development

P.O. Box 9, Site 10  
Biscay Bay, NL AOA 4B0  
Tel. (709) 438-2233  
[yskinner@nf.aibn.com](mailto:yvonne.skinner@nf.aibn.com) (Yvonne Skinner)

### **Community Mediation Services**

Charitable organization promoting peace and restorative justice in the community by empowering people to settle disputes using non-violent processes

98 Elizabeth Avenue  
St. John's, NL A1B 1R8  
Tel. (709) 722-5040  
Fax. (709) 722-5035  
[cms@nfld.net](mailto:cms@nfld.net)  
<http://www.cmservices.org>

### **The Lantern**

Christian Life Centre owned and operated by the Presentation Sisters welcoming all seekers and offering opportunities for the development of spirituality, the formation of community, and the promotion of justice

35 Barnes Road  
St. John's, NL A1C 3X1  
Tel. (709) 753-8760  
Fax. (709) 753-8789  
[information@thelantern.nf.net](mailto:information@thelantern.nf.net)  
<http://www.envision.ca/webs/lantern>

## **Crime Prevention**

### **Bay Bulls to Bauline Crime Prevention**

Pumpkin Control, Neighbourhood Watch, School Presentations on Drugs & Alcohol

Mobile, NL A0A 3A0  
Tel. (709) 334-2822 (Aiden Mackey)

### **Citizens Against Crime-Brigus South-Cappahayden**

P.O. Box 11, Site 2  
Calvert, NL A0A 1N0  
Tel. (709) 432-2274/ (709) 363-2076 (Anne Gushue)

### **Neighbourhood Watch - Bay Bulls**

Outreach organization informing locals on how to protect property and deter robberies – also delivers crime prevention seminar with seniors

Wayne Williams  
P.O. Box 96  
Bay Bulls, NL A0A 1C0  
Tel. (709) 334-2706  
Fax. (709) 334-3613  
[Sheila.williams@nf.sympatico.ca](mailto:Sheila.williams@nf.sympatico.ca)

### **St. John's Citizens' Crime Prevention Committee Inc.**

Committee devoted to reducing crime and improving the quality of life in our community through education and crime prevention initiatives

President: John Scoville  
21 Alderberry Lane  
St. John's. NL  
A1E 6A5  
Tel. (709) 729-0356  
[johns@gov.nl.ca](mailto:johns@gov.nl.ca)  
<http://www.crimeprevention.nf.ca/>

### **Newfoundland and Labrador Gays and Lesbians for Equality Inc. (NGALE)**

Community-based, not-for-profit volunteer organization dedicated to providing support and education to, and for, gay, lesbian, bisexual, transgendered persons, and the public in general, in the province of Newfoundland and Labrador.

St. John's  
[www.ngale.org](http://www.ngale.org)  
[info@ngale.org](mailto:info@ngale.org)

**Southern Avalon Development Association**

Social and Economic Development for the Communities from Portugal Cove South to St. Vincent's

Contact Marilyn Curtis

Tel. (709) 438-2651

Fax. (709) 438-2405

P.O. Box 114

Trepassey, NL A0A 4B0

[mcurtis@nf.aibn.com](mailto:mcurtis@nf.aibn.com)

**Stella Burry Community Services, Inc. (SBCS)**

Non-profit organization owned by the United Church of Canada offering counselling, outreach and community services

142 Military Road

St. John's, NL

A1C 2E6

Tel. (709) 738-7805

Fax. (709) 738-1030)

[sbcs@outreach.nf.net](mailto:sbcs@outreach.nf.net)

<http://www.stellaburry.ca>

## Services for Immigrants and Refugees

### **Association for New Canadians**

Provision of settlement services and integration programs to assist immigrants and refugees, helping refugees through the process of immigration, offering support, helping with applications and, when necessary, helping with the deportation process

144 Military Rd.  
St. John's, NL  
P.O. Box 2031, Station C  
A1C 5R6  
Tel. (709) 722-9680  
Fax. (709) 754-4407  
[community@nfld.net](mailto:community@nfld.net)  
<http://www.anc-nf.cc>

### **Multicultural Women's Organization of Newfoundland and Labrador (MWONL)**

Not for profit organization empowering, in various capacities, women with diverse backgrounds, offering services and information according to needs of women with different culture and ethnicity; helping newcomers, immigrants and other women through fundraising and social activities, research, advocacy, counseling, and information sessions

P.O. Box 23053  
St. John's, NL A1B 4J9  
Tel. (709) 753-5964 (Yamuna Kutty, President)  
Tel. (709) 576-5501 (Kaberi Sarma-Debnath)

### **Refugee Immigrant Advisory Council (RIAC)**

Council whose primary objective is to help refugees and immigrants become productive and independent members of society, emphasizing Responsibility, Independence, Acceptance and Choice (RIAC)

204 Water Street, Suite 200  
St. John's, NL A1C 1C4  
Tel. (709) 754-4122  
Fax. (709) 754-4102  
[riac@firstcity.net](mailto:riac@firstcity.net)

## Services for Aboriginal Persons

### **St. John's Native Friendship Centre**

Non-profit organization designed to assist Aboriginal people in their everyday needs, including, but not limited to, referrals and counseling on matters of employment, housing, education, and health

### **Shanawdithit Shelter**

Accommodates up to 23 persons and families experiencing temporary or regular homelessness with ten (10) bedrooms, two (2) family rooms upstairs and two (2) rooms on the main floor for women and children, five (5) single rooms, one (1) double fully accessible room, four (4) family rooms, laundry room, dining room, kitchen and common area with a television, reading material and children's play area. Shower facilities are available, however, clients must provide their own toiletries. Towels are provided in each room. Washers and Dryers are available for a fee per load and must be completed by 10:30 p.m.

Operating 24 hours a day, 7 days a week, must be 19+ unless accompanied by a parent/guardian

716 Water Street  
St. John's, NL A1E 1C1  
Tel. (709) 726-5902  
Shelter. (709) 726-5970  
Fax. (709) 726-3557  
[general@friendshipcentre.nf.net](mailto:general@friendshipcentre.nf.net)  
<http://www.friendshipcentre.nf.net/>

### **Labrador Inuit Association - St. John's Office**

Non-profit corporation responsible for advancing the aboriginal, constitutional, democratic, social and human rights of Labrador Inuit, promoting Labrador Inuit language and culture, working to advance the health and well-being of our people, actively involved in the management and protection of our fisheries, wildlife and natural resources

95 LeMarchant Road, Suite 203  
St. John's, NL, Canada A1C 2H1  
Tel. (709) 754-2587  
Fax. (709) 754-2364  
Toll-free. 1-877-777-2589  
[psssp@nunatsiavut.com](mailto:psssp@nunatsiavut.com)  
<http://www.nunatsiavut.com>

## Services for Persons with Disabilities

### **Coalition of Persons with Disabilities (COD) Newfoundland and Labrador**

Provincial advocacy organization concerned with all persons with disabilities, promoting their rights and raising public awareness of their needs. COD is proactive, working to improve legislation and services at all government levels and networking with national and regional groups to support independence and foster positive self-concept of its members, to whom it is accountable and from whom it takes its overall direction.

TD Place, 140 Water Street, Suite 202  
St. John's, NL A1C 6H6  
Tel. (709) 722-7011  
TTY. (709) 722-7998  
Fax. (709) 722-4424  
[codmain@nf.aibn.com](mailto:codmain@nf.aibn.com)  
<http://www.codnl.ca>

### **Independent Living Resource Centre (ILRC)**

Not-for-profit organization providing information, resources, networking, skill development seminars, individual advocacy and peer support programs for people with disabilities, their families, friends and support networks. The ILRC has a variety of program which include: Individual Advocacy, Peer Support, Information & Networking, Full Steam Ahead, Community Access Program and Research & Development.

4 Escasoni Place  
St. John's, NL A1A 3R6  
Tel. (709) 722-4031  
Fax. (709) 722-0147  
TTY. (709) 722-7998  
Toll Free. 1-866-722-4031  
[info@ilrc.nf.ca](mailto:info@ilrc.nf.ca)  
<http://www.ilrc.nf.ca>

### **Newfoundland and Labrador Association for Community Living**

Provincial non-profit advocacy association dedicated to developing communities that welcome persons with developmental disabilities, working with and on behalf of citizens with developmental disabilities and their families to secure the means and opportunities whereby these citizens can live normal and dignified lives as full participants in community. In order to work toward the realization of this goal, we do the following: provide direct support to individuals, families, and local associations; work with government and service agencies to build supportive communities; lobby for changes in social policy, programs, and laws; facilitate research training and planning

687 Water Street  
P.O. Box 5453  
St. John's, NL A1C 5W4  
Tel. (709) 722-0790  
Toll Free. 1-800-701-8511  
Fax . (709) 722-1325  
[nlacl@nf.aibn.com](mailto:nlacl@nf.aibn.com)  
[www.nlacl.ca](http://www.nlacl.ca)

## Services for Caregivers

### **Caregivers Out of Isolation**

Not-for-profit organization providing direct support for caregivers according to their self-identified needs, enhancing awareness about issues identified by caregivers and promoting policy development that responds to issues identified by caregivers

Suite W100, 280 Torbay Rd.  
St. John's, NL A1A 3W8  
Tel. (709) 726-2370  
Toll Free. 1-888-571-2273  
Fax. (709) 737-3717  
[caregivers@nf.aibn.com](mailto:caregivers@nf.aibn.com)  
<http://www.caregiversnl.ca>

### **Fetal Alcohol Syndrome/Effects (FAS/FAE) Support Line**

Bilingual information service and links to support groups, prevention projects, resource centers, and experts on FAS/FAE.

c/o Canadian Centre on Substance Abuse  
75 Albert Street, Suite 300,  
Ottawa, Ontario, K1P 5E7  
Toll Free. 1 800 559-4514  
<http://www.nofas.org>

## Services for Seniors

### **Senior Citizens Housing Association**

Association providing community supports to seniors, such as transportation services

P.O. Box 65

Trepassey, NL A0A 4B0

Tel. (709) 438-1112 (Frances Sutton)

### **Seniors Resource Centre (SRC) of NL Inc.**

Not-for-profit centre dedicated to promoting the independence and well being of older adults through advocacy, the provision of information, and various programs and services. The central program is the toll-free Seniors Information Line, which allows seniors province-wide to call Peer Advocate volunteers if they have questions or need to discuss a problem. Also compiles and publishes the Seniors Guide to Services and Programs in Newfoundland and Labrador, which reflects the kinds of questions and concerns most often raised through the Information Line.

280 Torbay Road, Suite W 100

St. John's, NL, A1A 3W8

Tel. (709) 737-2333

Toll Free. 1-800-563-5599

Fax. (709) 737-3717

[info@seniorsresource.ca](mailto:info@seniorsresource.ca)

<http://www.seniorsresource.ca>

## Services for Youth

### **Boys and Girls Club NL**

Non- profit organization for children aged 5-17 years. Its purpose is to aid in the social, emotional, educational, and physical development of its members. These goals can be achieved by providing youth with a place where they feel safe and accepted. Through fun activities, they acquire self-esteem, skills, attitudes, and values that will enhance their potential as children and future adults.

P.O. Box 20

49-55 Elizabeth Avenue

St. John's, NL A1A 1W8

Tel. (709)722-5556

Fax. (709)722-5576

[jmcisaac@nfld.net](mailto:jmcisaac@nfld.net) (Ms. Jackie McIsaac, Provincial Coordinator)

### **St. John's Boys and Girls Club**

Buckmaster's Circle Unit

Tel. (709) 579-2586

Mundy Pond, Main Office

Tel. (709) 579-0181

Elizabeth Avenue

Tel. (709) 722-5556

<http://www.stjohnsclub.nf.ca>

### **Wabana Boys and Girls Club - Bell Island**

The major youth serving organization on Bell Island, member of Boys & Girls Clubs of Newfoundland and Labrador and are affiliated with Boys & Girls Clubs of Canada. The Wabana Boys and Girls Club is a place where all our members meet to play in league games, engage in leadership activities, meet their friends and enjoy all the fun filled activities which are apart of our daily operations.

P.O. Box 539

Bell Island, NL A0A 4H0

Tel. (709)488-2288

Tel. (709) 488-3801

Fax. (709)488-2226

[wbgc@nf.aibn.com](mailto:wbgc@nf.aibn.com) (Ms. Leona Ezekiel, Executive Director)

<http://www.bellisland.net/wbgc>

### **Choices for Youth Inc.**

Non-profit community agency that provides youth with a range of supportive housing options, access to a variety of services promoting healthy personal development and a sense of belonging. A shelter for young men, a supportive housing program for youth (male/female) and a youth services centre are among the services offered.

Youth Service Site

12-16 Carter's Hill Place

P.O. Box 26067

St. John's, NL A1C 5T9

Tel. (709) 754-3047

Fax. (709) 754-6102

[Sheldon@nfld.net](mailto:Sheldon@nfld.net)

**Community Youth Network (CYN) St. John's**

Not-for-profit organization working to increase opportunities for youth to avail of the supports they need to mature into healthy, educated, employable members of the community

Youth Service Site

12-16 Carter's Hill Place

P.O. Box 26067

St. John's, NL A1C 5T9

Tel. (709) 754-0536

Fax. (709) 754- 0842

[acrockwell@cyn-stjohns.nf.ca](mailto:acrockwell@cyn-stjohns.nf.ca)

[paul@cyn-stjohns.nf.ca](mailto:paul@cyn-stjohns.nf.ca)

[angela@cyn-stjohns.nf.ca](mailto:angela@cyn-stjohns.nf.ca)

<http://www.cyn-stjohns.nf.ca/>

**Kids Help Phone**

24 hour, toll free, counselling and referral service to children across the country to provide children with the help they need and deserve. To speak with a professional counsellor, young people can call

Toll Free. 1-800-668-6868.

**Parent Help Line** is a service of Kids Help Phone in collaboration with Invest in Kids Foundation.

It is Canada's only national, bilingual, 24-hour, toll-free confidential and anonymous phone counselling, referral and Internet service for parents and caregivers. To speak with a professional counsellor, call

Toll Free. 1-888-603-9100.

<http://www.kidshelpphone.ca>

**The Murphy Centre Inc.**

Within a challenging and respectful environment, the Murphy Centre provides individuals with opportunities for growth through the integration of creative learning experiences designed to achieve academic, career and life goals.

1 Prince Philip Drive

P.O. Box 21157

St. John's, NL A1A 5B2

Tel. (709) 579-6606

Fax. (709) 579-2655

Murphy Centre Career Services

276 Torbay Road, Fall River Plaza, Suite 201

St. John's, NL A1A 4E1

Tel. (709) 753-2830

Fax: (709) 579-8022

Community Youth Arts Program

Harbour Side Studio

74 Harbour Drive

St. John's, NL A1C 6K1

Tel. (709) 757-2688

<http://www.murphycentre.nf.net/>

**St. John's Youth Diversion Community Board**

Enabling youth to repay the victim and/or community for their offense; educating youth about consequences of breaking the law and prevention of youth crime through community awareness education

Tel. (709) 752-4629 (Lil Simms)

**Youth Secure Custody**

Responsible for operating an effective system of residential secure custody and remand services, Delivery of a diverse range of offender programs in custody to assist youth in successfully re-integrating in the community after release from custody, as well as for delivering a Pre-trial Services Program (bail supervision) as an alternative to having accused youth remanded into custody.

**Youth Secure Custody - Department of Justice**

4th Floor, East Block

P.O. Box 8700

St. John's, NL A1B 4J6

Tel. (709) 729-3880

Fax. (709) 729-5100

<http://www.justice.gov.nl.ca/just/PUBLICPR/youth.htm>

**St. John's Youth Detention Centre**

P.O. Box 5085

St. John's, NL A1C 5V3

Tel. (709) 729-5041

Fax. (709) 729-0745

## **Services for Offenders, Ex-Offenders and their Families**

### **John Howard Society of Newfoundland - Head Office**

Community based volunteer organization which works to reduce crime by providing opportunities for the rehabilitation of offenders and advocating reform through successful program interventions, public education, crime prevention strategies and restorative justice principles.

426 Water Street  
St. John's, NL A1C 1E2  
Tel. (709) 726-5500  
Fax. (709) 726-5509  
[jhsnl@firstcity.net](mailto:jhsnl@firstcity.net)  
<http://www.johnhowardnl.ca>

### **John Howard Society of Newfoundland - Howard House**

Community residential centre which accommodates sixteen residents and facilitates the rehabilitation of offenders into society

7 Garrison Hill  
St. John's, NL A1C 1E2  
Tel. (709) 722-1848  
Fax. (709) 722-2414  
<http://www.johnhoward.ca>

### **Salvation Army Correctional and Justice Services**

Assists all persons related to the correctional field through legislative reform, development of the correctional process and rehabilitation of its clientele. To minister to the needs of those who are willingly or unwillingly drawn into the legal process. While in serving their time the services they provide are pastoral counselling, referrals within the community for professional services, bible correspondence courses for the inmate population, support and practical assistance to offenders/families, victims/families, witnesses/families and criminal justice personnel.

21 Adams Avenue  
St. John's, NL A1C 4Z1  
Tel. (709) 726-0987  
Fax. (709) 576-7034  
[http://www1.salvationarmy.org/can/www\\_can.nsf/vw-sublinks/C09E8BFAB41C59FA80256EB600282CDF?openDocument](http://www1.salvationarmy.org/can/www_can.nsf/vw-sublinks/C09E8BFAB41C59FA80256EB600282CDF?openDocument)

### **Turnings**

Not-for-profit organization providing pastoral care, including Circles of Support and Accountability for those released from prison, as well as those with addictions issues. Turnings helps bridge a critical gap in our judicial system – the release of ex-offenders without sufficient facilitation. Instructed to avoid troubled peer groups, and often rejected by their families, ex-offenders oftentimes find themselves ostracized upon re-entry. Marginalization breeds resentment, and the likelihood of re-offending is thought to increase. Though rooted in the tradition of pastoral care, Turnings has never sought to convert people to a particular faith, only to offer them hope.

21 Merrymeeting Road  
St. John's, NL A1C 2V6  
Tel. (709) 754-1010  
Fax. (709) 754-2784  
[turnings@nf.aibn.com](mailto:turnings@nf.aibn.com)

## Services for Men & Boys

### **Male Survivors of Child Sexual Abuse**

Treatment Group offered through the Family Violence Program helping men heal from their past histories of child sexual abuse

Waterford Hospital  
Waterford Bridge Road  
St. John's, NL A1E 4J8  
Tel. (709) 777-3640  
Fax. (709) 777-3912

### **Salvation Army Wiseman Centre**

The primary shelter for males aged 30 – 65, includes 20 self-contained, furnished shelter units with shared bathroom, kitchen and recreational space operated by the Salvation Army in partnership with the provincial Department of Human Resources, Labour and Employment, operating to enhance housing and life skills opportunities for males through one-on-one supports, with access to services offered through partnering agencies and other community services, offering 10 supportive housing units, particularly for men suffering with mental illness. All common spaces and at least one housing unit will be fully accessible. Program assists tenants in living as independently as possible, empowering men living in both the shelter and supportive housing in the development of basic life skills such as hygiene, cooking, laundry, budgeting —and where possible — employment readiness.

18 Springdale St.  
St. John's, NL A1E 2R1  
Tel. (709) 739-8355/8358  
Fax. (709) 739-0330  
[wc.worker@gmail.com](mailto:wc.worker@gmail.com)

### **St. Francis Foundation**

Non-profit community based organization providing residential and support services for adolescent males in the care of Child, Youth and Family Services. There are 8 different residential programs available.

P.O. Box 632  
St. John's, NL A1C 5K8  
Tel. (709) 726-4200  
Fax. (709) 726-4117  
[st.francis@roadrunner.nf.net](mailto:st.francis@roadrunner.nf.net)

## Services for Women & Girls

### **Fermeuse Women's Institute**

Women's committee of Fermeuse responsible for community catering, workshops, and donation to any and all needy causes

P.O. Box 11  
Fermeuse, NL A0A 2G0  
Tel. (709) 363-2911 (Virginia Pennell)  
[vpennell@hotmail.com](mailto:vpennell@hotmail.com)

### **Iris Kirby House**

Transition house for women and children in crisis, offering crisis intervention, support for abused women and related issues, empowerment and shelter, children's groups help build self-esteem and provide education on issues related to violence. Presentations on crisis intervention are available to groups upon request.

196 Waterfordbridge Rd.  
St. John's, NL A1E 1E1  
Crisis line. (709) 753-1492

### **Multicultural Women's Organization of Newfoundland and Labrador (MWONL)**

Not-for profit organization empowering, in various capacities, women with diverse backgrounds, offering services and information according to needs of women of different cultures and ethnicities; helping newcomers, immigrants and other women through fundraising and social activities, research, advocacy, counseling, and information sessions

P.O. Box 23053  
St. John's, NL A1B 4J9  
Tel. (709) 753 5964 (Yamuna Kutty, President) / (709) 576 5501 (Kaberi Sarma-Debnath)

### **Naomi Centre For Women (Stella Burry Corporation)**

Providing safety, shelter and support to young women aged 16 – 30, acting as a referral source, linking young women to appropriate resources, providing advocacy, supportive counselling, and helping find long term housing.

4 Patrick Street  
St. John's, NL A1E 2S6  
Tel. (709) 579-8641  
Fax. (709) 579-7096  
[sbcs@outreach.nf.net](mailto:sbcs@outreach.nf.net)  
<http://www.stellaburry.ca>

### **Newfoundland and Labrador Sexual Assault Crisis & Prevention Centre Inc. (NLSACPC)**

Not-for-profit organization providing non-judgemental peer support and essential services to individuals impacted by sexual violence, working towards the prevention and eradication of sexual violence through public awareness, presentations, training and referral of services. Always looking for volunteers!!

360 Topsail Rd. Suite 101  
St. John's, NL A1E 2B6  
Tel. (709) 747-7757  
St. John's Region Crisis Line: (709) 726-1411  
Provincial Toll Free Crisis Line. 1 800 726-2743  
Fax: (709) 747-7758

[coordinator@sexualassaultcentre.nf.net](mailto:coordinator@sexualassaultcentre.nf.net)  
[www.nlsacpc.com](http://www.nlsacpc.com)

**Shalom Inc. (Group Home)**

Safe, nurturing residential service for girls under 16 years of age, who are under the care of the Director of Child, Youth and Family Services, St. John's Region. Shalom works in partnership with the young person, the family and the community to promote the individual's physical, social, behavioural, educational and spiritual development. Each young person is provide with support, guidance and attention to developmental concerns, to facilitate their eventual transfer back to the parental home, foster home or other appropriate residential setting.

Tel. (709) 579-2208 (Anne Marie Ottenheimer, Executive Director)  
Emergency Placement. (709) 739-0286

**St. John's Status of Women Council / St. John's Women's Centre**

Dedicated to the empowerment of women in a feminist framework, providing information, referral and advocacy in a safe and friendly environment

150 Lemarchant Road  
St. John's, NL A1A 2H2  
Tel. (709) 753-0220  
Fax. (709) 753-3817  
<http://www.sjswc.ca>

**Transition House Association NL**

Umbrella organization for shelters and safe houses for women and children in crisis in Newfoundland & Labrador

P.O. Box 221, Station C  
St. John's, NL A1C 5J2  
Tel. (709) 729-6759  
Fax. (709) 739-6860  
[thanl@nf.aibn.com](mailto:thanl@nf.aibn.com)  
[www.thanl.org](http://www.thanl.org)

## Community Centres

### **Buckmasters Circle Community Centre**

Encouraging and promoting the leadership, well being and cooperation of all citizens of the Buckmasters Community and surrounding area to develop respect, knowledge, and skills through community participation, advocacy, outreach, partnerships, program development and community services

Buckmasters Circle  
P.O. Box 26028  
St. John's NL A1C 5T9  
Tel. (709) 579-0718  
Fax. (709) 737-0342  
<http://www.bmcc.nf.ca/>

### **Chalker Place Community Centre**

Centre serving as hub for activity, offering everything from teen nights and art classes to play programs for younger children. The project is part of a pioneering outreach program to families and children at risk.

47 Chalker Place  
St. John's, NL  
Tel. (709) 754-7890  
[kbarter@mun.ca](mailto:kbarter@mun.ca)

### **Froude Avenue Community Centre**

Servicing community residents with the provision of education, recreation, health, social and vocational programs, and continuing to seek support to enhance the lifestyle of area residents. Programs include nursery programs, parents and tots, after school program, homework club, literacy program, tutoring, needs assessment, leisure activities

89 Froude Avenue  
St. John's, NL A1E 3B8  
Tel. (709) 579-0763  
<http://www.nfcap.nf.ca/urbancap/Froudeavenue/main.html>

### **MacMorran Community Centre**

Providing access and equal opportunity for community members to participate in social, health, recreation, educational, and cultural programs and services. As well, our mission includes the provision of opportunities for individual capacity building. Opportunities will be provided for a collaborative, cooperative community development process that will help provide and sustain a healthy, supportive and safe community.

31-33 Brophy Place  
P.O. Box 21046  
St. John's, NL A1A 5B2  
Tel. (709) 722-1168  
[justask@nfcap.nf.ca](mailto:justask@nfcap.nf.ca)

### **Rabbittown Community Centre**

Primary goal is to improve the quality of life for socially and economically disadvantaged families by providing a wide range of programs and services with special emphasis on the needs of the children and youth.

26 Graves Street  
St. John's, NL A1B 3C5  
Tel. (709) 739-0404  
Fax. (709) 739-8482  
[rtcc@thezone.net](mailto:rtcc@thezone.net)  
<http://www.nfcap.nf.ca/urbancap/Rabbittown/main.html>

**Virginia Park Community Centre (VPCC)**

The primary purpose of the Virginia Park Community Centre is to provide recreational, social and educational programs and activities for the residents of the Virginia Park area. The existing programs and services, are as follows: Pre-School and Nursery Program; The After School Program; Teen Basketball program; Youth co-ed basketball Program; Teen night program; Computer Access Program; Career Development; Teen Program; family resource program; parents and tots; healthy baby club;

1134 Harding Road  
P.O. Box 21011  
St. John's, NL A1A 5B2  
Tel. (709) 579-4534/0527  
Fax. (709) 579-4539  
[programs@nl.rogers.com](mailto:programs@nl.rogers.com)  
<http://virginiapark.ca/>

## **Shelter/Transitional housing**

### **Access House**

Transitional housing service for people who, due to the effects of mental illness, are having difficulty maintaining an independent lifestyle – ACCESS House accepts referrals from across the province, and offers counseling, life skills instruction, linkages to other community agencies/services, follow-up for persons who have completed this program.

133 Empire Avenue  
St. John's, NL A1C 3G1  
Tel. (709) 752-4146 (Ellen Gillis)  
Fax. (709) 579-1939  
<http://www.commhealth.nf.ca/mhaa1b.asp?flag=noshow>

### **Carew Lodge Resource Centre (Stella Burry Corporation)**

Consists of a 12 bedroom residence, a resource centre and two apartments used for women as an alternative to the prison system. The main focus is to help the clients become full citizens, to encourage them to use their voting rights, help them find employment and appropriate housing.

11 Carew Street  
St. John's, NL A1C 3N5  
Tel. (709) 738-5055  
Fax. (709) 738-4238  
[mnewchurch@carew.nf.net](mailto:mnewchurch@carew.nf.net) or [glush@carew.nf.net](mailto:glush@carew.nf.net)  
[www.stellaburry.ca/carew.html](http://www.stellaburry.ca/carew.html)

### **Choices for Youth Inc.**

Non-profit community agency that provides youth with a range of supportive housing options, access to a variety of services promoting healthy personal development and a sense of belonging. A shelter for young men, a supportive housing program for youth (male/female) and a youth services centre are among the services offered.

Youth Service Site  
12-16 Carter's Hill Place  
P.O. Box 26067  
St. John's, NL A1C 5T9  
Tel. (709) 754-3047  
Fax. (709) 754-6102  
[Sheldon@nfld.net](mailto:Sheldon@nfld.net)

### **Emmanuel House**

Provides therapy programs for persons with problems in the area of mental health, justice, addictions, and family violence. Programs may vary according to the residents. Life skills training and counseling services to residents and former residents through individual and group therapy. Provides live-in opportunities for 14 residents.

83 Cochrane Street  
St. John's, NL A1C 3L7  
Tel. (709) 754-2072  
Fax. (709) 754-6447  
<http://www.stellaburry.ca/emmahouse.html>

**John Howard Society of Newfoundland - Howard House**

Community residential centre which accommodates sixteen residents and facilitates the rehabilitation of offenders into society

7 Garrison Hill  
St. John's, NL A1C 1E2  
Tel. (709) 722-1848  
Fax. (709) 722-2414  
<http://www.johnhoward.ca>

**Iris Kirby House**

Transition house for women and children in crisis, offering crisis intervention, support for abused women and related issues, empowerment and shelter, children's groups help build self-esteem and provide education on issues related to violence. Presentations on crisis intervention are available to groups upon request.

196 Waterfordbridge Rd.  
St. John's, NL A1E 1E1  
Crisis line. (709) 753-1492

**Naomi Centre For Women (Stella Burry Corporation)**

Providing safety, shelter and support to young women aged 16 – 30, acting as a referral source, linking young women to appropriate resources, providing advocacy, supportive counselling, and helping find long term housing.

4 Patrick Street  
St. John's, NL A1E 2S6  
Tel. (709) 579-8641  
Fax. (709) 579-7096  
[sbcs@outreach.nf.net](mailto:sbcs@outreach.nf.net)  
<http://www.stellaburry.ca>

**Salvation Army Wiseman Centre**

The primary shelter for males aged 30 – 65, includes 20 self-contained, furnished shelter units with shared bathroom, kitchen and recreational space operated by the Salvation Army in partnership with the provincial Department of Human Resources, Labour and Employment, operating to enhance housing and life skills opportunities for males through one-on-one supports, with access to services offered through partnering agencies and other community services, offering 10 supportive housing units, particularly for men suffering with mental illness. All common spaces and at least one housing unit will be fully accessible. Program assists tenants in living as independently as possible, empowering men living in both the shelter and supportive housing in the development of basic life skills such as hygiene, cooking, laundry, budgeting —and where possible — employment readiness.

18 Springdale St.  
St. John's, NL A1E 2R1  
Tel. (709) 739-8355/8358  
Fax. (709) 739-0330  
[wc.worker@gmail.com](mailto:wc.worker@gmail.com)

**Senior Citizens Housing Association**

Association providing community supports to seniors, such as transportation services

P.O. Box 65  
Trepassey, NL A0A 4B0  
Tel. (709) 438-1112 (Frances Sutton)

**Shalom Inc. (Group Home)**

Safe, nurturing residential service for girls under 16 years of age, who are under the care of the Director of Child, Youth and Family Services, St. John's Region. Shalom works in partnership with the young person, the family and the community to promote the individual's physical, social, behavioural, educational and spiritual development. Each young person is provided with support, guidance and attention to developmental concerns, to facilitate their eventual transfer back to the parental home, foster home or other appropriate residential setting.

Tel. (709) 579-2208 (Anne Marie Ottenheimer, Executive Director)

Emergency Placement. (709) 739-0286

**Shanawdithit Shelter**

Accommodates up to 23 persons and families experiencing temporary or regular homelessness with ten (10) bedrooms, two (2) family rooms upstairs and two (2) rooms on the main floor for women and children, five (5) single rooms, one (1) double fully accessible room, four (4) family rooms, laundry room, dining room, kitchen and common area with a television, reading material and children's play area. Shower facilities are available, however, clients must provide their own toiletries. Towels are provided in each room. Washers and Dryers are available for a fee per load and must be completed by 10:30 p.m.

Operating 24 hours a day, 7 days a week, must be 19+ unless accompanied by a parent/guardian

**St. John's Native Friendship Centre Association**

716 Water Street

St. John's, NL A1E 1C1

Tel. (709) 726-5902

Shelter. (709) 726-5970

Fax. (709) 726-3557

[general@friendshipcentre.nf.net](mailto:general@friendshipcentre.nf.net)

[http://www.friendshipcentre.nf.net/programsandservices\\_theshelter.htm](http://www.friendshipcentre.nf.net/programsandservices_theshelter.htm)

**Tommy Sexton Centre**

The Tommy Sexton Emergency shelter has 4 beds and is available to any man or woman 16 and over regardless of her/his HIV status (i.e. one DOES NOT have to be HIV+ to stay in the shelter) for up to 3 weeks stay. Priority will be given to persons living with HIV/AIDS.

Transitional supportive housing for people living with HIV/AIDS comprised of two 2 bedroom and four 1 bedroom self contained units.

The Tommy Sexton Centre is universally accessible for persons living with disabilities.

47 Janeway Place (Pleasantville)

St. John's, NL A1A 1R7

Tel. (709) 579-8656

Toll-free. 1-800-563-1575

Fax. (709) 579-0559

Richard Neron, Housing Coordinator: [richard@acnl.net](mailto:richard@acnl.net)

**Transition House Association NL**

Umbrella organization for shelters and safe houses for women and children in crisis in  
Newfoundland & Labrador

P.O. Box 221, Station C

St. John's, NL A1C 5J2

Tel. (709) 729-6759

Fax. (709) 739-6860

[thanl@nf.aibn.com](mailto:thanl@nf.aibn.com)

[www.thanl.org](http://www.thanl.org)