



## Need to talk?

### YouthCALL Walk-In Counselling Clinic

No appointment needed, just drop in and sign up.

**In-Person:** ideaLAB & Library (Lakeshore)  
Every Thursday from 11am-7pm

Prefer a virtual session? Book at [cfssc.ca/youthcall](https://cfssc.ca/youthcall).

**Search for other local counselling services** at [1door.ca](https://1door.ca). Check out the "Feelings Pathway" to find the right service for you.

## Youth Support Lines

**Kids Help Phone:** Call 1-800-668-6868. live chat or text CONNECT to 686868. (7pm-midnight)

**Suicide Crisis Helpline:** Call/text 988 (24/7)

**CMHA Simcoe County Crisis Line:**  
Call 705-728-5044 (24/7)

**Simcoe County Youth Crisis Support:**

Call 1-844-417-1945 (9am-9pm, Monday to Friday; 9am-5pm, Saturdays and Sundays)

## John Howard Society of Simcoe & Muskoka

**Need help with criminal charges or court stuff?**

Connect with JHS to learn how they can help.

Call 705-733-0683, email [contact@jhssm.ca](mailto:contact@jhssm.ca) or visit [jhssm.ca](https://jhssm.ca)

**In-Person:** ideaLAB & Library (Lakeshore)  
1st Friday/month from 1-4pm

## Simcoe Muskoka District Health Unit

**Have questions about your health?**

Learn about nicotine and vaping, substance use, relationships, or sexual health: [smdhu.org](https://smdhu.org).

Call 1-877-721-7520 or 705-721-7520

## Need a ride?

### Transit For Teens (Ages 13-17)



Get discounted Uber rides! Ask a parent/guardian to setup a teen account on an Uber Family Profile. For more information, visit [innisfil.ca/TeenTransit](https://innisfil.ca/TeenTransit).

## Need something else?

### Not sure where to go? Head to the library!

Talk to the **Human Services Navigator** at the Lakeshore Branch to find the right program or service for you—and even get connected!

The library also teams up with community organizations for **free programs & services** here in Innisfil. This includes counselling, support groups, conversation circles, newcomer services, cultural programs & events, and more!

Visit [innisfilidealab.ca/socialservices](https://innisfilidealab.ca/socialservices) to find a list of social services and in-person supports at the library.

**free!**

## 211 A helpline connecting people to community

Didn't find what you need? 211 is your go-to helpline.

Call 211 (Available 24/7 in 170 languages)

Search online at [infosimcoecounty.ca](https://infosimcoecounty.ca)

Text 211/Live chat from 7am-9pm, Mon-Fri



## Youth Guide Programs & Supports in Innisfil

Your go-to spot

For what's up!

## Town of Innisfil's Online Youth Hub



Find services, supports, and things to do—all in one place. Learn more: [innisfil.ca/youth](https://innisfil.ca/youth)

## Need a place to stay?

### Under 16?

Call Simcoe Muskoka Family Connexions at 1-800-461-4236.

### If you're 16+...

## CONTACT Community Services

Get info and resources to help you find or keep a place to live. Visit the Innisfil ideaLAB & Library:

**Lakeshore Branch:** Tuesdays from 1-4pm

**Cookstown Branch:** Every 2nd Thursday 1-4pm

Contact Avneet at 905-955-0408 or

[avneet@contactcommunityservices.ca](mailto:avneet@contactcommunityservices.ca).

## Elizabeth Fry Society Simcoe Muskoka



### Not living with a parent or guardian?

Apply for money and connect with services through the **Youth Trustee Program**. Visit [elizabethfrysociety.com](http://elizabethfrysociety.com) to learn more or find youth justice programs. Call 705-794-6226 or email [trustee@elizabethfrysociety.com](mailto:trustee@elizabethfrysociety.com).

## S.H.I.F.T. Youth Outreach

S.H.I.F.T. helps with hygiene kits, clothing, and more. Call/text 705-985-8173, email [youth@shiftforgood.ca](mailto:youth@shiftforgood.ca), or visit [shiftforgood.ca/outreach](http://shiftforgood.ca/outreach).

## Need help right now? Community for Kids (C4Kids)

Need a backpack, school supplies, hygiene kit, food, clothes, or something else? Call 705-456-6731, email [c4kidsinnisfil@gmail.com](mailto:c4kidsinnisfil@gmail.com) or visit [community4kids.ca](http://community4kids.ca).



## Need food or clothes?

### Innisfil Food Bank and Clothing Depot

Register for a food box or to shop for free clothes. Contact the Innisfil Community Church by calling 705-436-1611.

### Troy Scott Community Fridges

Grab what you need 24/7 from outdoor fridges at the Innisfil Recreational Complex, Innisfil Town Square, or Innisfil ideaLAB & Library's Cookstown Branch. No Q's asked!  
[innisfil.ca/communityfridge](http://innisfil.ca/communityfridge)



## Need community service hours?

### Neighbours Helping Neighbours

Make meals for the Troy Scott Community Fridges in the Town's Horodinsky Community Kitchen. Register at [innisfil.ca/ActiveInnisfil](http://innisfil.ca/ActiveInnisfil).

### Volunteer at the Innisfil ideaLAB & Library

Check out volunteer opportunities and fill out an online application form at [innisfilidealab.ca/teens](http://innisfilidealab.ca/teens).

### Youth Connex Committee

For Grades 8-12. Share ideas, plan youth events, and be a leader. Apply online at [innisfil.ca/yc](http://innisfil.ca/yc).

## Things to do near you

### Innisfil ideaLAB & Library

Discover. Create. Connect. From the HackLAB to teen-exclusive programs, the Library is your space to explore and try something new. Get your free library card today—online or at any branch. Visit [innisfilidealab.ca](http://innisfilidealab.ca).



### Teen Nights (Grades 7-12)

Drop in for free from 5-7:30pm to hang out, meet people, and try new activities!

**Mondays:** Morgan Russell Memorial Arena & CC

**Wednesdays:** Innisfil YMCA

**Fridays:** Innisfil ideaLAB & Library

Lakeshore Branch

[innisfil.ca/teennights](http://innisfil.ca/teennights)

Watch the  
Town's socials  
& website for  
updates

### Get Active at the YMCA

With a youth membership, you can use fitness equipment, join open-gym basketball, or try fun recreation/leadership programs. Want to drop-in? Youth day passes are \$5!

Learn more at

[ymcaofsimcoemuskoka.ca/membership](http://ymcaofsimcoemuskoka.ca/membership)

