Need to talk?

YouthCALL Walk-In Counselling Clinic

No appointment needed, just drop in and sign up.
In-Person: ideaLAB & Library (Lakeshore)
1st and 3rd Thursday of each month
from 11am-7pm

Prefer a virtual session? Book at **cfssc.ca/youthcall.**

Search for other local counselling services at 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*
or visit **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.**
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 Uber, then apply for the Town of Innisfil's Teen Transit Voucher at **innisfil.ca/Transit.**

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** to find a list of social services and in-person supports at the library.

211® A helpline connecting people to community

Didn't find what you need?
211 is your FREE go- to helpline.
Call 211 (Available 24/7 in 170 languages)
Search online at **infosimcoecounty.ca**
Text 211/Live chat from 7am-9pm, Mon-Fri

YCAN | Youth & Community Action Network

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

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 our Housing Team 705-435-4900 ext 212, *housing@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** to learn more or find youth justice programs. Call 705-794-6226 or email *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*, or visit **shiftforgood.ca/outreach.**

Need help right now?

Community for Kids (C4Kids)

Need a backpack, school supplies, hygiene kit, food, clothes, or something else?
Call 705-817-6731, email *c4kidsinnisfil@gmail.com* or visit **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

Need community service hours?

Neighbours Helping Neighbours

Make meals for the Troy Scott Community Fridges in the Town's Horodynsky Community Kitchen. Register at **innisfil.ca/ActiveInnisfil**.

Volunteer at the Innisfil ideaLAB & Library

Check out volunteer opportunities and fill out an online application form at **innisfilidealab.ca/teens.**

Youth Connex Committee

For Grades 8-12. Share ideas, plan youth events, and be a leader. Apply online at **innisfil.ca/ycc**.

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.**



Teen Nights (Grades 7-12)

Free drop-in nights for teens! Hang out, meet people, and try new activities at locations across Innisfil.
Visit **innisfil.ca/teennights** for the current schedule.

Watch the Town's social media and 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