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Phone Lines for you...

Kids Help Line:

1-800-668-6868

Ability Online:

1-416-650-6207

Coping isn't easy...

1. Suicide

www.suicideinfo.ca

Many people go through life hiding their feelings and problems from those around them. They believe it is not okay to feel overwhelmed by life, have feelings of sadness, or be facing problems they feel they can't overcome.

Usually one of the fears they have is asking for help, but that is exactly what they should do. It does not make you look weak or incapable. Speaking to someone about how you are feeling or what problems you are dealing with is simply part of life. Life is full of choices, sometimes it is just too hard to realize them on your own.

If someone you know tells you they are thinking about suicide, take them seriously. Don't make them feel guilty about their problem, let them know you are there to listen and to help out any way you can. Suggest that they talk about what they are feeling with a professional.

Make sure you tell an adult you can trust or call one of the numbers below if you or someone you know is remotely thinking about suicide or is feeling down and does not know how to pick them self back up.

CMHA Oxford Crisis Line – Oxford County **519-539-8342**
Toll Free **1-877-339-8342**
24-hour telephone support for youth aged 16+
Ingersoll Office **519-485-1700 ext. 200 or 203**
Tillsonburg Office **519-842-8869**
www.cmhaoxford.on.ca

Woodstock Hospital Mental Health Program **519-421-4223**

Mental Health Services Information **1-866-531-2600**

Oxford Child & Youth Centre (OCYC) (“Crisis Line”)

Counselling services: **519-539-5857**
912 Dundas St., Woodstock **519-539-5857**
1 Library Lane, Tillsonburg **519-539-5857**
Fusion Centre, 121 Thames St., Ingersoll

www.ocl.net/projects/selfhelp

Youth 15 or younger can call and make an appointment for counselling service at their Woodstock, Ingersoll, or Tillsonburg office.

OCYC’s Urgent Service Line **519-539-5857**

24-hour access for youth aged 15 years and younger. During business hours your call will be directed to the Urgent Service Worker at ext. 245; after office hours your call will be directed to a Telephone Crisis Worker to provide assessment and support.

Oxford County Department of Public Health & Emergency Services **519-539-9800**

Toll Free: **1-800-755-0394**

www.county.oxford.on.ca/publichealth

The Oxford Self Help Network **519-421-2980**

Toll Free **1-877-464-3571**

554 Princess St. Woodstock

Call to talk privately on the phone about any issue you may have, or come in for one-on-one peer support.

2. Counselling and Crisis

Are problems, family issues, a crisis, or stuff from your past causing you stress or anxiety? Then talking to someone may be exactly what you need to help you out. Of course, talking to your friends can help you out at times, but often speaking with a professional or individual who is used to talking with people in your type of situation can be very helpful. Often they can help you see another point-of-view or make suggestions you may have not thought of.

If you don't want your family involved, or don't want anyone to know you are seeking help, that's okay. Many of the resources below offer free, confidential services. Try to write down your thoughts, or make a list of questions/concerns to ensure you are getting what you are looking for when you call one of the numbers below.

Abused Women Help Line 519-539-4811
Toll Free 1-800-265-1938
Women's Emergency Centre – Oxford
975 James St. Woodstock <http://wec-oxford.shelternet.ca>
Provides both residential and non-residential services to abused women and their children. Someone is available 24 hours a day to take your call.

CMHA Oxford Crisis Line – Oxford County 519-539-8342
Toll Free 1-877-339-8342
24-hour telephone support for youth aged 16+
Ingersoll Satelite Office 519-485-1700 ext. 200 or 203
Tillsonburg Satelite Office 519-842-8869
www.cmhaoxford.on.ca

Children's Aid Society of Oxford County 519-539-6176
Toll Free: 1-800-250-7010
Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for Women and children are free.

Homestead Christian Care 519-539-2917

London District Distress Centre (24 hrs.) 519-667-6711

Mental Health Services 519-421-4223
Woodstock General Hospital
Provides mental health info., referral, and support services.

Oxford Child & Youth Centre (OCYC)

Counselling services:

912 Dundas St., Woodstock

519-539-0463

1 Library Lane, Tillsonburg

1-877-539-0463

Fusion Centre, 121 Thames St., Ingersoll

519-539-0463

www.ocyc.on.ca

Youth 15 or younger can call and make an appointment for counselling service at their Woodstock, Ingersoll, or Tillsonburg office.

OCYC's Urgent Service Line

519-539-5857

24-hour access for youth aged 15 years and younger. During business hours your call will be directed to the Urgent Service Worker at ext. 245; after office hours your call will be directed to a Telephone Crisis Worker to provide assessment and support.

Sexual Assault Crisis Line

519-539-4811

Toll Free

1-800-265-1938

Women's Emergency Centre – Oxford

975 James St. Woodstock

<http://wec-oxford.shelternet.ca>

Provides confidential support and counselling to female victims of sexual assault. Someone is available 24 hours a day to take your call.

Youth For Christ – Youth Unlimited Chaplaincy and Clergy Services **519-537-5219**

885 Nellis St. Woodstock

Rev. Stewart Deller provides specific assistance to youth and their families for personal development and goals; crisis management, relationship management, grief counselling, and correctional assistance.

www.mindyourmind.ca is an award winning site for youth by youth. This is a place where you can get info, resources, and the tools to help you manage stress, crisis, and mental health problems.

3. Running Away

Almost everyone thinks about running away from home at some time. You may feel like you want to escape, but people who have run away say that you usually just end up exchanging one rotten situation for another. Talking to someone may help you think through your options better and make an intelligent decision that won't make things worse. Try calling one of the numbers in next section '4. Family Problems' to talk with someone who can help. If you are already on the streets and need a place to stay, try the place listed below.

Inn Out of the Cold – Operation Sharing **519-539-3361**

Old St. Paul's Anglican Church

723 Dundas St. Woodstock

Offers shelter for homeless youth and adults 16+, November 1 to March 31, 7:30pm until 8:30am daily.

4. Family Problems

Just can't seem to get along with your family? Are they driving you crazy? Maybe it doesn't have to be that way. Maybe it needs to start with you...

Here are some options to try:

Children's Aid Society - Family Violence Counselling program

519-539-6176

Toll Free:

1-800-250-7010

Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free of charge and completely confidential. If child care or transportation is an issue, please let them know that during intake.

Mental Health Services

519-421-4223

Woodstock General Hospital

Provides mental health info., referral, and support services.

Oxford Child & Youth Centre (OCYC)

Counselling services:

912 Dundas St., Woodstock

519-539-0463

1 Library Lane, Tillsonburg

1-877-539-0463

Fusion Centre, 121 Thames St., Ingersoll

519-539-0463

www.ocyc.on.ca

Youth 15 or younger can call and make an appointment for counselling service at their Woodstock, Ingersoll, or Tillsonburg office.

Youth For Christ – Youth Unlimited Chaplaincy and Clergy Services **519-537-5219**

885 Nellis St. Woodstock

Rev. Stewart Deller provides specific assistance to youth and their families for personal development and goals; crisis management, relationship management, grief counselling, and correctional assistance.

5. Gangs/Violence

If you're in a gang or if you're scared of a gang, you don't have to feel helpless or trapped. It doesn't have to be that way. Try this:

Crime Stoppers Hotline

1-800-222-8477

You can make an anonymous call if you have information about a crime that has been committed or one that is planned. If the information you provide results in an arrest, a reward of up to \$1,000 is possible.

www.notogangs.org is a website that strives to educate youth about the risks and consequences of being involved with a criminal street gang.

6. Drugs and Alcohol

You know if you've got a problem or a friend or family member does. You don't have to deal with it alone. There are lots of people like you. Call and find out:

Addiction Services of Thames Valley **519-673-3242 ext. 222**

www.adstv.on.ca

Specialized services and counselling for youth that operates in co-operation with local addiction agencies and many other community services. An addiction counsellor can see people in Woodstock, Ingersoll, and Tillsonburg.

Alcoholics Anonymous of Oxford County **519-438-1122**

24 hour answering service

www.oxfordaa.com

Centre for Addiction and Mental Health **519-858-5110**

Toll Free

1-888-495-2261

CAMH services include: assessment, brief early interventions, inpatient programs, continuing care, outpatient services and family support.

Community Options for Justice (Oxford) **519.539.2119**

Toll Free:

1-877-218-463

389 Dundas Street, Woodstock

www.ocl.net/projects/coj

Drop in the get information about the effects of drugs on your body, effects of drugs on your friends and family, where and how to get help or for a confidential visit and support when you need to talk.

We can also assist if you want to be in an education program – group or individual.

DART Helpline **1-800-565-8603**
(Drug and Alcohol Registry of Treatment) www.dart.on.ca
Dart can provide you with information about drug and alcohol treatment services in Ontario.

Drug and Alcohol Info Line: **1-800-463-6273**
www.camh.net
Free 24 hour information about alcohol and other drugs, treatment programs, and counselling. Talk to a person or listen to pre-recorded information.

MADD Canada – Oxford County Chapter **519-537-2138**
302 – 564 Durham Cr. Woodstock www.maddyouth.ca
If you have been affected by impaired driving call or drop-in to find out about the victim assistance programs they offer.

Mental Health Services **519-421-4223**
Woodstock General Hospital
Provides mental health info., referral, and support services.

Narcotics Anonymous **519-661-0119**
Call for a recorded list of various meeting locations and times of the self-help groups.

Needle Exchange Program**519-539-4431**

Toll Free:

1-800-755-0394 ext. 3407

Oxford County Department of Public Health & Emergency
Services

410 Buller Street, Woodstock

Hours: 8:30-12:00; 1:30-4:30

Ontario South Al-Anon ~ Alateen**519-457-9393**

Toll Free:

1-888-425-2666www.al-anon.alateen.on.ca**Ontario Problem Gambling Helpline****1-888-230-3505**www.opgh.on.ca

The Ontario Problem Gambling Helpline (OPGH) is an
information

and referral service to members of the public and is designed to
link callers with problem gambling treatment resources within the
province of Ontario.

The Oxford Self Help Network**519-421-2980**

Toll Free

1-877-464-3571

554 Princess St. Woodstock

www.ocl.net/projects/selfhelp/

The Oxford Self Help Network offers a Narcotics Anonymous
support group. Call or drop-in.

Woodstock Medical Pharmacy – Clinic 461 519-421-9557

461 Dundas St. Woodstock

A methadone maintenance clinic that offers withdrawal treatment for those addicted to street drugs. Registration is required for treatment. There are doctors on sight.

7. Birth Control and Pregnancy Counselling

If you think you or a friend is pregnant remember – **this will not go away if you ignore it!** It is important to get a pregnancy test as soon as possible (this can be confidential) so you can take care of yourself. It is also important to talk about the future with an adult you trust – your school guidance counsellor, a teacher, a parent, a friend's parent, or maybe someone at a pregnancy counselling centre.

In a very short time you will be faced with many difficult decisions that will affect your entire life. Don't let others make the decisions for you. Be sure to seek out the support and wisdom of those you can trust.

Beginnings Pregnancy Care Centre 519-421-2127

Toll Free 24 hour phone counselling service 1-877-367-8688

602 Dundas St. Woodstock www.beginlife.ca

Open: Tues. Wed. & Fri. 10:00am – 3:00pm

Beginnings Pregnancy Care Centre is a free crisis pregnancy counselling agency offering you warm, caring, and confident attention regardless of your marital status, race, religion, or financial resources.

Birth Positive**519-281-4019**www.birthpositive.com

Located in London, but provides services to Oxford County. Birth Positive offers prenatal, birth, and postpartum related services and education to women and their families.

Free Information Call**519-858-8558**

Choosing Contraceptive

ext. 1968

Natural Family Planning

ext. 1969

The Pill

ext. 1970**Prenatal Classes****519-539-9800**

Toll Free

1-800-755-0394

Oxford County Department of Public Health & Emergency Services

www.county.oxford.on.ca/publichealth

Oxford County Public Health offers teen pregnancy support as well as information to expectant parents through prenatal health fairs, prenatal classes and breastfeeding classes. Classes are offered in Woodstock, Ingersoll and Tillsonburg. Call as soon as you know you are pregnant to set up an appointment.

Sexual Health Clinic**519-539-4431**

Toll Free:

1-800-744-0394 ext. 3407

Oxford County Department of Public Health & Emergency Services,
410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as

birth control, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted infections (free of charge). Call to book an appointment.

They also have a Tillsonburg Clinic at the Tillsonburg Hospital every 2nd and 4th Tuesday of every month.

8. Parenting Help

Check out these websites for great parenting info.

www.growinghealthykids.com

www.sheknows.com

Beginnings Pregnancy Care Centre

519-421-2127

Toll Free 24 hour phone counselling service

1-877-367-8688

602 Dundas St. Woodstock

www.beginlife.ca

Open: Tues. Wed. & Fri. 10:00am – 3:00pm

Beginnings Pregnancy Care Centre is a free crisis pregnancy counselling agency offering you warm, caring, and confident attention regardless of your marital status, race, religion, or financial resources. Also offers support and programs to mothers.

Birthmothers of Canada

www.birthmothersofcanada.org

If you've placed a child for adoption, or are thinking of doing so, contact Birthmothers. They offer support and all information in regards to adoption.

CAAWSwww.caaws.ca/mothersinmotion

This is an online resource for moms of all ages looking for tips and information on getting active (with or without child), nutrition issues, and more.

Children's Aid Society**519-539-6176**

Toll Free:

1-800-250-7010www.casoxford.on.ca

Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free.

Child Care Subsidy**519-539-0015 ext. 3310**

24 Light St. Woodstock

Ontario Early Years Centre – Oxford**519-539-9800 ext. 3392**

Toll Free:

1-800-755-0394 ext. 3392www.earlyyearsoxford.ca

It's all free – just visit one of these Oxford County locations to get answers to questions, talk to professionals, join parenting programs, and more.

Family Support & Counselling**519-421-2980**

The Oxford SelfHelp Network

554 Princess St. Woodstock

Call to talk privately on the phone about any issue you may have, or come in for one-on-one peer support.

Hanen – Parent Program

519-421-4200

The Hanen Centre, Woodstock General Hospital

This program supports parents in their efforts to help young children communicate effectively.

Healthy Babies Healthy Children (HBHC)

Oxford County Department of Public Health & Emergency Services

519-539-9800

Toll Free:

1-800-755-0394

www.county.oxford.on.ca/publichealth

Oxford County wants to give you the help you need to make sure your child will have a good start in life. The HBHC program can provide you and your child with information and support in terms of health, infant growth and development, safety, and parenting. This support can be provided through home visits, by a Public Health Nurse and Parent Resource Visitor, or through our weekly clinics located throughout the community.

Oxford Child and Youth Centre (OCYC)

912 Dundas St. Woodstock

519-539-0463

1 Library Lane, Tillsonburg

1-877-539-0463

Fusion Centre, 121 Thames St., Ingersoll

519-539-0463

www.ocyc.on.ca

OCYC offers a number of different programs for parents and children of all ages. Call or drop-in to inquire about any of these programs listed on the next page.

Early Years Program

ext. 299

“Supporting families with children from birth to six years of age who are experiencing serious difficulties”. Call the intake secretary to refer your child to the program.

Parenting Young Children

“Systematic training for effective parenting of children under six”. A \$40 (cash only) seven week program that is offered three times a year.

Parent Children ages 6 to 12 years

“Systematic training for parenting children six to twelve years”. A \$40 (cash only) seven week program that is offered three times a year.

Parents, Kids & Mother Goose

ext. 234

A fun-filled hour of songs, rhymes, and stories for parents with their children, and a great way to meet other moms and dads in your community. Offered in Woodstock, Tillsonburg, and Ingersoll. Call for locations, days and times.

VON Oxford

519-539-1231

Toll Free:

1-888-641-5197

570 Ingersoll Ave. Woodstock

www.vonoxford.com

Visit their website, call, or go in to find out about the programs they offer.

Woodstock Public Library**519-539-4801**

Call to find out information on the program(s) you are interested in.

Participate with baby in a fun filled half hour of stories, rhymes, and songs.

Babytime Story Time –

Ages birth to 17 months

Toddler Tales Story Time –

Ages 18 to 35 months

Preschool Story Time –

Ages 3 to 5 years old

Young Mommieswww.youngmommies.com

This website provides support for all young women at any point in their parenting experience, by supporting, informing, and connecting young mothers with each other.

Young Parents in School**519-421-2746**

900 Cromwell St., Woodstock (Huron Park Secondary School)

If you are still in High School and are also a parent, this is the place for you. Learn parenting skills, take parenting classes, feel supported, and take advantage of their links between home life, school life, and agency services.

9. Homework Help

Need some help with your homework? Try this:

Community Options for Justice (Oxford) **519.539.2119**

Toll Free: **1-877-218-4463**

389 Dundas Street, Woodstock www.ocl.net/projects/coj

Call if you find you can't stay in school all day, if you keep getting suspended, if you get overwhelmed in the classroom. We can help you sort out the issues, support you with a place to be or direct you to the help you may need.

Homework Help Centre **519-537-8870**

391 Blossom Park Rd. Woodstock

September – June 3:00-8:00pm Mon-Fri

July – August 9:00am-2:00pm Mon-Fri

Norwich

September – June Saturday Mornings

July – August Thursday Evenings

The Homework Help Centre provides free homework support and computer access to students from JK to adults. Also offers a fee-for-use tutoring service.

Woodstock Public Library **519-539-4801**

www.woodstock.library.on.ca

Go to the website, click on the “Online Resources” tab and then click on the “Teen Zone” link. It will bring you to an information site just for teens that supplies all kinds of useful info.

www.tvdsb.on.ca/gifted_20060216/homework_help.htm

JUST4STUDENTS webpage that offers tons of resources and homework help to students, parents, and educators.

<http://archives.math.utk.edu>

Everything you ever needed to know about math!

www.virtualsalt.com

Includes lists of transitional words, uses of certain literary elements, grammar, conjunctions, and just about anything else that can help you out with English class.

www.activedownloads.com/graphics/384

Download this program to help you with all that tough graphing homework your math teacher gave you.

www.rhymezone.com

Find definitions, rhymes, pictures, Shakespearean literature, and more.

www.infoplease.com/homework

Homework help for all your subjects.

<http://chemistry.about.com>

A great website that will answer all your chemistry related questions.

www.physicsclassroom.com

Having problems with all that physics homework? Check this out.

10. Loss and Grief or Life-Threatening Illness

When someone you love has been diagnosed with a life-threatening illness, or is dying or has died, it's like a part of you is being ripped away. Instead of hiding your feelings and trying to be “strong”, it can really help to have someone to talk to. There is nothing wrong with looking for extra help to get through this tough time. Here are some ideas:

Crisis Line – Oxford County CMHA **519-539-8342**
Toll Free **1-877-339-8342**
24-hour telephone support for youth aged 16+

Mental Health Services **519-421-4223**
Woodstock General Hospital
Provides mental health info., referral, and support services.

Oxford County Board of Health **519-539-9800**
1-800-755-0394
www.county.oxford.on.ca/publichealth

Perinatal Bereavement Services **1-888-301-PBSO**
www.pbso.ca

If you are suffering the loss of a miscarriage, stillbirth, or neonatal death, this is the number to call for a variety of support services.

VON Oxford

Toll Free

570 Ingersoll Ave. Woodstock

Visit their website, call, or go in to find out about the programs they offer.

519-539-1231

1-888-641-5197

www.vonoxford.com

Youth For Christ – Youth Unlimited Chaplaincy and Clergy Services

519-537-5219

885 Nellis St. Woodstock

Rev. Stewart Deller provides specific assistance to youth and their families for personal development and goals; crisis management, relationship management, grief counselling, and correctional assistance.

11. Loneliness

There's nothing wrong with feeling lonely sometimes. The important thing is that you do something about it. Check out the section, "There's Nothing to Do" in this book for suggestions or ideas about activities that will keep you busy and help you meet new people.

Oxford Child & Youth Centre (OCYC)

Counselling services:

912 Dundas St. Woodstock

519-539-0463

1 Library Lane, Tillsonburg

1-877-539-0463

Fusion Centre, 121 Thames St., Ingersoll

519-539-0463

If you are lonely or are facing a problem, call and make an appointment to talk with someone at their Woodstock, Ingersoll, or Tillsonburg office.

12. Anger Management

Anger is a power emotion. Sometimes it is hard to control, and sometimes it becomes destructive. But, properly understood and managed, anger can be healthy and constructive. Learn to recognize your own anger patterns and manage your emotions in appropriate ways.

Crisis Line – Oxford County CMHA **519-539-8342**
Toll Free **1-877-339-8342**
24-hour telephone support for youth aged 16+

Community Options for Justice (Oxford)
Woodstock **519-539-2119**
Ingersoll **519-485-6088**
Tillsonburg **519-842-9000 Ext. 304**
www.ocl.net/projects/coj

Call if you keep losing your cool, if you are confused about the bad decisions you keep making, or if getting angry is the only way you know how to deal with things.

We have separate groups for boys or girls or for individuals.

Mental Health Services **519-421-4223**
Woodstock General Hospital
Provides mental health info., referral, and support services.

OCYC's Urgent Service Line

519-539-5857

24-hour access for youth aged 15 years and younger. During business hours your call will be directed to the Urgent Service Worker at ext. 245; after office hours your call will be directed to a Telephone Crisis Worker to provide assessment and support.

I've Been Hurt...

1. Victim Assistance

If you are being hurt emotionally or physically by the wrong actions of another person, then you are a victim. Being a victim does not always mean that you show outside scars, but it always means that you have inside scars.

Talking about it doesn't change what happened, but it may help the scars to heal a little better. If you have been a victim, the following services are here for you:

Abused Women Help Line

519-539-4811

Toll Free

1-800-265-1938

Women's Emergency Centre – Oxford

975 James St. Woodstock

<http://wec-oxford.shelternet.ca>

Provides both residential and non-residential services to abused women and their children. Someone is available 24 hours a day to take your call.

Child Witness Program **519-539-0659 ext. 319**
Court based program that provides support and help to victims of a criminal charge. For children and youth 17 years of age or younger.

Children's Aid Society of Oxford County **519-539-6176**
Toll Free: **1-800-250-7010**
Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free.

Contacting the Police **911**
Is the number you call to contact police, fire, or ambulance to deal with an emergency situation and to have the police deal with issues that require immediate attention.

Oxford Community Police **519-537-2323**
OPP **1-888-310-1122**

Victim Assistance Services **519-537-2824**
615 Dundas St. Woodstock www.vasoc.on.ca
Offers 24 hours 7 days a week crisis services by assisting the police in providing assistance to victims of tragic circumstances, crimes, and disasters.

Victim Support Line**1-888-579-2888**

Call this number from a touch-tone phone to listen to previously recorded information about the criminal justice system, court procedures, jails and correctional centres, parole or victim services.

Victim/Witness Assistance Program**519-421-3903**

Court based program that provides support and help to victims of a criminal charge, aged 18+.

2. Suspecting Abuse and Witness Assistance

Do you think one of your friends or a family member is being emotionally or physically abused? Have you witnessed the abuse of someone close to you? Don't just sit by and hope it will go away, talk to someone about your concerns. You may help save a life.

Contacting the Police**911**

Is the number you call to contact police, fire, or ambulance to deal with an emergency situation and to have the police deal with issues that require immediate attention. If you are suspecting that someone you know is being abused, call one of the numbers below to talk to the police.

**Oxford Community Police
OPP****519-537-2323
1-888-310-1122**

Children's Aid Society - Family Violence Counselling program
519-539-6176

Toll Free: **1-800-250-7010**

Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free.

Victim/witness Assistance Program **519-421-3903**

Court based program that provides support and help to victims of a criminal charge, aged 18+.

3. Rape / Sexual Assault and Abuse

Sexual assault is any kind of act that you are forced or tricked into. It happens against your will. It can be anything from unwanted touching to rape. If you're being touched or approached sexually by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused, you may be a victim of sexual abuse. Both sexual assault and sexual abuse are very wrong and it's important for you to know - IT'S NOT YOUR FAULT!

If you are confused and unsure about what to do, talk to an adult you trust or call these numbers below for support and help:

Police **519-537-2323**

OPP **1-888-310-1122**

Kids Help Phone **1-800-668-6868**

Children's Aid Society of Oxford County 519-539-6176
Toll Free: 1-800-250-7010
Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free.

Crisis Line – Oxford County CMHA 519-539-8342
Toll Free 1-877-339-8342
24-hour telephone support for youth aged 16+
Ingersoll Office 519-485-1700 ext. 200 or 203
Tillsonburg Office 519-842-8869
www.cmhaoxford.on.ca

Oxford Child & Youth Centre (OCYC)
Counselling services:
912 Dundas St., Woodstock 519-539-0463
1 Library Lane, Tillsonburg 1-877-539-0463
Fusion Centre, 121 Thames St., Ingersoll 519-539-0463
www.ocyc.on.ca
Youth 15 or younger can call and make an appointment for counselling service at their Woodstock, Ingersoll, or Tillsonburg office.

Sexual Assault Crisis Line**519-539-4811**

Toll Free

1-800-265-1938

Women's Emergency Centre – Oxford

975 James St. Woodstock

<http://wec-oxford.shelternet.ca>

Provides confidential support and counselling to female victims of sexual assault. Someone is available 24 hours a day to take your call.

Sexual Health Clinic**519-539-4431**

Toll Free:

1-800-744-0394 ext. 3407

Oxford County Department of Public Health & Emergency Services

410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as, birth control, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted infections (free of charge). Call to book an appointment.

They also have a Tillsonburg Clinic at the Tillsonburg Hospital every 2nd and 4th Tuesday of every month.

Victim Assistance Services**519-537-2824**

615 Dundas St. Woodstock

www.vasoc.on.ca

Offers 24 hours 7 days a week crisis services by assisting the police in providing assistance to victims of tragic circumstances, crimes, and disasters.

4. Family Violence/abuse

Nobody's family is perfect, but no parent has the right to hurt their child. There is no excuse for this – but there is help. Your parents may need help and you too. Please, talk to someone for the sake of your whole family.

Police	519-537-2323
OPP	1-888-310-1122
Kids Help Phone	1-800-668-6868
Abused Women Help Line	519-539-4811
Toll Free	1-800-265-1938

Women's Emergency Centre – Oxford

975 James St. Woodstock <http://wec-oxford.shelternet.ca>

Provides both residential and non-residential services to abused women and their children. Someone is available 24 hours a day to take your call.

Children's Aid Society - Family Violence Counselling program **519-539-6176**

Toll Free: **1-800-250-7010**

Services that help women who are abused and the children who are witnesses, and to give them the tools they need to overcome the situation. All services for women and children are free.

Sexual Assault Crisis Line**519-539-4811**

Toll Free

1-800-265-1938

Women's Emergency Centre – Oxford

975 James St. Woodstock

Provides confidential support and counselling to female victims of sexual assault. Someone is available 24 hours a day to take your call.

Victim Assistance Services**519-537-2824**

615 Dundas St. Woodstock

www.vasoc.on.ca

Offers 24 hours 7 days a week crisis services by assisting the police in providing assistance to victims of tragic circumstances, crimes, and disasters.

Women's Employment Resource Centre**519-421-2077**

424 Dundas St., Woodstock

www.werc.on.ca**5. Crime Stoppers**

Crimes always hurt someone. You can make an anonymous call if you have information about a crime that has been committed or one that is planned. If the information you provide results in an arrest, a reward of up to \$1,000 is possible. If you are a victim of a crime or were involved in a crime, you have to call the police instead.

Crime Stoppers Hotline**1-800-222-8477**

There's nothing to do...

1. Youth Issues Grants and Awards Programs

There are a number of awards given every year to deserving citizens of Woodstock. Below is a small list of some of the awards and a brief description of each.

For more info. on all the awards available take a look online at the pdf file: www.code.municipalworld.com/Woodstock/402.pdf

Student Civic Award of Excellence

The recipient shall be awarded \$1000 and a plaque at a Council meeting before the end of the school year. This award will be awarded on an annual basis. To qualify, the recipient:

- (a) must be a resident of the City of Woodstock in their graduating year; and
- (b) must have a good academic record which shows a commitment to achieve to the best of their ability; and
- (c) must have volunteered in the community; and
- (d) must have excellent leadership skills; and
- (e) may have overcome adversity, and serves as a role model to others; and
- (f) must be nominated by a committee composed of peers and teachers at the school where they attend, with supporting reasons delivered in writing to the Clerk by May 1st of each year; and
- (g) must be chosen by the selection committee of Council to be the recipient.

Civic Award of Excellence for Achievement in Sports

The recipient shall be a person or a group who has placed first, second or third in a provincial, national or international championship competition. To qualify, the recipient:

- (a) must have won in provincial, national or international championship competitions conducted by an organization authorized to hold such competition; and
- (b) must on request, obtain a statement from the governing body stating the event was recognized as a provincial, national or international championship competition; and
- (c) must have been proposed by a member of the Council or by a member of the public in writing to the Clerk and approved by the Selection Committee. The written submission shall include sufficient information to confirm the eligibility of the proposed recipients.

Citizen of the Year Award

The recipient shall be a person whose contributions to the community best exemplify citizenship. The Clerk will accept written nominations accompanied by supporting material for the Citizen of the Year Award until October 31st of each year.

To Apply:

Submit the type of award being applied for, the reasons for believing that you qualify, give name, address and phone number and any persons who can support the information to:

Louise Gartshore
City Clerk
City of Woodstock

519-539-2382 Ext 2500
lgartshore@city.woodstock.on.ca

2. Recreational Activities & Sports

Do you want to become a member of a team? Do you just want something fun to do? Do you want to meet new people? Here are some ideas for what you can do:

- There are over 20 km of trails throughout Woodstock that are available for walking or biking.
- 48 of the parks have play equipment available for various ages.
- The Bicycle Agility Park is free for use behind the Community Complex on Finkle St., Woodstock.
- There are free basketball courts at Victoria Park and Algonquin School in Woodstock.
- There is a free water spray park on Vansittart Avenue at Ingersoll Ave., Woodstock.

ARE-U-READY

519-539-8161 ext. 249

www.are-u-ready.org

A free of charge, adapted recreation equipment loan program, available to residents of Oxford County. Check out the website or call for more info. on the program and the equipment they have.

Civic Centre and Community Complex Arenas

519 421-3484 ext 4301

Call to find out what they have going on!

Hickson Recreation Committee

519-462-2675

Contact: Steve Killing

Call to find out what sports teams are available for you to take part in.

Innerkip Recreation Committee

519-469-3234

Contact: Laurie Allan

Call to find out what sports teams are available for you to take part in.

KidSport

519-451-6401

www.kidsport.on.ca

If you and your family need financial support for you to be able to play sports, this is the website to check out and fill out an application for assistance.

Special Olympics Ontario – Woodstock

519-539-5805

Skatepark 519-485-4386
Fusion Youth Centre
121 Thames St. N, Ingersoll
The skatepark is open from 3pm-9:45pm Monday-Friday and 1pm-11pm on Saturdays. You must wear a helmet at all times to enjoy the park.

Swimming Pools (call to find out hours & prices)

Lake Lisgar Waterpark 519-688-9011
Tillsonburg

Lions Pool 519-421-7665
231 Vansittart Ave., Woodstock

Otterville Community Pool 519-879-6572
2 North E, Otterville

Otterville Park and Pavilion 519-879-6651
64 North St., Otterville

Southside Aquatic Centre 519-421-7665
315 Finkle St., Woodstock

Thamesford Area Swimming Pool 519-285-2236
85 Middleton, Thamesford

Tillsonburg Community Centre Complex 519-688-9011
45 Hardy Ave., Tillsonburg

Victoria Park Community Centre 519-425-1181
355 Wellington St., Ingersoll

YMCA – Woodstock 519-539-6181
808 Dundas St., Woodstock

Tavistock Recreation

Minor Ball 519-462-1307
Contact: Chad Currah

Minor Hockey 519-462-2450
Contact: Steve Hohl

Optimist Soccer 519-655-3237
Contact: Marlow Gingerich

Thamesford Recreation

Minor Ball 519-485-3369
Brian Pinches, President

Minor Soccer 519-285-9936
Andrew Ault, President

Skating Club 519-461-0291
Teresa Walker, President

Tillsonburg Minor Baseball

519-688-9011

www.tillsonburgminorbaseball.ca

If you would like to play baseball and be part of a team, call or visit the website to register. The fee is \$75 and the season runs from May – August.

Tillsonburg Minor Hockey

519-842-7470

www.tmhi.org

If you just want to have fun and play on a house league, or try out for the rep team, visit the website or call. Registration is from June 1-30 with a fee of \$400. Low-income families who may not be able to afford the fee may inquire to be individually reviewed, and may have the fee waived.

Tillsonburg Minor Soccer

519-688-3002

www.tillsonburgsoccer.ca

Want to play on a soccer team? Then visit the website or call for details. Season runs from May – August.

Woodstock Minor Baseball

519-539-6248

www.woodstockminorbaseball.com

Join Woodstock's houseleague and play on a co-ed team or a softball girls team. Fee is \$100 plus \$10 fundraising fee, and the season runs from May – July. Call or check out the website for details.

Woodstock Minor Hockey

519-539-3181

www.woodstockminorhockey.com

Register on-line to play on a house league hockey team. Rates are based on birth year and range from \$410-\$430. Check out the website or call for more details.

Woodstock Soccer Club

519-421-0030

www.eteamz.com/woodstocksoccer

Register to join one of the youth outdoor recreational soccer teams. The season runs from May – August and costs \$130 if you sign-up before the end of February. Visit the website or call for more info.

YMCA – Woodstock

519-539-6181

808 Dundas St., Woodstock

If you are looking for something active to do, become a member or purchase an \$8 student day pass and take part in:

- The Y-ired Zone, a place to hang out where there are video game systems to play, as well as, Dance, Dance, Revolution and much more.
- Use the pool and fitness facilities
- Join a scheduled activity, such as Judo or Cheerleading & Youth All Sorts of Sports -or- Drop-in and play Soccer, Basketball, Floor Hockey or Volleyball in the gym. Call for days and times or pick up a gym schedule.

3. Drama, Theatre & Movie Cinemas

Broadway Cinemas **519-688-2362**
518 Broadway St., Tillsonburg

Gallery Cinemas **519-421-3456**
15 Perry St., Woodstock

Ingersoll Theatre of the Performing Arts **519-485-5644**
ITOPA
Park Place Theatre, 88 Thames St. S, Ingersoll www.itopa.ca
Volunteer to be in either the cast or crew, they have a place for you!

Oxford Drive-In **519-537-7392**
No.2 Hwy, West of Woodstock
Open for the summer season.

Theatre Woodstock **519-537-8871**
At the Market Centre www.theatrewoodstock.com
22 Reeve St., Woodstock
Become a volunteer and be part of the show. From acting to behind the scenes action, you are guaranteed to meet some great people and have lots of fun. Check out the website or call for more details. For youth 18 and under, you can join the CAST program and learn the magic of theatre.

Thistle Theatre

519-475-4947

Town Hall, Embro

Call and find out if there are any plays or musicals you can be a part of. There is also a summer drama program, Dramarama, offered for 2 weeks in the summer to youth ages 7-14 years old. Call for more details.

4. Clubs, Groups & Camps

4-H Club

519-454-8201

www.4-hontario.ca

Youth aged 10-21 can become a member and join in any of the 60 programs offered to gain valuable leadership and life skills while benefitting their community. Call to find out the one nearest you!

Big Brothers Big Sisters

Ingersoll, Tillsonburg & Area Inc.

519-485-1801

Woodstock and District Association

519-537-6404

Volunteer to become a mentor of a girl or boy and make a difference in their life, as well as your own. Call for more details.

Camp Bimini

519-271-4129

3180 Perth Road #113, St. Pauls

campbimini.ca

Enjoy a Christian camping experience in July and August for kids 5-14 years old! Call or check out the website for details.

Camp Tanner**519-475-4410**316667 31st Line, RR 3, Embro

Want to go away to camp for a week? This is a meaningful Christian camping experience in a natural environment in God's creation where you will have a super fun time.

College Ave. United Youth Group**519-537-6062**

22 Wilson St., Woodstock

Anyone in grades 7 and up is welcome to come and join the youth group on Friday evenings at 7:15pm, which runs from September – June.

Community Options for Justice (Oxford)**519-539-2119**

Toll Free:

877-218-4463

389 Dundas Street, Woodstock

www.ocl.net/projects/coj

Six week summer program (one day each in Ingersoll, Tillsonburg and Woodstock) for youth 12 – 17. The two hour program in July & August includes recreation, skill development and volunteer work experience.

Dundas Street United Challengers**519-537-7935**

285 Dundas St., Woodstock

A fun filled youth group that runs from September – May, for anyone in grades 7 & 8. Takes place on Monday evenings from 7:30-9pm, and is a co-ed bible based group similar to boy scouts that takes part in activities such as camping and crafts. There is a \$45 fee which includes a t-shirt, manual, and covers all supplies. They also offer a Summer Vacation Bible School that runs for a week in the summer and is open to anyone in grades 7 and up. Call for details.

East Zorra Mennonite Church Youth Group **519-462-2692**
677044 16th Line, Hickson

A youth group where you take part in all kinds of activities, that is open to anyone in Grades 9-12. They meet Friday evenings at 7:30.

Girl Guides of Canada **1-877-323-4545 ext. 3109**
www.guidesontario.org

Locations: Embro, Ingersoll, Princeton, Tavistock, and Woodstock
For girls of all ages, a great way to become part of a peer group where you are guaranteed to learn, have fun, and take adventures. Call to find out about registration and the location nearest you.

Knox United Church Youth Groups **519-475-4060**
116 Kincardine, Embro

There are two youth groups that run from September to June of each year. The Senior group meets every Friday and is open to anyone in high school. The Junior group meets once a month and takes part in fun activities, it is open to youth in grades 6,7, & 8. They also have camps that run throughout the summer. Call for details.

Norwich United Church Summer Camps **519-863-3637**
21 Main St. W

In the spring, call to register for their summer camp which is open to anyone from SK to grade 9.

Otterville Baptist Church**519-879-6231**

106 John St. N

Offers summer camp for grades 4-8, they meet once a week all summer long and take part in fun activities. Call for details.

Plattsville Youth Group**519-684-7416**

Evangelical Missionary Church, 19 Albert St., Plattsville

From Sept-June, Wednesday nights 7pm-8:30pm

Open to anyone in grades 6 – 9, no need to sign up, just show up. You get to play games in the gym, have 20-30 minutes of teachings, and have a free snack.

Scouts Canada**1-888-scouts-now**www.scouts.ca

Call to find out about this not-for-profit organization that offers exciting programs for boys and girls aged 5-26 and to find out costs and locations.

Salvation Army Summer Camps**519-539-6166**

A 5-day holiday camp for children and youth who may not otherwise have a holiday.

Adventure camp – youth ages 7-12yrs.

Teen Camp – youth ages 13-16yrs.

Call for more details.

SPOM Maple Grove

1-888-231-0211

Thamesford

Experience the outdoors, fun, friendship, & God in a whole new way. There's mountain biking, canoeing, swimming, and much more. Call for details.

South Zorra Baptist Church Youth Group

519-537-8203

615425 13th Line

A youth group that meets every Wednesday from 7-8pm for an interactive study driven by youth. They try to do a monthly activity on a Saturday. Open to anyone in grades 7 – 12.

Summer Camp at Singing Brook Farm

519-423-9669

Ingersoll

A music and theatre arts camp for kids 4-14 years old. Includes crafts, hiking, games, and interaction with farm animals, and concludes with a live performance. Call to find out more.

5. Arts, Music, & Dance

Museums

Beachville Museum

519-423-6497

www.beachvilledistrictmuseum.ca

EC Stream Engine Museum

519-726-0606

www.essexsteamandgasengine.com

Ingersoll Cheese & Agricultural Museum 519-485-5510
Museum Hours: Victoria Day weekend to Labour Day
Monday – Sunday from 10am – 5pm
Labour Day to Thanksgiving Weekend
Wednesday – Sunday from 10am – 5pm
Other times by appointment, please call the Town Hall at 519-485-0120

Norwich Museum 519-863-3101
www.ocl.net

Princeton and District Museum 519-458-8392
www.ocl.net

Woodstock Museum 519-537-8411
www.woodstockmuseum.ca

Woodstock Art Gallery 519 539-6761

Music

Academy of Music 519-539-7371
20 Finkle St., Woodstock
Want to learn to play an instrument, need to buy an instrument? Call for details.

Avalon Music Academy 519-539-0115
100 Victoria St. S, Woodstock (2nd floor of Via Rail)
Call to find out about the private lessons, summer camps, and group classes they offer.

Dance

Community Youth Dances 519-671-4631
www.communityyouthdances.com

There are tons of fun-filled dances offered on Friday nights to many communities in Oxford County. You have a chance to win door prizes while safely hanging out with your peers. Check out the website for a list of dances near you.

Dara Jane Jewer School of Dance 519-421-9636
946 Parkinson Rd, Woodstock
Call for information on what they offer.

Elite Dance Centre 519-537-2105
642 Dundas St., Woodstock
Drop-in or call to find out about the dance classes and programs they offer and the fees.

On Your Toes Performing Arts Centre 519-536-7963
425 Dundas St. Suite 1, Woodstock
Head on up the stairs or give them a call for details on the classes they offer.

Sim School of Highland Dance**519-475-0154**

154 Huron St., Embro

www.simdancers.com

Want to learn a new style of dance? Why not try highland dancing? They offer classes at the recreational, competitive, and professional level. Call or check out their website for more details.

Woodstock Dance Academy**519-539-8936**

143 Winniett St., Woodstock

Learn the art of dancing at any age and level. Call for more details.

Woodstock Co Operative Dance School**519-421-0950**

381 Finkle St, Woodstock

Call for Info.

6. Fishing Licences

Fishing is a very popular and fun sport in Ontario. Anyone 17 years old or younger can fish freely as long as the season is open. Once you turn 18 years old, however, you must obtain a Ontario issued Outdoors Card and a Fishing Licence Tag to be able to go fishing during the open season.

There are two kinds of fishing licences you can obtain. The Conservation licence is cheaper and allows you to keep less fish than the Full Licence, which is also higher in price. Every year the prices change, so check out you local fish licensing store. Here are places that sell fishing licences:

Angling Outfitters
684460 Road 68, Woodstock

519-539-5494

Southside Mini Market
666 Henry St., Woodstock

519-539-0021

To obtain an Outdoors Card, call 1-800-387-7011 to request an application form.

For more info. visit the Ontario Ministry of Natural Resources website at www.mnr.gov.on.ca/index.html

7. Youth Councils

Oxford Youth Action Alliance (OYAA) **519-485-4386**
Fusion Youth Centre, Ingersoll www.oyya.20m.com

Oxford Youth Action Alliance is a peer to peer youth lead initiative. It is a branch of Smoke Free Ontario with the goal being to prevent, decrease, and denormalize tobacco consumption among youth throughout Oxford County.

Oxford County Youth Strategy Team (OCYS)
<http://www.ceswoodstock.org/youth/oysteams.html>

Students-On Advisory Committees

Woodstock City Council offers two student positions to each of the below captioned committees:

- Woodstock Accessibility Advisory Committee
- Woodstock Art Gallery Advisory Committee
- Museum-Heritage Advisory Committee
- Woodstock Recreation Advisory Committee
- Woodstock Environment Advisory Committee

For more information contact:

Louise Gartshore

519-539-2382 Ext 2500

City Clerk

lgartshore@city.woodstock.on.ca

City of Woodstock

Tillsonburg Youth Advisory Committee

3 youth sit on this committee at all times. If you are interested contact Lana Lund at Town Hall at 519-688-3009 ext. 3225

8. Public Libraries

Call your local library to find out what programs are taking place, it's always changing, season to season, and there is always something fun going on at one of Oxford County's Libraries. Here is a list of programs that took place last year: Puppet Show; Live Reptile Show; Sonic Sounds; Monster Chess; Drumming Workshop; Science of Magic; Living History Presentation & Medieval Show; The Hand Bell Workshop; Mad Science Hands-on Workshop; Mad Science Show. All programs are offered free of charge. Call the library to pre-register.

Regularly scheduled weekly and monthly programs are also available and range in topics: book clubs, knitting, gaming, afterschool activities, and much more.

Oxford County Library Headquarters 519-485-7394
The Town Centre, 130 Oxford St., Ingersoll

Brownsville Public Library 519-877-2938
163518 Brownsville Road

Burgessville Public Library 519-424-2404
604 Main Street

Embro Public Library 519-475-4172
135 Huron Street

Harrington Public Library 519-475-6909
539 Victoria Street

Ingersoll Public Library 519-485-2505
The Town Centre, 130 Oxford Street

Innerkip Public Library 519-469-3824
695566 Oxford Road 5

Mount Elgin Public Library 519-485-0134
333204 Plank Line

Norwich Public Library 10 Tidey Street	519-863-3307
Otterville Public Library 207 Main Street West	519-879-6984
Plattsville Public Library In Plattsville & District Public School 112 Mill Street East	519-684-7390
Princeton Public Library 25 Main Street	519-458-4416
Tavistock Public Library 31 Maria Street	519-655-3013
Thamesford Public Library 165 Dundas Street	519-285-3216
Tillsonburg Public Library 2 Library Lane	519-842-5571
Woodstock Public Library 445 Hunter Street	519-539-4801
Hickson Public Library 85 Loveys Street	519-462-1482

9. Drop-ins...

Are you bored? Are you over 11 years old? Looking for a fun place to hang out? Call the places below to find out what they offer and times/days of drop-ins:

Fusion Youth Centre

519-425-4386

121 Thames St. N, Ingersoll

Offers scheduled weekly programs, such as photography, guitar lessons/music, media room, movie lounge, drop-in sports, music jam sessions, cooking, sewing, and more! Call or stop by to pick up a schedule and ask for details.

Plattsville Youth Group

519-684-7416

Evangelical Missionary Church, 19 Albert St., Plattsville

From Sept-June, Wednesday nights 7pm-8:30pm

Open to anyone in grades 6 – 9, no need to sign up, just show up. You get to play games in the gym, have 20-30 minutes of teachings, and have a free snack.

Upper Deck Youth Centre

A safe place for teens aged 12-19 to go, hang out, make friends, and take part in special events and outings. Call the one nearest you to find out hours of operation and drop-in times.

Ingersoll

519-485-3016 or 519-645-3482

1 Charles St. E, Ingersoll

Norwich

519-863-6891

4 Stover St. N, Norwich

Tillsonburg 519-688-2266
19 Queen St., Tillsonburg
Woodstock 519-537-8080
885 Nellis Str., Woodstock

Youth Underground 519-537-2962
Knox Presbyterian Church
59 Riddell St., Woodstock
A supervised, fun place for youth to hang out on Friday nights from 7pm-9:30pm. Open to all youth, no matter what your beliefs. There's a pool table, ping pong table, air hockey table, bank of computers, snack bar, and DVD's to watch. The entrance is on the North side of the church and is clearly marked.

YMCA – Woodstock 519-539-6181
808 Dundas St., Woodstock
If you are looking for something active to do, for an \$8 student day pass you can:

- Hang out and play in the Y-ired Zone, where there are video game systems to play, as well as, Dance, Dance, Revolution and much more.
- Drop-in and play Soccer, Basketball, Floor Hockey or Volleyball in the gym. Call for days and times or pick up a gym schedule.

10. Online – Computer Internet Access

Check out your local library to find out if they offer internet access to the general public. Library phone numbers are listed in the previous section #7.

Community Employment Services 519-539-8161

40 Metcalfe St., Woodstock

They have computers that are available to you when you are job searching or doing research on schools/careers.

Ingersoll Learning & Employment Resource Ctr. 519-485-6088

ILERC

37 Alma St., Ingersoll

They have computers that are available to you when you are job searching or doing research on schools/careers.

Ingersoll Public Library 519-485-2505

130 Oxford St., Ingersoll

Multi-Service Centre 519-842-9000

MSC

96 Tillson Ave., Tillsonburg in the Livingston Centre

Our Resource Centre, in The Livingston Centre, has computers that are available to you when you are job searching or doing research on schools/careers.

Norwich Learning & Employment Resource Ctr. 519-863-6611

NLERC

41 Main St. W, Norwich

They have computers that are available to you when you are job searching or doing research on schools/careers.

Williams Coffee Pub

519-421-0221

681 Dundas St., Woodstock

Bring in your wireless laptop computer & buy yourself a drink or treat, and you can use their wireless internet.

Womens Employment Resource Centre

519-421-2077

424 Dundas St., Woodstock

www.werc.on.ca

Woodstock Public Library

519-539-4801

445 Hunter St., Woodstock

Check out **www.cyberteens.com**, a worldwide site for everything from games to an art gallery.

With 60 interactive areas, from movies to advice to contests, written for girls, by girls and teens **www.agirlsworld.com**

A website for girls by girls **www.smartgirl.org**

Check out **www.onzone.ca**, a Government of Ontario website for youth, that has links to “my community”, “my Ontario”, “my government”, “games”, and much more!

An original magazine written by and for teens **www.diva-girl-parties-and-stuff.com** Promoting positive body image and self acceptance through awareness of eating disorders, weight preoccupation, and size prejudice.

www.mindyourmind.ca is an award winning site for youth by youth. This is a place where you can get info, resources, and the tools to help you manage stress, crisis, and mental health problems.

Kids’ Rules for Online Safety

1. I will not give out personal information such as my address, telephone number, guardian/parents’ work address/telephone number, or the name and location of my school without my guardian/parents’ permission.
2. I will tell my guardian/parents right away if I come across any information that makes me feel uncomfortable
3. I will never agree to get together with someone I “meet” online without first checking with my guardian/parents. If my guardian/parents agree to the meeting. I will be sure that it is in a public place and will bring my guardian/parent along
4. I will never describe what I look like or how old I am.
5. I will never send a person my picture or anything else without first checking with my guardian/parents

6. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my guardian/parents right away so that they can contact the service provider
7. I will talk with my guardian/parents so that we can set up rules for going on line. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without permission
8. I will not give out my Internet password to anyone (even my best friends) other than my guardian/parents
9. I will be a good online citizen and not do anything that hurts other people or is against the law

I want to know about...

1. Accessibility Information for Recreational Areas

Arenas:

Civic Centre, Woodstock: Wheelchair Accessible, Seat Available, Accessible Eating Area, Accessible Washroom, Accessible Parking, Caution at Entrance

Community Complex, Woodstock: Wheelchair Accessible, Automatic/Fixed Open Doors, Seat Available, Lift/Elevator, Handrails, Accessible Eating Area, Accessible Washroom, Facility for the Hard of Hearing, Accessible Parking

Libraries:

Woodstock Public Library: Access via Ramps, Handrails, Automatic/Fixed Doors, Wheelchair-Accessible Counter, Accessible Parking, Accessible Computers, Seat Available, Lift/Elevator, Accessible Washroom, Assistance Available

Museums and Galleries:

Woodstock Museum: Wheelchair Accessible, Automatic/Fixed Doors, Wheelchair-Accessible Counter, Accessible Parking, Internal Steps, Seat Available, Elevator/Lift, Accessible Washroom

Woodstock Art Gallery: Access via Ramps, Seat Available, Accessible Washroom, Assistance Available, Internal Stairs, Caution at Entrance

Swimming Pools:

Lion's Pool, Woodstock: Access via Steps, Automatic/Fixed Doors, Seat Available, Internal Steps

Southside Aquatics Centre, Woodstock: Wheelchair Accessible, Automatic/Fixed Doors, Internal Steps, Accessible Parking, Mobility Aid Available, Accessible Change Room, Lift/Elevator, Accessible Washroom. Please note that the outdoor splash pad is completely accessible to mobility impairments and has additional markings for the visually impaired.

Theatres/Cinemas:

Market Centre Theatre, Woodstock: Wheelchair Accessible, Access via Ramps, Wheelchair-Accessible Counter, Accessible Parking,

Seat Available, Mobility Aid Available, Assistance Available, Lift/Elevator, Accessible Washroom

Gallery Cinemas, Woodstock: Contact them directly about accessibility information at 519-421-3456.

2. Getting a Health Card

A health card is very important for a resident of Ontario to have because it is what you show when you visit a doctor or hospital. Most of our health and hospital care is paid for by the government and this piece of photo identification, which you receive at birth, is your way of receiving this care. If your card is lost, stolen, or broken, then you must report it immediately. Call:

INFO Line:	1-800-268-1154
TTY:	1-800-387-5559
After 5pm:	1-800-664-8988

To get your health card replaced, go online to:

www.health.gov.on.ca

- click on Health Card, and then click on Forms and Applications
- complete the forms, print them, and then bring them to the nearest Ministry of Health office

There is a \$10 charge for replacement cards.

FYI – It is against the law for someone to ask you for your health card for identification purposes!

3. Obtaining a Birth Certificate

This piece of identification lets the world know who you are and that you are a Canadian. This card entitles you to all the rights and privileges of being in Canada. To get this card you can apply:

Online:

<https://www.orgforms.gov.on.ca/eForms/start.do?lang=en>

-OR- www.servicecanada.gc.ca

- click Personal Documents (left margin)
- Life Events – Having a baby
- No. 2 Birth Certificate
- Ontario (or other if applicable)
- Birth Certificate

Phone:

1-800-461-2156

Cost: Currently \$25 to \$45

Payable with Visa, Master Card, American Express, or Cheques

4. Photo Identification

Sometimes you need to prove who you are and how old you are. If you don't have a driver's licence, then you can use an Age of Majority Card or a Bring Your Identification Card (BYID). The BYID is for anyone aged 19+, and can be used as ID in places such as the Beer Store, LCBO, or any bar.

You can pick up an application for the BYID card at any LCBO in Ontario –or- you can download an application and guarantor form at: www.lcbo.com/socialresponsibility/byidcard.shtml

5. Skin Care

As you may be aware now, many of you who are entering your teens or are already teens are fighting the battle against acne. You are not alone, many teenagers have acne because of the hormonal changes of puberty and the increased amount of oil your skin produces. Stress and oily cosmetics can even make it worse.

Using a mild cleanser every morning and night is one way to help the situation, but beware, over cleaning or too much attention can make it worse. Talk to your doctor or local pharmacist if your acne is severe, they can make some helpful suggestions. Either way, don't sweat it... most teens do out grow it!

For tips on taking care of your skin, check out the resources listed below.

Free Information Call

519-858-8558
ext. 2355

www.kidshealth.org/teen is a great interactive info. site that offers answers and advice on all your skin and acne concerns.

www.canadian-health-network.ca is a site that has health info, including questions and answers, for youth.

6. Dental Help

Youth in Crisis Dental Program

Oxford County Department of Public Health & Emergency Services

519-539-9800

Toll Free:

1-800-755-0394

www.county.oxford.on.ca/publichealth

No teen should suffer from a toothache! If you do not have dental insurance or find that the cost of necessary care would create a financial hardship, Oxford County offers a dental program for eligible youth Grade 9 to age 18 in need of emergency or essential dental care.

All youth must be screened before they can be admitted to the program. For more information please contact Public Health & Emergency Services for Community Dental Services.

7. Quitting Smoking

You probably don't want to hear this – but there really is not a guaranteed easy way to stop smoking. It may just be the hardest habit you will ever have to break, but it will be worth it. There is nothing healthy about smoking, and no good can come from it for you or those around you who you may be exposing to the harmful toxins from cigarettes.

Here are some ideas to help you quit:

- Find your own motivation. Know that this is good for you.
- Ask for help from one or two good friends.
- Stay away from places where people smoke (for a while).

Check out the website **www.gosmokefree.ca** for more ideas.

Smokers Helpline

1-877-513-5333

www.smokershelpline.ca

Get help designing a personal quit plan or advice on dealing with withdrawal, cravings, and stresses. Confidential support.

Stop Smoking Program

519-539-9800

Toll Free:

1-800-755-0394

Counselling and support to help make quitting easier.

www.kidshealth.org/teen is a great interactive info. site that offers answers and advice on health issues, such as smoking.

www.canadian-health-network.ca is a site that has health info, including questions and answers, for youth.

Quit 4 Life

www.quit4life.ca

SMOKE-FX

www.smoke-fx.com

Whole Hearted Living

www.ohhn.ca/SmokeFree.asp

8. Controlling My Weight

For some people, dieting can get out of hand to the point where it actually becomes dangerous. A person who suffers from Anorexia Nervosa deliberately starves him/herself. A person with Bulimia will eat large amounts of food in a short period, then either fast, make them self vomit, or use laxatives to get rid of the food. They are stuck in this cycle, sometimes not even realizing that they have a problem or if they realize it they have no idea how to get out. If you, a family member, or a friend has an eating disorder, you can get help.

A very tiny percentage of people have a “perfect” body (whatever that is!), yet many people spend their lifetime battling their natural shape to attain this “perfection” – and miss out on a lot of fun along the way. There are good ways and bad ways to manage your weight. Here are some groups who will understand and help and fitness centres where you can get a healthy workout:

Eating Disorders Program

519-421-4223

www.wgh.on.ca

GoodLife Fitness

Coed club: 580 Bruin Blvd., Woodstock

519-421-1215

Women’s club: 677 Dundas St., Woodstock

519-539-0284

National Eating Disorders Info Centre

www.nedic.ca

Information and resources for people, friends, and families dealing with an eating disorder.

Oxford County Department of Public Health and Emergency

Services 519-539-9800

Toll Free: 1-800-755-0394

For information about healthy eating and active living

Overeaters Anonymous – London 519-457-8686

YMCA – Woodstock 519-539-6181

808 Dundas St., Woodstock

If you are looking for something active to do, become a member or purchase an \$8 student day pass and take part in:

- The **Y-ired Zone**, a place to hang out where there are video game systems to play, as well as, Dance, Dance, Revolution and much more.

- Use the pool and fitness facilities

- Join a scheduled activity, such as Judo or Cheerleading & Youth All Sorts of Sports -or- Drop-in and play Soccer, Basketball, Floor Hockey or Volleyball in the gym. Call for days and times or pick up a gym schedule.

www.girlsinc.org is an informative site with tons of topics, programs, and fabulous resources for issues teen girls face, like weight. “Inspiring all girls to be Strong, Smart, and Bold”

www.edap.org is the National Eating Disorders Association site, filled with resources on eating disorders.

9. Sexuality/Birth Control

If you are feeling pressured to have sex, you may need to look at your relationship. It is your body and your choice what you do with it, not having sex doesn't mean you don't care or don't have deep feelings for your partner. It is okay to say "No" even if you've said "yes" before. Sex isn't for everybody. Make a decision that is right for you.

If you think birth control ruins the mood, consider what a pregnancy will do. So get the facts about birth control. If you want to talk about it or find out about sex or birth control, try these resources below.

Free Information Call

Choosing Contraceptive
Natural Family Planning
The Pill

519-858-8558

ext. 1968

ext. 1969

ext. 1970

Sexual Health Clinic

410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as, birth control, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted diseases (free of charge). Call to book an appointment, they also have a Tillsonburg Clinic at the Tillsonburg Hospital every 2nd and 4th Tuesday of every month.

519-539-4431

10. Gay, Lesbian, & Bisexual Issues

If you are gay, lesbian, transgender/transsexual/bisexual or questioning your sexuality, this could be a very confusing time in your life. You don't have to go through it alone. There are people who will listen and not judge you.

Lesbian/Gay/Bi Youth Line

1-800-268-9688

Call any day except Saturday, 4:30 – 9:30pm www.youthline.ca
This line is confidential, peer support line where callers receive telephone support and referrals. Open to all Ontario youth up to the age of 26 years old.

Sexual Health Clinic - OCBH

519-539-4431

410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as, birth control, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted diseases (free of charge). Call to book an appointment.

11. Sexually Transmitted Infections (STIs) & HIV/AIDS

STIs & HIV/AIDS are nothing to laugh about! They are passed between people through sexual intercourse or other intimate contact. If STIs are not treated, they can cause serious damage.

Some of the symptoms of STIs are:

- unusual discharge or odour from your penis or vagina
- a painful burning feeling while urinating

- sores or blisters on or around your mouth or sex organs
- itching or swelling or bumps in the groin area

Often there are no symptoms at all! If you have sex, use a condom every time to reduce the risk of STIs.

Carrying a condom is just being smart – it doesn't mean you're pushy or easy or overly sure of yourself.

HIV is spreading rapidly in teens because many people ignore the facts. There are a lot of false ideas about AIDS around.

For example, you can't be exposed to AIDS by:

- casual contact (hugging, shaking hands, etc.)
- contact with doorknobs, toilet seats, etc.
- donating blood

Here's how to limit exposure to HIV/AIDS and STIs:

- not having sex (abstinence)
- if you have sex, properly using a latex condom doesn't guarantee protection, but it does make contact much safer
- if you use drugs, don't share needles
- don't share items that may be contaminated with blood (razors, toothbrush, etc.)

It is true that choosing to be sexually active or to use drugs can cause serious consequences in your life, no matter what precautions you might be taking. If that is the choice you've made, then take responsibility to be as protected as possible.

For more information:

AIDS Info Line

1-800-668-2437

A place to ask questions 24 hours a day

Sexual Health Clinic - OCBH

519-539-4431

410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as, birth control, free condoms, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted infections (free of charge). Call to book an appointment.

12. Spirituality

More people than ever before are aware that they are spiritual beings. They know they are also physical, intellectual, and emotional beings. Through exploring their inner thoughts and yearnings and considering their spirituality, they get in touch with a purpose for living. They develop goals and a desire to achieve them. Spiritual experiences often add meaning and hope to life.

Many churches, mosques, synagogues and temples... have youth groups, programs, and people who provide spiritual guidance. The list is too long to mention them by name. Perhaps a friend or family member could make a suggestion. Or you could drop into one of these places during the daytime and ask to speak with a spiritual counsellor. Or you could check the yellow pages in the phone book

under “Marriage, Family, and Individual Counsellors” and find out which of them mention things like youth, adolescence, prayer, faith, inner healing, or spirituality.

If something is missing from your life and you’ve never considered exploring your spirituality, perhaps it is the right step to take.

13. Date Rape

Date rape is a confusing thing because the rapist is usually not a stranger – it’s someone you know, someone you may hang out with or someone you may have dated and often someone you used to trust, but trust yourself now. If you were forced to have sex against your will, even if it was with your boyfriend, it is date rape – no matter what the other person tells you, and it is not your fault.

Your right to choose has been taken away by someone who used their power wrongly. That does not make you a bad person – it makes you a victim.

If date rape has happened to you, there are some numbers below you can call for help. If you are not sure what to do, go to the emergency at the hospital, or a walk-in clinic and they will help you. The most important thing is that you talk about this to an adult that you can trust or call the Oxford Community Police at **519-537-2323** or the Ontario Provincial Police (OPP) at **1-888-310-1122**. Date rape is still rape – and that is a crime. Don’t treat it any less.

CMHA Oxford Crisis Line – Oxford County **519-539-8342**
Toll Free **1-877-339-8342**
24-hour telephone support for youth aged 16+
Ingersoll Office **519-485-1700 ext. 200 or 203**
Tillsonburg Office **519-842-8869**
www.cmhaoxford.on.ca

Oxford Child & Youth Centre (OCYC)

Counselling services:
912 Dundas St., Woodstock **519-539-0463**
1 Library Lane, Tillsonburg **1-877-539-0463**
Fusion Centre, 121 Thames St., Ingersoll **519-539-0463**
www.ocyc.on.ca

Youth 15 or younger can call and make an appointment for counselling service at their Woodstock, Ingersoll, or Tillsonburg office.

Sexual Health Clinic **519-539-4431**
Toll Free: **1-800-744-0394 ext. 3407**
Oxford County Department of Public Health & Emergency Services

410 Buller St. Woodstock

The Sexual Health Clinic offers confidential services such as, birth control, pregnancy tests, the emergency contraceptive pill and counselling, HIV testing, and testing and treatment for sexually transmitted infections (free of charge). Call to book an appointment.

Sexual Assault Crisis Line

Toll Free

519-539-4811**1-800-265-1938**

Women's Emergency Centre – Oxford

975 James St. Woodstock

Provides confidential support and counselling to female victims of sexual assault. Someone is available 24 hours a day to take your call.

Victim Assistance Services

615 Dundas St. Woodstock

519-537-2824www.vasoc.on.ca

Offers 24 hours 7 days a week crisis services by assisting the police in providing assistance to victims of tragic circumstances, crimes, and disasters.

Get a Job and Build Your Career...**1. Social Insurance Number**

Before you can apply for a job, you will need to apply for a Social Insurance Number (SIN). This number identifies you to the Canadian Government and allows you to pay taxes and receive benefits you qualify for. There is no fee for your first card. Simply visit your nearest Service Canada office to pick-up an application and apply.

Service Canada

The Livingston Centre

96 Tillson Ave., Tillsonburg

519-842-9008

Service Canada

519-421-7225

959 Dundas St. Suite 101, Woodstock

2. Employment Services

Each of these centres has a team of dedicated employees who can help you with resumes, job searching, preparing for interviews and connecting with local employers. There is also free access to photocopiers, internet/computers, telephones and a fax when you are job searching.

Community Employment Services

519-539-8161

40 Metcalfe St., Woodstock

Fanshawe College

Employment Services – Job Finding Club

40 Metcalfe St., Woodstock

519-539-5983

90 Tillson Ave., Tillsonburg

519-842-9000 ext. 311

A successful job search program designed to assist the job seeker find suitable employment.

Fanshawe College

Workplace Essential Skills Training Centre

40 Metcalfe St., Woodstock

519-539-5983 ext. 424

90 Tillson Ave., Tillsonburg

519-842-9000 ext. 311

An extension of Fanshawe College, the WEST Centre assesses and upgrades your workplace skills. Students receive individual training plans to prepare them for their chosen career.

Ingersoll Learning & Employment Resource Ctr. 519-485-6088
ILERC
37 Alma St., Ingersoll

Multi-Service Centre 519-842-9000
MSC
96 Tillson Ave., Tillsonburg in the Livingston Centre

Norwich Learning & Employment Resource Ctr. 519-863-6611
NLERC
41 Main St. W, Norwich

Student Centre 519-539-8161
Community Employment Services
40 Metcalfe St., Woodstock
Helps full-time students, aged 15-24, who are returning to school full-time in the fall find summer employment. Open May-August.

Service Canada Centre for Youth 519-421-3174
959 Dundas St. Suite 101, Woodstock (behind Shoppers Drugmart)
Runs May – August.

Service Canada Job Bank (Canada wide) www.jobbank.gc.ca
Workopolis www.workopolis.ca
The Record www.therecord.com
Youth Opportunities Ontario www.youthjobs.gov.on.ca
Job Connect Job Board www.theworkingcentre.org
Service Canada www.servicecanada.gc.ca

Are you a high school, college or university graduate with no work experience in your field? Find out about a mentored internship with the Government of Canada which pays \$15,000 for the year at <http://www.careeredge.ca>

If you're a graduate with a disability, check out www.abilityedge.ca

Finding a job can be really difficult (no kidding!) so while you are waiting, get as much volunteer experience as you can. This will make a big difference when employers look at your resume. Check out the possibilities on page (95)

3. Trades & Apprenticeships

To find out about trades and apprenticeships, or to be connected visit one of these resources:

Community Employment Services

40 Metcalfe St., Woodstock

519-539-8161

www.ceswoodstock.org

Ingersoll Learning & Employment Resource Ctr. 519-485-6088

ILERC

37 Alma St., Ingersoll

Norwich Learning & Employment Resource Ctr. 519-863-6611

NLERC

41 Main St. W, Norwich

Ministry of Training, Colleges, and Universities

www.edu.gov.on.ca

<http://www.workapedia.ca>

A one-stop process to access related resources from Canada's Sector Councils.

www.TheApprenticeshipNetwork.com

The Apprenticeship network is a group of like-minded people and/or organizations working together to convey consistent apprenticeship information and delivery to all people in Elgin, Middlesex, and Oxford Counties.

www.employerregistry.ca

The Employer Registry is an online community dedicated to supporting students as they make the transition from school to career. Discover how industry and education are coming together to provide innovative and life shaping experiences for students so they can make informed career decisions. As part of this online community, students and parents can read success stories, view photos, and download video podcasts featuring students and employers from your community.

Check out these websites for more info.

www.servicecanada.gc.ca/en/audiences/youth/index.shtml

<http://youthjobs.gov.on.ca>

<http://youthconnect.ca>

www.ontario.ca

- click on either English or French to enter site;
- then click on “students” on the left margin;
- the click on “trading and apprenticeship” on the left margin

4. Destinations’ Programs

Destinations offers students the opportunity to begin to map out a career pathway leading to the workplace as early as grade 7. Throughout high school, students can take advantage of the many programs available to help them build a rewarding career.

For more information on the programs listed below, contact Thames Valley District School Board at 519-539-4244, www.tvdsb.ca/destinations, or your school’s Guidance Office/Student Services.

Experiential Learning

Enhances students’ academic background and provides them with opportunities to gain valuable experience in our community. It can assist all students who are bound for the workplace by helping them make career decisions, and develop the knowledge, skills, and attitudes that are essential in today’s society.

Work Internship

Students have the opportunity to obtain the skills they need for direct entry into the workforce after they leave high school. Work Internship combines industry training with an individualized school program to prepare students for their chosen career. Instead of focusing on academics within the traditional classroom, students get to take advantage of hands-on experience in the workplace.

Specialized Co-op

This program, which is part of the Reconnect to Your Future Program, was created to meet the needs of early school leavers – students who have left school before earning their Ontario Secondary School Diploma. Specialized Co-op allows students to earn 3 high school credits in one semester for completing 330 hours of work and in addition they will receive regular training and performance evaluations, while completing some of the other course components via the internet.

Ontario Youth Apprenticeship Program (OYAP)

A specialized program of study that allows secondary school students to train as apprentices while attending school. OYAP students accumulate hours and master the skills necessary for a Certificate of Qualification in a skilled profession while they earn their diploma. Through the program, students can explore a variety of job sectors including service, manufacturing, automotive, and construction.

- Daystar Community Homes** 519-681-6403
- Dereham Forge Housing Co-Operative Inc.** 519-688-7398
www.derehamfroge.com
- Drumbo & District Housing Corporation** 519-463-5822
- Homestead Christian Care** 519-539-2917
www.hsc.ca
- Ingamo Family Homes** 519-421-0383
www.ingamofamilyhomes.com
- Ingersoll & District Inter-Church Committee** 519-533-7730
Please leave them a message.
- Inn Out of the Cold – Operation Sharing** 519-539-3361
Old St. Paul’s Anglican Church www.operationsharing.com
723 Dundas St. Woodstock
Offers shelter for homeless youth and adults 16+, November 1 to
March 31, 7:30pm until 8:30am daily.
- Oxford County Housing** 519-539-9800
Toll Free: 1-800-755-0394
www.county.oxford.on.ca
- Princeton & District Housing Association** 519-458-4994

Salvation Army Community & Family Services 519-842-4447

Salvation Army Family Thrift Store 519-485-4961

Salvation Army Winter Warmth Program

Contact: Joyce 519-539-7235

Contact: Joyce or Tracy 519-539-6166

906 James St., Woodstock

Salvation Army Emergency Housing & Advocacy Centre

906 James St., Woodstock 519-539-7295

24 hour emergency Assistance

Assisting families in Oxford County with:

- Emergency housing
- Information & forms
- Interest free loans to assist with rent, rent deposit & utility arrears
- Referral to agencies
- Liaison between landlord & tenant

Salvation Army Thrift Store and Family Services

18 Main St., Norwich 519-863-6375

519-532-2935

www.execulink.com/~sawdstk

Southwest Community Care Access Centre 519-539-1284

1-800-561-5490

www.sw.ccac-ont.ca

Tillsonburg Non-Profit Housing Corporation 519-842-4890

United Way of Oxford 519-539-3851

Toll Free: 1-877-280-1391

Woodstock Non-Profit Housing Corporation 519-746-3033

2. Food

Money can be pretty tight if you are living on your own. There are places that are willing to help people in your situation. Give the numbers below a call or drop-in because no one should be without food.

For a current list of where you can get food or meals, check out the website www.thefoodbank.ca

Helping Hands Foodbank 519-688-3434

Lunch Bunch 519-485-0385

Salvation Army Food Bank 519-539-6166

190 Huron St., Woodstock

Food Bank Hours:

Monday & Friday 10:00 – 12:00

Wednesday 10:00 – 12:00 & 1:30 – 4:00

Food assistance can be accessed by appointment once a month if required.

Salvation Army Bread Program

519-539-6166

190 Huron St., Woodstock

Each day, Monday to Friday, they have a selection of breads and baked goods available, as well as, outdated or damaged canned goods and packaged goods.

Talk to my Lawyer...

1. Legal Information

Community Options for Justice (Oxford)

519-539-2119

Toll Free:

1-877-218-4463

389 Dundas Street, Woodstock

www.ocl.net/projects/coj

If you are arrested for a minor offense, you may be eligible for a diversion program (available for youth or adults). A diversion program allows the opportunity to have the charge withdrawn upon successful completion of an agreed sanction.

If this is your first offense you can request that the police refer you to a diversion program in order for the charge not to be laid. (measures agreed on must be completed)

If you are willing to meet with the victim of your offense you can request a meeting with the Youth Justice Committee in order to make things right with the victim or restore the harm done. Your participation means no charge will be laid or the charge will be withdrawn if measures agreed on are completed.

Legal Line**416-929-8400**

Call the free 24 hr. touchtone telephone service or check out the website www.legalline.ca for easy to understand legal info. on 870 topics.

Legal Aid**519-539-2381**

Call to make an appointment to fill out an application form if you have criminal charges against you and you can't afford a lawyer. You need to bring the Crown screening form with you.

Landlord and Tenant Info.**1-888-332-3234**

Call this automated info. line or check out: www.orht.gov.on.ca
Southwestern Regional Office – London
150 Dufferin Ave., Suite 400

1-888-377-8813**Fax: 519-679-7290****Ombudsman Ontario****1-800-263-1830**www.ombudsman.on.ca

Helps resolve problems with provincial government ministries and organizations.

2. The Police & Youth Laws

If an officer has reasonable grounds to suspect that you have committed a crime, or are about to commit one, he or she has the right to arrest you without a warrant and then search you. You may think it's no big deal, but shoplifting is a crime – regardless of the value of what you take.

Falsifying your age or I.D. to get liquor isn't a game – it's illegal and you can be charged. Is it really worth it?

A Helpful Hint: Excessive behaviour (e.g. drinking, driving fast, loud partying, etc.) only causes the community to trust young people less and the police to crack down more. Help your friends keep things under control and the police won't have to.

Driving and Accidents...

1. Getting a Licence

Drive Test

476 Peel St., Woodstock

1-888-570-6110

www.drivetest.ca

Call or drop-in to find out about getting a licence, taking a road test, or any other driving/licence concerns.

Driver and Vehicle Licence Office **519-537-6232 or 537-3662**

925 Dundas St., Woodstock

This is the place to go for sticker renewals, driver licence renewals, and vehicle registration.

Ministry-approved Beginner Driver Education Courses

Arrive Alive Drivers Education

61 Victoria St., Tillsonburg

519-842-2144

MP's Driver Education Inc.

Toll Free:

58 Thames St. S, Ingersoll

202 Huron St. Unit 2, Woodstock

519-537-7721**1-888-372-6111****Young Drivers of Canada****519-421-0530**

Office: 421 Greenbrook Dr., Kitchener

Workshops: 40 Metcalfe St., Woodstock (inside CES)

Call or visit their Kitchener office to make a payment and/or enrol for a weekend workshop in Woodstock.

2. Car Accidents

If you've just had an accident, the first thing to remember is not to panic! Simply exchange names, addresses, phone numbers, driver's licence numbers, and car registration with the driver of the other vehicle. Call your insurance company as soon as possible.

If the other person is blaming you and you don't think it was your fault, try to get the names and numbers of witnesses and then call your insurance company.

If the accident is over \$1,000 in damage or if an injury is involved, you are required by law to file an accident report with the police within 24 hours. Call one of the numbers below, explain the situation and they will let you know what to do.

WARNING: It is a very serious offence to drive away from the scene of an accident.

**Oxford Community Police
OPP**

**519-537-2323
1-888-310-1122**

Emergency

911

Is the number you call to contact police, fire, or ambulance to deal with an emergency situation and to have the police deal with issues that require immediate attention.

Making a Difference...

1. Volunteering

Do you need volunteer hours for school? Community Service hours? Work experience? Do you just want to help out in your community and feel a sense of accomplishment and pride? Then apply to volunteer at one of these organizations below, or call a local store of your choice to find out if you can become a volunteer there.

Big Brothers Big Sisters

Ingersoll, Tillsonburg & Area Inc.

519-485-1801

Woodstock and District Association

519-537-6404

Volunteer to become a mentor of a girl or boy and make a difference in their life, as well as, your own. Call for more details.

Multi-Service Centre

519-842-9000

96 Tillson Ave., Tillsonburg

www.thelivingstoncentre.com

Volunteer opportunities at the MSC include:

- Meals on Wheels Driver or Helper **ext. 357**
- Volunteer Driver **ext. 357**
- Adult Basic Literacy Tutor **ext. 266**
- Fundraising/Public Relations **ext. 270**
- Board/Committee member **ext. 306**

YMCA – Woodstock

519-539-6181

808 Dundas St., Woodstock

The Y is always looking for volunteers to lend a hand in:

- Membership Services
- Youth/Children Programs
- Housekeeping
- Fitness Centre

For more info. give them a call or drop-in. Go in to pick up a volunteer application today!

The Salvation Army

190 Huron St., Woodstock

519-539-6166

salvation_army@bellnet.ca

Some of the Volunteer Positions they have:

- Furniture and wood repair
- Books, clothing, or toy sorter
- Store front clerk
- Store or outdoor maintenance
- Food packaging
- Christmas positions

Just drop off your resume or complete The Salvation Army Volunteer registration form available at their office.

If your organization is listed in this book, please ensure that you let us know about any changes in your location, services, or phone numbers.

We know that you've taken in so much information that it blows your mind but we hope you got a lot out of this Little Black Book!

My Little Black Book Phone List:
