



REGIONAL GUIDE

Kingston

Chapter 4: Resources in
Kingston



VESTA

www.vestasit.com

This Guide is For You

Welcome. We believe you. We believe them.

This guide is for you and anyone who needs it. You have a friend and you're worried about them. They might be in a bad situation. You're pretty sure things aren't good and they're getting worse.

What do you need? Information. Resources. Things to do right now.

This guide is a list of resources that you can share and take action on, if you or they choose to. It has been written and sourced specifically for the Kingston region. We created this guide for survivors of sexual violence and for those who want to help them. Maybe your friend needs support. Maybe you are a survivor and you never want to see another go through what you've experienced.

Sexual violence is a prevalent, intersectional and multi-factor issue affecting all communities. Its complexity makes it impossible to tackle alone. It takes every person who has endured gender-based violence standing up and refusing to let it happen to another.

Thank you for taking the initiative.



Resources in Kingston

Sexual Assault Centres, Shelters and Interval Houses

- Sexual Assault Centre Kingston
400 Elliott Ave. Unit 1 (Rockcliffe Plaza)
Office: 613-545-0762
24/7 Crisis Line: 613-544-6424 & 1-877-544-6424
sack@sackington.com
<http://sackington.com/>
- Kingston General Hospital (KGH) – Sexual Assault/Domestic Violence Unit (SA/DV)
76 Stuart St.
Office: 613-549-6666 x 4880
Emergency: 613-548-2333
- Kingston Interval House
P.O. Box 21042
Office: 613-546-1833 or 613-546-4136
Crisis Line: 613-546-1777 or 1-800-267-9445
<http://kingstonintervalhouse.com/>
- Lennox and Addington Interval House
174 Centre St. N, Napanee
Office: 1-613-354-0808
24/7 Crisis Line: 613.354.1010 or 1-800-667-1010
<http://www.intervalhousenapanee.ca/>

Police Services

- Kingston Police
705 Division Street, Kingston, ON, K7K 4C2
Phone: 613 549-4660 (non-emergency)
- OPP – Napanee Detachment
86 Advance Ave. Napanee, ON K7R 3Y6
Office: 613-354-3369 (non-emergency)

Addiction and Mental Health Services: Kingston, Frontenac, Lennox and Addington (AMHS-KFLA)

- Kingston
552 Princess St.
Office: 613-544-1356
24/7 Crisis Phone Line: 613-544-4229
or 1-866-616-6005
- Napanee
70 Dundas St. E
Office: 613-354-7521
24/7 Crisis Phone Line: 613-354-7388
or 1-800-267-7877

Resources in Kingston

Support Groups and Help Lines

- Assaulted Women's Helpline
Toll-free: 1-866-863-0511
<https://www.awhl.org/>
- Telehealth Ontario
Toll free: 1-866-797-0000
www.health.gov.on.ca/en/public/programs/telehealth
- The Centre for Abuse and Trauma Therapy
234 Concession St. Suite 200
613-507-2288
<http://centrefortherapy.ca/>
- Kingston Anti-Violence Advisory Council (KAVAC)
<http://www.kingstonavac.org/>
- Resolve Counselling Services – Male Survivors' Group:
Coming to Terms with Childhood Sexual Abuse
417 Bagot St.
613-549-7850
- The Land O'Lakes Women's Program
12497A, Hwy 41, Unit 1, Northbrook
613-336-8934
<http://www.lolcs.com/index.php/programs/>

Online Legal Aid

There are services available that can help by providing **free, independent legal advice**. These services are available remotely or in-person based on region.

Visit the [Legal Aid section of our Resource Library](#) for individually sourced legal services and specialized programs for survivors of domestic abuse, sexual assault, and other forms of violence.

**Together we can
end gender-based
violence. Be ready
with resources.**



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