**Resources for Parents: Technology Use & Transition Age Youth**

**Websites**

**Note: many of these websites are commercial resources (fee for service)**

[www.netaddiction.com](http://www.netaddiction.com)

[www.techaddiction.ca](http://www.techaddiction.ca)

[www.drlarryrosen.com](http://www.drlarryrosen.com)

[www.drdansiegel.com](http://www.drdansiegel.com)

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

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[www.videogames.org.au](http://www.videogames.org.au) – (targeted to parents of younger children)

<http://iparent-101.teachable.com/>

<http://mediasmarts.ca/>

<https://www.commonsensemedia.org/> (info on sexting and other digital age topics)

<http://www.screenagersmovie.com/>

<http://gamequitters.com/>

<http://www.olganon.org/home>

<https://www.headspace.com/>

<http://www.children.gov.on.ca/htdocs/English/professionals/steppingstones/youth_policy.aspx> (resources for youth 12-25)

**Reading**

Dan Siegel – Brainstorm

Kimberly Young – When Gaming Becomes an Obsession

Gordon Neufeld – Hold On to Your Kids

Jennifer Kolari – You’re Ruining My Life; Connected Parenting

Angela Duckworth – Grit The Power of Passion and Perseverance

Dr Dimitri Christakis – TEDx Media & Children; When it Comes to Kids is All Screen Time

 Equal?

**Supports**

Family Physician

School Social Worker

Colleges and Universities

 Good to talk: 24 hour help line

 <http://www.good2talk.ca/>

Health & Wellness Centre’s

Family Navigation Project, Sunnybrook **1-800-380-9367**

Provides expert navigation of the mental health and addictions service system for youth aged 13-26 and their families living in the Greater Toronto Area (GTA)

Kids Health Phone

 <http://kidshelpphone.ca/Teens/home.aspx>

 Services for youth under 20, including 24 hour helpline (1-800-668-6868)

Stella’s Place

 <http://www.stellasplace.ca/>

 Community Based Peer Support for youth 16-29

Pine River Institute

 <http://pineriverinstitute.com/mission/>

 Services for youth with addictions and their families

**Children’s Mental Health Centre’s**

Children’s Mental Health Ontario

<http://cmho.org/>

What’s up Walkin Centre’s

 <http://www.whatsupwalkin.ca/>

 Children, young adults and their families across GTA

**Central**

Hincks-Dellcrest Centre

 <http://www.hincksdellcrest.org/>

 Children 0-17 and their families

Oolagen

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

 416 395-0660; 65 Wellesley Street East

Adolescents between 13-18 years of age. Free service. Walk-in clinic available. Not a crisis service

Turning Point Youth Services

 <http://www.turningpoint.ca/>

416-925-9250; 95 Wellesley Street East

 Youth 12-24 and their families. Parent workshops available

Central Toronto Youth Services

<http://www.ctys.org/>

416-924-2100

 Youth 12-18 and their families

Sherburne Health Centre

Supporting Our Youth (SOY)

<http://www.soytoronto.org/>

Youthdale

 [www.youthdale.ca](http://www.youthdale.ca)

416-368-4896 - Intake during regular business hours

416-363-9990 Crisis response 24 hours per day, 7 days per week, parents or youth can call

Children and families. Help people access the right programs and services at Youthdale and in their communities.

Delisle Youth Services

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

40 Orchard View Blvd

Services for youth and parents

**North York**

J.D. Griffin Centre

 [www.griffin-centre.org](http://www.griffin-centre.org)

 416-222-1153

 1126 Finch Ave West, Unit 16

 Youth, including transition aged youth & their families

**West**

The George Hull Centre

[http://www.georgehullcentre.on.ca](http://www.georgehullcentre.on.ca/ProgramsandServices)

416-622-8833 ext.258 (Intake)

Children up 0-18 and their families.

**East**

East Metro Youth Services

 <http://emys.on.ca/>

416-438-3697

**Autism Resources**

Geneva Centre (for Autism Spectrum Disorders, including Asperger’s Disorder)

<http://www.autism.net>/

Autism Speaks Canada

<http://www.autismspeaks.ca/>

Surrey Place

<http://www.surreyplace.on.ca/>

ISAND

<https://www.isand.ca/>

Private service with interdisciplinary team that provides treatment for children/young adults 0-24 with ASD and neurodevelopmental disorders.

**CAMH does not endorse these resources; they are provided for your interest only**