

# Durham Community Service Update

Welcome to the Durham Community Service Update – your weekly source for the latest updates for services in our community. Just a friendly reminder that this isn't an exhaustive resource guide; consider it a resource for quick changes! Please continue to utilize and update places like Connex Ontario, Find Help | 211, AccessMHA, and the like.

As for the update, Hello!! I'm Jennifer Garton and I send out this update weekly (typically on Wednesdays). I'm the Regional Housing Coordinator with Durham Mental Health Services, part of the Lakeridge Health Mental Health and Addictions team. In partnership with The Gap Committee, we aim to bring you timely updates and an effective way to keep up to date on our ever-changing system.

## How to Use:

**CLICK:** You can click on the table of contents on the next page to jump to the section you're interested in

**SAVE:** Keep any flyers attached to the email for future reference—they're handy!

**ADD, DELETE, or CHANGE:** Your participation matters! The information in this update is only as good as the information I am provided with. If you have updates, corrections, or suggestions for your service/agency, please share them with me at [jgarton@lh.ca](mailto:jgarton@lh.ca)

**OPT-OUT:** If you wish to stop receiving these updates, feel free to let me know at the same email address.

## Get to Know Series:

Don't overlook our monthly 'Get to Know' series, managed through this update.

The Get to Know series is a virtual presentation with Q&A time for programs/services in our area. This gives an opportunity for attendees to get up to date information, network with others in the field and ask questions to best serve the people we work with.

If you want more information on the Get to Know series click [here](#). To register for upcoming presentations or volunteer to present, email me at [jgarton@lh.ca](mailto:jgarton@lh.ca)

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<p><b>New Updates</b></p>	<p>I have changed the format on these updates a bit. Services are listed alphabetically, and their updates are listed chronologically. I have added clickable links to here as well as the table of contents!</p> <p>I will be keeping 4 weeks of updates listed here in this ‘New Updates’ box instead of just rotating through every week. Please feel free to email me your thoughts on this change of format!</p> <p>There are no new updates this week, but I have updated the PDF to reflect information no longer relevant 😊</p> <p>February 14<sup>th</sup> Updates:              - N/A</p> <p>February 7<sup>th</sup> Updates:              - <a href="#">St. Martin’s Social Justice Committee Event with Durham Youth Services</a>              - <a href="#">211</a>              - <a href="#">CDCD Info Session for OTF Capital Grant</a></p> <p>February 2<sup>nd</sup> Updates:              - <a href="#">Durham Youth Services</a>              - <a href="#">VASE (Voices Against Stigma Everywhere) (DMHS)</a>              - <a href="#">Get to Know Series</a>              - <a href="#">Coordinated Access</a>              - <a href="#">New Life Neighbourhood Centre Productivity HUB</a></p>
<p><b>211   Find Help</b></p>	<p><b>*NEW* About 211</b></p> <p>211 connects people to social services and community programs across Ontario.</p> <p>211 is answered by real people 24/7. Service is available in 200+ languages. Free and Confidential. Text is available Monday to Friday from 7am – 9pm ET. Live chat service is available Monday to Friday from 7am – 9pm ET</p> <p>To search online, click here: <a href="#">211 Central</a></p>

	<p>Unlike search engines, 211 applies a human touch for personalized solutions. Highly trained and accredited Community Navigators know how to ask the right questions to get the full picture of a person’s needs.</p> <p>Navigators then provide referrals to services to connect callers to the right supports. In addition, some partnerships include 211 registering individuals for services directly or providing a warm transfer to the program.</p> <p>211 will also advocate on behalf of a caller who is eligible but not able to access services.</p> <p><b>To update your agency and program information on 211, please go to <a href="#">Contact Us   211 Central</a></b></p> <p style="text-align: right;">Updated February 7<sup>th</sup>, 2024</p>
<p>988 Suicide Crisis Helpline</p>	<p>People across Canada can call and text 9-8-8, a new three-digit service, for help when they need it most. 9-8-8 is free for anyone in Canada who is thinking about suicide, in emotional distress, or who is worried about someone they know.</p> <p><b>If you need help right now, please call Talk Suicide Canada at 1 833 456-4566 (24/7) or text 45645 (4:00 p.m. until midnight ET).</b></p> <p><b>If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest emergency department.</b></p> <p>In the face of increased demand for crisis services, 9-8-8 will provide:</p> <ul style="list-style-type: none"> <li>- A number that’s easy to remember in a crisis.</li> <li>- Support in English and in French, by phone and text.</li> <li>- Quick access to support from trained responders, available 24/7/365.</li> <li>- High quality, evidence-based, equitable suicide prevention and crisis support for everyone in Canada</li> </ul> <p>For more information, please go to <a href="#">9-8-8   CAMH</a></p>
<p>Ajax Public Library</p>	<p>Hours of Operation</p>

	<p>All branches (Audley, Main, and McLean) are now open at 9am from Monday to Saturday. For more information about Ajax Public Library, <a href="http://www.ajaxlibrary.ca">www.ajaxlibrary.ca</a></p>
<p>Christian Faith Outreach Centre (CFOC)</p>	<p>Whitby Warming Centre Info</p> <p>The Whitby Warming Centre: Open 7 days per week from 8pm to 8am. Whitby Warming is located at 605 Rossland Rd. E. Whitby (Region of Durham HQ) South Doors, room LLC.</p> <p>For more information, contact CFOC directly</p> <p style="text-align: right;">Updated December 20th, 2023</p>
<p>Coordinated Access</p>	<p>Quarterly Newsletter</p> <p>We are thrilled to share our brand-new newsletter! Our newsletter will be sent out every quarter, packed with valuable information about our community, resources, and training opportunities. If there's anything you'd like included, please tell us. Our goal is to make this newsletter a convenient and inspiring source of information and education, so we hope you'll find it to be a valuable resource</p> <p>To register for the newsletter, please contact your HIFIS data coordinator</p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p> <p>Operation Leave the Streets Tours</p> <p>As a part of our Coordinated Access Strategy, the Durham Region Homeless Prevention Team is taking our education show on the road once again in February!</p> <p>If you missed us in November 2023, please schedule a time between <b>February 20th - 29th</b> for your Durham Region Homeless Prevention Team to visit your site. We will discuss the coordinated access system and address your questions and concerns, and provide information about "Operation Leave the Streets"</p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p>
<p>Durham Community Health Centre, Formerly CAREA (DCHC)</p>	<p>Community Groups</p> <p>Durham Community Health Centre has some great FREE groups available! Registration is required. Contact DCHC for more information!</p> <p style="text-align: right;">Updated February 14<sup>th</sup>, 2024</p> <p>Black Health and Wellness Clinic Info</p>

	<p>DCHC’s Black Health &amp; Wellness Clinic is open and available to the community on TUESDAYS from 12-7pm at the Pickering location, 1450 Kingston Rd., Unit 17.</p> <p>Providing access for Durham community members who identify as African, Caribbean, or Black (ACB) to receive primary care support and culturally affirming care.</p> <p>The clinic will provide care to all ages - children, youth, adults, and seniors for the following:</p> <ul style="list-style-type: none"> <li>- Diabetes, high blood pressure, chronic diseases</li> <li>- Cold/flu symptoms</li> <li>- Prescription renewals</li> <li>- Women's health matters</li> <li>- and much more!</li> </ul> <p>Call ahead to book an appointment to receive care during clinic hours: 905-420-0333 or walk ins are welcome!!</p> <p style="text-align: center;"><a href="https://careachc.ca">Black Health &amp; Wellness Clinic - Carea (careachc.ca)</a></p>
<p>Durham Mental Health Services (DMHS)</p>	<p style="text-align: center;">VASE February Series: Love and Relationships</p> <p>VASE (Voices Against Stigma Everywhere) runs a Thursday evening (6-730pm) virtual series. This month, the topic is all about love and relationships.</p> <p style="text-align: center;">February 15<sup>th</sup> – Love your supports          February 22<sup>nd</sup> – Meeting people where they are at          February 29<sup>th</sup> – Loving people without labels</p> <p style="text-align: center;">To register or for more information, please contact Lynn at <a href="mailto:lmoulds@lh.ca">lmoulds@lh.ca</a></p> <p style="text-align: center;">For a detailed description of VASE, please also see below          Updated February 2, 2024</p> <p style="text-align: center;">VASE (Voices Against Stigma Everywhere) Description</p> <p><b>Our Vision:</b>          We are successful people with lived experience who aim to create a world without stigma by sharing our stories.</p> <p><b>Our Mission:</b>          VASE will educate, advocate, and foster an inclusive community. We believe our experiences, strengths, humanity and hope for the future will be valued by the public with whom we will be sharing our mental health stories.</p>

	<p>VASE is a dedicated group of individuals, with lived and living mental health and addictions experience, who share our unique journeys with others.</p> <p>VASE stands for fairness, equality and education in the fight against stigma, through the sharing of our personal challenges and successes. Our aim is to provide hope to anyone affected by/or struggling with mental health and addictions issues.</p> <p>Our VASE speakers have travelled where requested to generate awareness and provide advocacy and inspiration to a wide range of audiences. VASE grew from the recognition that personal stories can make powerful and tangible changes in the lives of people, for both the people listening and the people speaking.</p> <p>VASE has a professional outlook that is highly respected and influential. All VASE speakers have lived and living experience with mental illness and/or addictions.</p> <p>The VASE group started approximately 12 years ago by first Durham Mental Health Services peer Sue Cathcart. VASE has travelled as far as Ottawa to speak.</p> <p>We also have monthly series with current topics of interest</p> <p style="text-align: right;">Updated 2023</p> <p style="text-align: center;">Peer Groups – Winter</p> <p>DMHS Peer Support Winter Calendar is available. This covers any peer groups running from January-March 2024</p> <p>For existing DMHS peer clients, reach out to the peer team directly for group registration <a href="mailto:dmhspeer@lh.ca">dmhspeer@lh.ca</a></p> <p>If you know of someone who is interested in registering for our Peer Support program for the first time, please have them contact Central Connect at 905-440-7534 (toll-free at 1-833-392-7363, or email <a href="mailto:CentralConnectMHA@lh.ca">CentralConnectMHA@lh.ca</a>)</p> <p style="text-align: right;">Updated December 2023</p>
<p>Durham Youth Services (DYS)</p>	<p><b>*NEW* Event with St. Martin’s Social Justice Committee</b></p> <p>Durham Youth Services will be a guest speaker for the Protecting and Advancing the Right to Housing event hosted by St. Martin’s Social Justice Committee on February 15<sup>th</sup> at 7pm.</p> <p style="text-align: center;"><a href="#">click here for more information</a></p>

	<p style="text-align: center;">or  <a href="#">Faith in Action- Add Your Voice   Facebook</a></p> <p style="text-align: right;">Updated February 7th, 2024</p> <p style="text-align: center;">Staff Update and Presentation Opportunities</p> <p>Durham Youth Services has hired Mark Bouwmeester to assist with community knowledge, education and more. If you would like Mark to speak to any of your teams about Durham Youth Services and the exciting things happening there, please reach out to Durham Youth Services.</p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p>
<p>Get to Know Series</p>	<p style="text-align: center;">Get to Know Series Description</p> <p>This series is a virtual cross-sectoral option for service providers to present their services, share resources, network and engage in a Q&amp;A. If interested in presenting a service, or attending a presentation, email me directly at <a href="mailto:jgarton@lh.ca">jgarton@lh.ca</a>.</p> <p style="text-align: center;">Let's break down these communication barriers and understand our ever-growing system</p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p> <p style="text-align: center;">February: Durham Youth Services          We are proud to announce that Durham Youth Services is our presenter for our February "Get to Know" series!</p> <p style="text-align: center;">February 21<sup>st</sup> from 10am-1130am, Mark Bouwmeester with Durham Youth Services will present all the exciting things happening there. This virtual presentation will have a slide show and Q&amp;A. to register, please email <a href="mailto:jgarton@lh.ca">jgarton@lh.ca</a></p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p> <p style="text-align: center;">March: To Be Announced</p>
<p>New Life          Neighbourhood          Centre (NLNC)          Productivity HUB</p>	<p style="text-align: center;">Registration 2024 Winter Intake</p> <p><b>Registration for the 2024 Winter Intake of the NLNC Productivity HUB has started! Limited slots available.</b></p> <p>If you know anyone interested in building a new life, whether it is getting back to gainful employment, starting a business or even going back to school, NLNC Productivity HUB provides wrap-around support to get them started.</p> <p><b>Our 2024 Winter Programming begins on February 28, 2024.</b></p>



	<p>The NLNC Productivity HUB provides self-empowerment workshops, employability skills training, one-on-one coaching and mentoring, as well as coordinated supports, all geared toward readiness for employment and other productive pursuits. Check out NLNC Productivity HUB’s <a href="#">website for</a> more information.</p> <p><b>For registration, connect with Eduardo Flores at 365-873-0347 or <a href="mailto:eduardorflores.ca@gmail.com">eduardorflores.ca@gmail.com</a></b></p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p>
<p>Region of Durham</p>	<p style="text-align: center;">Outreach Team</p> <p>The Region of Durham is delighted to announce that the outreach team has completed their training and became fully operational as of January 7th.</p> <p>This dedicated team has been working 24/7 to support the most vulnerable members of our community.</p> <p>To date, they have already conducted over 300 interactions with individuals experiencing homelessness, guiding them toward winter-warming spaces, shelter beds, and other essential community resources as required.</p> <p>They have actively engaged with community members and promptly responded to calls from libraries, hospitals, and local agencies.</p> <p>Their visits have encompassed the entire Durham region (including the north) and hidden encampments.</p> <p>For assistance with outreach support, please feel free to reach out to us at <a href="mailto:RMD.outreach@durham.ca">RMD.outreach@durham.ca</a>.</p> <p>For general housing inquiries and for those who are precariously housed or facing eviction, email: <a href="mailto:Homelesshelp@Durham.ca">Homelesshelp@Durham.ca</a> or you can call 905-666-6239 or 1 888-721-0622 extension 5510</p> <p style="text-align: right;">Updated February 2, 2024</p> <p style="text-align: center;">New By Name List Coordinated Access Point</p> <p>Please be advised that <b>Community Living Durham North</b> has been on boarded as a Community Access Point for the By-Name List in Durham Region. A list of Community Access Points can also be found on the website at <a href="#">Homelessness Coordinated Access System - Region of Durham</a>.</p> <p style="text-align: right;">Updated January 10<sup>th</sup>, 2024</p>

	<p style="text-align: center;">Winter Warming Information</p> <p style="text-align: center;">Durham Region Winter Warming Plan Has Started There are currently 5 overnight regional warming sites across Durham Region. Please note that not all warming sites have beds. Please see the link below for the location details</p> <p style="text-align: center;"><a href="#">Homeless Shelters - Region of Durham</a></p> <p style="text-align: right;">Updated December 2023</p>
<p>Robert McLaughlin Gallery (RMG)</p>	<p style="text-align: center;">Community Art Studio LivingRoom Collaboration</p> <p style="text-align: center;">Robert McLaughlin Gallery (RMG) has created a drop-in art studio! There are tables, chairs, art supplies etc. People can take home what they create or are free to leave their artwork there.</p> <p style="text-align: center;">They are collaborating with Mary from the LivingRoom Community Art Studio to facilitate six sessions on Friday afternoons. You can read more about their work here: <a href="https://www.livingroomcommunityartstudio.org/">https://www.livingroomcommunityartstudio.org/</a></p> <p style="text-align: center;">Please check out the RMG website for lots of details about the project.</p> <p style="text-align: center;">This is the page detailing how to take part in the facilitated art making sessions: <a href="https://rmg.on.ca/events/the-neighbours-project-art-hive-with-the-livingroom/">https://rmg.on.ca/events/the-neighbours-project-art-hive-with-the-livingroom/</a></p> <p style="text-align: center;">This page provides more context and background information on the project itself: <a href="https://rmg.on.ca/exhibitions/the-neighbours-project/">https://rmg.on.ca/exhibitions/the-neighbours-project/</a></p> <p style="text-align: center;">For more information, please reach out to RMG directly</p> <p style="text-align: right;">Updated December 20th, 2023</p>
<p>St. Martin's Social Justice Committee</p>	<p><b>*New* Protecting and Advancing the Right to Housing Event</b></p> <p>Please join us during Lent for a series of films and discussion focusing on the Diocesan Vestry Motion: Protecting and Advancing the Right to Housing.</p>

	<p>Hosted by the St. Martin's Social Justice Committee. We will be joined by local community partners, including staff from Durham Youth Services.</p> <p>Light refreshments will be served. All are welcome.</p> <p style="text-align: center;">When: Thursday, February 15 @ 7pm <a href="#">Faith in Action- Add Your Voice   Facebook</a></p> <p>Guest speakers from Durham Youth Services will give a presentation and talk about their work with the homeless youth in Durham Region. A Q&amp;A will follow</p> <p style="text-align: right;">Updated February 7, 2024</p>
VHA Home Health Care	<p style="text-align: center;">HOME program information</p> <p>VHA Home Health Care is open for referrals to their Homelessness Outreach Maintenance and Education (HOME) for Extreme Clutter and Hoarding program!</p> <p>The Durham HOME Program provides services to vulnerable, low-income residents who require housing support/stabilization due to extreme clutter and/or unsanitary living conditions. For more information, please contact the Regional Intake Coordinator at 1 888 314 6622 x4192.</p> <p style="text-align: right;">Updated 2023</p>