

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

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

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<p>New Updates</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>February 21st Updates</p> <ul style="list-style-type: none"> - CDCD Workshop – Assessing and Safety Planning with an Anti-GBV Lens for Service Provider (Flyer Attached) - Durham Mental Health Services Crisis Services Program Overview - Get to Know Series March Presenter Announced - Pickering Library's Seed Library <p>February 14th Updates:</p> <ul style="list-style-type: none"> - N/A <p>February 7th Updates:</p> <ul style="list-style-type: none"> - 211 <p>February 2nd Updates:</p> <ul style="list-style-type: none"> - Durham Youth Services - VASE (Voices Against Stigma Everywhere) (DMHS) - Coordinated Access - New Life Neighbourhood Centre Productivity HUB
<p>211 Find Help</p>	<p>About 211</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 To search online, click here: 211 Central</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>To update your agency and program information on 211, please go to Contact Us 211 Central</p> <p style="text-align: right;">Updated February 7th, 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>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).</p> <p>If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest emergency department.</p> <p>In the face of increased demand for crisis services, 9-8-8 will provide:</p> <ul style="list-style-type: none"> - A number that’s easy to remember in a crisis. - Support in English and in French, by phone and text. - Quick access to support from trained responders, available 24/7/365. - High quality, evidence-based, equitable suicide prevention and crisis support for everyone in Canada

	<p>For more information, please go to 9-8-8 CAMH</p>
Ajax Public Library	<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, www.ajaxlibrary.ca</p>
Christian Faith Outreach Centre (CFOC)	<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>
Community Development Council Durham (CDCD)	<p>*NEW* Assessing and Safety Planning Workshop with an Anti-GBV Lens for Service Providers</p> <p>Join us as for an online workshop on February 27th from 1-330pm presented by WomenattheCentre.</p> <p>This Workshop will include.</p> <ul style="list-style-type: none"> • Assessing risk and safety planning when working with community members • Becoming safe spaces for disclosure • Building resources and support networks • Intervening safely and effectively and caring for ourselves and each other <p>To register or for any further questions, please see attached flyer</p> <p style="text-align: right;">Updated February 16th, 2024</p>
Coordinated Access	<p>Quarterly Newsletter</p> <p>We are thrilled to share our brand-new newsletter!</p>

	<p>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 2nd, 2024</p> <p style="text-align: center;">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 February 20th - 29th 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 2nd, 2024</p>
<p>Durham Community Health Centre, Formerly CAREA (DCHC)</p>	<p style="text-align: center;">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 14th, 2024</p> <p style="text-align: center;">Black Health and Wellness Clinic Info</p> <p>DCHC's Black Health & 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"> - Diabetes, high blood pressure, chronic diseases - Cold/flu symptoms - Prescription renewals - Women's health matters - and much more!

	<p>Call ahead to book an appointment to receive care during clinic hours: 905-420-0333 or walk ins are welcome!!</p> <p>Black Health & Wellness Clinic - Carea (careachc.ca)</p>
<p>Durham Mental Health Services (DMHS)</p>	<p>*Updated* Peer Groups – Winter</p> <p>DMHS has peer groups where our Peer Support Specialists (mental health workers with lived experience) run a multitude of groups, both virtual and in person, across Durham Region including Port Perry. This includes day programs, drop-in skills groups, social groups, psychoeducational groups, wellness recovery action plan, and more.</p> <p>Peer Support Winter Flyer is available and is attached to this email. 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 dmhspeer@lh.ca</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 CentralConnectMHA@lh.ca)</p> <p>Updated February 21st, 2024</p> <p>*Updated* Crisis Access and Linkage Line (C.A.L.L)</p> <p>Telephone crisis support is available toll free, 24 hours per day, to support individuals (16+) and/or their supports in crisis</p> <p>to speak to someone, call:</p> <p>905 666 0483 Or 1 800 742 1890</p> <p><i>please remember to leave a message with a call back number if leaving a voicemail for the team to be able to connect back as soon as possible</i></p> <p><i>if looking for the national suicide crisis helpline, please call 988</i></p> <p>Updated February 20th, 2024</p> <p>*Updated* Crisis Beds</p> <p>DMHS offers short-term (3-5 day) stays in our Crisis Beds Programs in Ajax and Oshawa. These are available for individuals who are</p>

experiencing a crisis and need individualized support in a safe, supportive setting away from their present situation.

Accessing a crisis bed is available on a first come basis by calling the Crisis Access and Linkage Line (C.A.L.L) on the day you are looking to access.

Calling after 11am daily provides you with the most up to date bed availability.

905 666 0483

Or

1 800 742 1890

please remember to leave a message with a call back number if leaving a voicemail for the team to be able to connect back as soon as possible

Updated February 20th, 2024

***Updated* Mobile Crisis**

The DMHS mental health mobile crisis team is available for face-to-face crisis support for anyone aged 16+ in their preferred environment and/or their supports.

Follow up crisis support, community linkages and referrals are also available

To schedule a visit with our mobile crisis team, please call our Crisis Access and Linkage Line (C.A.L.L) on the day you are hoping to meet with the team.

Calling in the morning provides you with the most open availability as visits are scheduled on a first come basis.

Mobile Crisis Visits can be requested between Monday-Friday from 7am-11pm

905 666 0483

or

1 800 742 1890

please remember to leave a message with a call back number if leaving a voicemail for the team to be able to connect back as soon as possible

Updated February 20th, 2024

VASE February Series: Love and Relationships

VASE (Voices Against Stigma Everywhere) runs a Thursday evening (6-730pm) virtual series. This month, the topic is all about love and relationships.

February 22nd – Meeting people where they are at

February 29th – Loving people without labels

To register or for more information, please contact Lynn at
lmoulds@lh.ca

For a detailed description of VASE, please also see below

Updated February 2, 2024

VASE (Voices Against Stigma Everywhere) Description

Our Vision:

We are successful people with lived experience who aim to create a world without stigma by sharing our stories.

Our Mission:

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.

VASE is a dedicated group of individuals, with lived and living mental health and addictions experience, who share our unique journeys with others.

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.

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.

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.

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.

We also have monthly series with current topics of interest

	<p>Updated 2023</p>
<p>Durham Youth Services (DYS)</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 2nd, 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&A. If interested in presenting a service, or attending a presentation, email me directly at jgarton@lh.ca.</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 2nd, 2024</p> <p style="text-align: center;">February: Durham Youth Services</p> <p style="text-align: center;">Huge Thank-You to Mark Bouwmeester for presenting on Durham Youth Services for our Get to Know Series!</p> <p style="text-align: right;">Updated February 20th, 2024</p> <p style="text-align: center;">*New* March: Back Door Mission - Mission United</p> <p>I am excited to announce that our virtual March presentation in our Get to Know series will be program manager Caitlin Rae from Back Door Mission on the Mission United program in Oshawa!</p> <p style="text-align: center;">March 27th, 2024 12-1:30pm</p> <p style="text-align: center;">To register, please email me at jgarton@lh.ca</p> <p style="text-align: right;">Updated February 20th, 2024</p>
<p>New Life Neighbourhood Centre (NLNC) Productivity HUB</p>	<p style="text-align: center;">Registration 2024 Winter Intake</p> <p>Registration for the 2024 Winter Intake of the NLNC Productivity HUB has started! Limited slots available.</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</p>

	<p>back to school, NLNC Productivity HUB provides wrap-around support to get them started.</p> <p>Our 2024 Winter Programming begins on February 28, 2024.</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 website for more information.</p> <p>For registration, connect with Eduardo Flores at 365-873-0347 or eduardoflores.ca@gmail.com</p> <p style="text-align: right;">Updated February 2nd, 2024</p>
<p>Pickering Library</p>	<p style="text-align: center;">*New* Seed Library</p> <p>Pickering Public Library's Seed Library provides the community free access to seeds for growing ornamental and edible plants.</p> <p>Starting February 17, community members can browse the changing selection and check out seeds during George Ashe Library's regular operating hours.</p> <p>Gardeners are asked to harvest seeds from their mature plants and return a portion to the Seed Library.</p> <p>Made possible through a grant from the TD Friends of the Environment, the seed library encourages healthy food and sustainable practices while preserving and protecting the biodiversity of plants and food crops.</p> <p>Seed libraries contribute to increased botanical and food literacy, teaching people about varieties of plants, flowers, and vegetables that are suited to the local climate and how they are best grown.</p> <p>Join us for our launch event to learn about what a Seed Library is, participate in various planting activities, and ask one of our guest gardening experts all your gardening questions. This event is presented in partnership with Durham Master Gardeners.</p> <p>We are thrilled to be starting our Seed Library at Pickering Public Library. Be sure to check back often for more exciting updates!</p> <p style="text-align: center;">George Ashe Library 470 Kingston Road Pickering, Ontario L1V 1A4</p>

	<p style="text-align: center;"> Get Directions Phone: (905) 420-2254 Hours of Operation </p> <p style="text-align: center;"> for more information, please go to Seed Library Pickering Public Library (pickeringlibrary.ca) Updated February 20th, 2024 </p>
<p>Region of Durham</p>	<p style="text-align: center;">Homelessness 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 RMD.outreach@durham.ca.</p> <p>For general housing inquiries and for those who are precariously housed or facing eviction, email: Homelesshelp@Durham.ca 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 Community Living Durham North 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 Homelessness Coordinated Access System - Region of Durham.</p> <p style="text-align: right;">Updated January 10th, 2024</p> <p style="text-align: center;">Winter Warming Information</p>

	<p>Durham Region Winter Warming Plan Has Started There are currently 5 overnight regional warming sites across Durham Region.</p> <p>Please note that not all warming sites have beds. Please see the link below for the location details</p> <p style="text-align: center;">Homeless Shelters - Region of Durham</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>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>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: https://www.livingroomcommunityartstudio.org/</p> <p>Please check out the RMG website for lots of details about the project.</p> <p>This is the page detailing how to take part in the facilitated art making sessions: https://rmg.on.ca/events/the-neighbours-project-art-hive-with-the-livingroom/</p> <p>This page provides more context and background information on the project itself: https://rmg.on.ca/exhibitions/the-neighbours-project/</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>VHA Home Health Care</p>	<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>

	Updated 2023
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