



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 ConnexOntario, 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.

To register for upcoming presentations or volunteer to present, email me at jgarton@lh.ca

Our April presentation will be Lynn Moulds from Voices Against Stigma Everywhere (VASE Group); Durham Mental Health Services-Lakeridge Health – don't miss it!!

April 17th 10-1130 on Microsoft Teams

If you want more information on the Get to Know series or Get to Know: VASE, click [here](#) or scroll to our Get to Know section.

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New Updates

4 weeks of updates will be kept in this 'New Updates' box in case you missed a week or two.
Please feel free to email me your thoughts on this change of format!

April 10th

- [Mobile ID and Benefits Access Hub](#); For details see attached **flyer**
- [Financial Help Hub](#) at Oshawa Public Library, McLaughlin Branch

April 3rd

- [Get to Know: VASE](#) (April 17th 10-1130 am)
- [New Life Neighbourhood Centre NLNC New Life Spring Gala](#)
- [Pinewood Overdose Prevention Workshop](#) (April 29th)
- [Back Door Mission Staff Change: Program Manager](#)
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- [North House Shower and Laundry Program](#)
- [Region of Durham - Winter Warming Program End](#)
- [Region of Durham - Housing Stability Program Change](#)
- [Region of Durham Guide to Community Resources for Seniors and Older Adults](#)
- [TAMI Coalition Volunteer Recruitment Process](#)
- [VASE Speakers Volunteer Recruitment Process](#)
- [VASE Weekly Virtual Series – April Dates](#)
- [Wellness Together Canada Program End](#)

March 27th

No Update Sent

March 20th

- [Back Door Mission: Speaker Series](#) (April 4th, April 11th, April 18th) **flyer**
- [Region of Durham IEHSD Workshop Calendar](#) **flyer**

Seasonal Programs

Tax Clinics

Region of Durham Tax Clinic

We know filing taxes may feel overwhelming, which is why free tax clinics – including in-person, drop-off, and virtual formats – are available across Durham Region.

Residents who have a simple tax situation and low or no income can receive help with filing their income tax for free.

Attached is The Region of Durham’s tax filing promotional poster, it will direct individuals to the website so they can find a tax clinic in their area.

Ontario Works recipients can book an appointment in any of our offices, they just need to speak with their Caseworker.

The Durham Family and Cultural Centre

The Durham Family and Cultural Centre will be hosting a low-cost tax preparation service in-partnership with Diverse Financial Group Team for Black and Racialized families in Durham.

It will take place on Saturday, April 13th – Time: 12:00pm to 5:00pm

Individuals can drop off their tax documents on one of these dates to be prepared and filed by a certified tax professional.

DFCC office

487 Westney Rd South, Unit 9, Ajax, ON - L1S 6W8.

The tax preparation fees (based on income) are below.

Fee structure - per year

- \$0 - Unemployed

	<ul style="list-style-type: none"> • \$30 for families working with low income (below \$30K, per household) • \$50 for families working with income (above \$30K, per household) • Self-employed (a) & Corporations (b), bring bank/credit card statements and business information and we can discuss. Fee is based on volume. • Families interested can email evander.c@durhamfcc.com to register and confirm their attendance! <p style="text-align: right;">Updated April 2nd, 2024</p>
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Service Database Tools

<p>211 Find Help</p>	<p style="text-align: center;">What is 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 style="text-align: center;">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>
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<p>AccessMHA</p>	<p style="text-align: center;">Coming Soon to Durham</p> <p>AccessMHA makes it easier to help find mental health, or substance use health and addictions support, services, and care. We eliminate the guesswork and work with you to refer you to the services you need, all while supporting you through the process. After reaching out to us, you will be paired with a trained mental health, substance use health and addictions professional who will connect you to the services you need from a network of partner organizations</p> <p>See AccessMHA.ca - free mental health and/or substance use/addiction support for more information</p>
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	<p style="text-align: right;">Updated April 9th, 2024</p>
<p>*NEW* CentralEast HealthLine</p>	<p style="text-align: center;">What is CentralEast HealthLine?</p> <p>CentralEasthealthline.ca is an innovative website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Central East region of Ontario. CentralEasthealthline.ca provides easy access to a reliable source of data, and empowers consumers to find the services they need close to home</p> <p>See Health Services for Durham West - centraleasthealthline.ca for more information or to access this database</p> <p style="text-align: right;">Provided as a health and community service by Home And Community Care Support Services</p> <p style="text-align: right;">Updated April 9th, 2024</p>
<p>ConnexOntario</p>	<p style="text-align: center;">ConnexGO: Mobile App</p> <p>ConnexGO, the mobile app (available on android and apple), provides on the go, guided navigation to Mental Health, Substance Use, and Problem Gambling services within Ontario.</p> <p>This application offers users the option to search for various services by answering a short questionnaire or by contacting our Information and Referral Specialist via phone, chat, or email.</p> <p>ConnexGO directs users to 24/7 crisis services based on their geographical location.</p> <p>Users can access service details such as description, referral information, location, hours of operation, and more.</p> <p style="text-align: center;">Use ConnexGO to:</p> <ul style="list-style-type: none"> • Search for Mental Health, Substance Use, and Problem Gambling services in the surrounding area • Call, Email or Chat with an Information Referral Specialist • Access crisis services information in the surrounding area • Save search results in your folder to access later • Access helpful information in our library <p style="text-align: center;">ConnexGO on Google Play</p> <p style="text-align: center;">ConnexGO on the App Store</p> <p style="text-align: right;">Updated March 5th, 2024</p>

	<h2 style="text-align: center;">What is ConnexOntario?</h2> <p style="text-align: center;">ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. Funded by the Government of Ontario</p> <p style="text-align: center;">System Navigation and Information Service</p> <ul style="list-style-type: none"> • Provide information about counselling services and supports in your community • Listen, offer support and provide strategies to help you meet your goals • Provide basic education about mental health, drug, alcohol, and problem gambling treatment services <p style="text-align: center;">Data Service</p> <p>ConnexOntario maintains the most comprehensive addictions and mental health services database in Ontario. They connect daily with service providers and other professionals to gather current and accurate data about beds, support groups, crisis lines, and other related health services.</p> <p>ConnexOntario plays a significant role in contributing statistical data for the development of public policy and strategic planning around mental health and addictions resources.</p> <p style="text-align: center;">For more information, visit: About Mental Health & Addiction Services Connex Ontario</p> <p style="text-align: right;">Updated March 5th, 2024</p>
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<h2>Call Lines</h2>

<p>National Suicide Helpline - 988</p>	<p style="text-align: center;">You deserve to be heard. We're here to listen.</p> <p style="text-align: center;">To speak to someone, call or text: 988</p> <p style="text-align: center;">24/7, Every day of the year</p> <p>While the focus of 9-8-8 is on suicide prevention, no one who reaches out to the service will be turned away.</p> <p style="text-align: center;">Support in English and in French</p>
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	<p>For more information about 9-8-8: Suicide Crisis Helpline, visit https://988.ca.</p> <p style="text-align: right;">Updated April 9th, 2024</p>
<p>DCD's Distress Line</p>	<p>You're not alone in this fight. We are here for you. 24 hours a day. 7 days a week. Call us if you need to talk it out.</p> <p style="text-align: center;">to speak to someone, call:</p> <p style="text-align: center;">905 430 2522 Or 1 800 452 0688</p> <p style="text-align: right;">Updated April 9th, 2024</p>
<p>DMHS' Crisis Access and Linkage Line</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 style="text-align: center;">to speak to someone, call:</p> <p style="text-align: center;">905 666 0483 Or 1 800 742 1890</p> <p style="text-align: center;"><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 style="text-align: right;">Updated February 20th, 2024</p>
<p>Pinewood's Addiction Support Line</p>	<p style="text-align: center;">7 days/week, 9am - 5:00 pm to speak to someone, call:</p> <p style="text-align: center;">905 721 4747 Or 1 888 881 8878</p> <p style="text-align: center;">Extension: 31208</p> <p style="text-align: center;"><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>

	Updated April 9 th , 2024
Libraries	
Ajax Public Library	Hours of Operation 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 Updated 2023
Oshawa Public Library	*NEW* Financial Help Hub The Oshawa Public Library—McLaughlin Branch is now home to a new financial aid and financial literacy resource designed to assist low-income individuals. The FHH is a free, walk-up, touch screen kiosk that provides information on financial aid supports in Durham Region including information on food, shelter and financial aid. It also provides financial literacy advice from Prosper Canada and access to the 211 helpline. This Hub was developed through a research project led by Durham College. Come and check it out!  Individuals can complete a short survey at the FHH to receive a \$10 Walmart gift card Updated April 9 th , 2024

<p>Pickering Public Library</p>	<p style="text-align: center;">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 style="text-align: center;">George Ashe Library 470 Kingston Road Pickering, Ontario L1V 1A4 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)</p> <p style="text-align: right;">Updated February 20th, 2024</p>
Local Programs	
<p>Back Door Mission</p>	<p style="text-align: center;">Staff Change: Programs Manager</p> <p>As of April 1st, Caitlin Rae, Program Manager, Back Door Mission, will have concluded her time at BDM as she moves on to new opportunities. In her time with BDM, Caitlin has performed exceptional work and her presence on the BDM and Mission United teams will be missed.</p> <p>The BDM Programs Manager position has been posted; in the interim, please contact Nathan Gardner, Executive Director, Back Door Mission</p> <p>Please update your contact lists accordingly.</p> <p style="text-align: right;">Updated April 2nd, 2024</p> <p style="text-align: center;">Speaker Series for April</p> <p>Come and join us for an enriching opportunity presented by The Back Door Mission! We are excited to provide FREE community talks led by experts on various societal topics.</p> <p style="text-align: center;">Save the dates: April 4th, 11th, and 18th!</p> <p>Each session will showcase a different speaker and focus, ensuring engaging discussions.</p>

	<p>We are dedicated to promoting education and fostering dialogue within our community. Join us to learn, inquire, and draw inspiration from our speakers' expertise!</p> <p style="text-align: center;"><u>Registration Required</u></p> <p style="text-align: center;">April 11th The Transition Away from Homelessness for Youth with Dr. Frederick</p> <p style="text-align: center;">April 18th Surviving Human Trafficking and Efforts to Combat it with Karly Church</p> <p style="text-align: right;"><u>Updated March 19th, 2024</u></p>
<p>Christian Faith Outreach Centre (CFOC)</p>	<p style="text-align: center;">1635 Shelter – Doors of Compassion (DOC) Whitby Location – Now Open</p> <p style="text-align: center;">Transforming Lives & Impacting Communities. Through trauma informed approaches and person-centered language, DOC works towards progressive change by providing access to housing-focused resources and embracing positive values and ethical practices. The new 1635 site provides a pet-friendly, space of dignity and respect for up to 45 patrons.</p> <p style="text-align: center;">1635 Dundas St. E., Whitby, ON</p> <p style="text-align: center;">Public intake open 11am – 11pm, by phone only until further notice</p> <p style="text-align: center;">905-668-7711 ext. 3939 or 905-668-4113 ext. 3939</p> <p style="text-align: right;">Updated April 4th, 2024</p> <p style="text-align: center;">Staff Change</p> <p>CFOC has added Caitlin Rae to their team! As of April 2nd, Caitlin will start her new position as Strategic Communications & Fund Development Coordinator at CFOC, Homelessness Initiatives. Congratulations Caitlin!</p> <p style="text-align: center;">Please update your contact lists accordingly</p> <p>Caitlin Rae Strategic Communications & Fund Development Coordinator CFOC caitlin@cfo.ca</p> <p style="text-align: right;">Updated April 2nd, 2024</p>

<p>Durham Community Health Centre</p>	<p style="text-align: center;">Community Groups</p> <p style="text-align: center;">Durham Community Health Centre has some great FREE groups available! Registration is required. Contact DCHC for more information! 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 style="text-align: center;">Black Health & Wellness Clinic - Carea (careachc.ca)</p>
<p>Durham Immigration Portal</p>	<p style="text-align: center;">Newcomer Housing Journey Map Guide</p> <p>Navigating the housing market in a new country can be overwhelming, which is why this tool has been created. This guide was created by the Durham Local Immigration Partnership (DLIP) for newcomers looking to find rental housing in Durham Region, Ontario, Canada, with limited financial resources. This tool is user-friendly and crafted specifically for newcomers.</p> <p>Learn about:</p> <ul style="list-style-type: none"> - How to find housing and get identification - Where to find resources that can support you in your employment and housing search - Your rights as a tenant. <p style="text-align: center;">New Comer Housing Journey Map (durhamimmigration.ca)</p> <p>Learn more at: www.DurhamImmigration.ca/NewcomerHousingJourney</p>

	<p>Updated April 2nd, 2024</p>
<p>Durham Mental Health Services (DMHS)</p> <p>DMHS is part of the Lakeridge Health Mental Health and Addictions Program</p>	<p style="text-align: center;">Peer Support Program – Spring Groups</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.</p> <p>This includes day programs, drop-in skills groups, social groups, psychoeducational groups, wellness recovery action plan, and more.</p> <p>Peer Support Spring Flyer is now available and attached to April 4th email.</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 style="text-align: right;">Updated April 8th, 2024</p> <p style="text-align: center;">Family Support Program</p> <p>Offers services to the family caregivers of adults with mental health concerns. Our goal is to reduce stress by providing meaningful help <u>to supporters</u></p> <ul style="list-style-type: none"> • Support and understanding for the challenges faced by the family caregiver • Information and education regarding mental health issues • Signs and symptoms of mental illness • Information on medications and treatment options • Crisis management skills and relapse prevention information • Help developing healthy boundaries and self-care for family members • Coping and stress management strategies to protect the well-being of the family <p style="text-align: center;"><u>Services offered to Caregivers:</u></p> <p style="text-align: center;">Family Education Nights</p> <p>DROP IN events for family members to hear talks, ask questions and network with mental health professionals.</p> <p>Speakers include a variety of specialists such as Psychiatrists, Pharmacists, Addictions Counselors, Crisis Intervention Workers, Court Support Workers, Therapists, and Peer Support Specialists.</p>

All caregivers welcome. No registration Required.
Email dgould@lh.ca for calendar of events.

Individual Support Meetings

Opportunity for the caregiver to meet with a family support worker, who can provide coaching, education, referrals and personalized assistance navigating the mental health system. Intake and registration required.

Family Peer Support Groups

Share with other family caregivers who are going through similar situations. These are staff facilitated sharing groups with an educational component. Parents, Spouses, Siblings and others are all welcome to engage in support for themselves.

Members are expected to commit to the full 10-week cycle. Intake and registration required.

Family Empowerment Workshops

Standalone events that focus on a variety of specific issues related to the well-being of Families. All family caregiver's welcome. Intake and registration required.

Suicide Survivors Groups

Provides support and education for those who have lost a loved one due to suicide. Staff and Peer volunteers facilitate two different kinds of groups for those whose loss took place at least three months ago. Intake and registration required.

Services available to Family Caregivers in Durham Region

16 years of age or older

Referrals to Central Connect can be made to

CentralConnectMHA@lh.ca

905-440-7534

or

1-833-392-7363

Updated April 8th, 2024

Crisis Beds

DMHS offers short-term (3-5 day) stays in our Crisis Beds Programs in Ajax and Oshawa. These are available for individuals who are experiencing a crisis and need individualized support in a safe, supportive setting away from their present situation.

	<p>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.</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>Updated February 20th, 2024</p> <p>Mobile Crisis</p> <p>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.</p> <p>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.</p> <p>Mobile Crisis Visits can be requested between Monday-Friday from 7am-11pm</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>Updated February 20th, 2024</p>
<p>Durham Youth Services (DYS)</p>	<p>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>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. 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;">*New* April Presentation - Get to Know: VASE (Voices Against Stigma Everywhere)</p> <p>I am excited to announce that our April presentation in our Get to Know series will be VASE (Voices Against Stigma Everywhere). This consumer survivor initiative and advocacy group has been operating in Durham Region for approximately 12 years. DMHS's Peer Support Specialist Lynn Moulds and esteemed members of VASE will be presenting on VASE, their initiatives and the power of sharing their stories of personal challenges and successes.</p> <p>All VASE members have lived or living experience of mental health and/or addictions.</p> <p>This presentation will be hosted on TEAMS. A link and registration confirmation will be emailed out to you once registered.</p> <p style="text-align: center;">April 17th, 2024 10-1130am</p> <p style="text-align: center;">To register, please email me at jgarton@lh.ca</p> <p style="text-align: center;">To schedule a VASE speaker for an event, please reach out to Lynn Moulds at lmoulds@lh.ca</p> <p style="text-align: right;">Updated April 2nd, 2024</p>
<p>Lakeridge Health</p>	<p>Mental Health Day Program – Launch of Social Activation Group</p> <p>SAG is a Recreational Therapy group for individuals between 18-25 years old who want to improve their confidence in social environments and have positive interactions with their peers.</p> <p>We will have a rotation of fun activities and events to offer youth and support their interpersonal skill development and social engagement (i.e. board games, cookie decorating, karaoke, community outings, etc.)</p>

	<p style="text-align: center;">Referrals required</p> <p>Exclusionary criteria may apply; Central Connect intake workers can assess whether a referral would be appropriate</p> <p>If you know of someone who is interested in registering, please have them contact Central Connect at 905-440-7534 (toll-free at 1-833-392-7363, or email CentralConnectMHA@lh.ca. Please add a note that you are referring specifically to SAG.</p> <p style="text-align: right;">Updated April 4th, 2024</p> <p style="text-align: center;">LHO Oshawa Opioid Navigator Staff Change</p> <p>There will be a gap in opioid navigator services in the ED at LHO for now as we are hiring for the position. Pinewood, Peer Support and Hospital to Home staff remain available in the interim.</p> <p>Thank you for your patience as we recruit for this very important role.</p> <p style="text-align: right;">Updated April 4th, 2024</p>
<p>LivingRoom Community Art Studio</p>	<p style="text-align: center;">Mobile Art Studio</p> <p>The Mobile Art Studio is a 2009 Chevy short bus that has been converted into an Art Hive, Creative Re-Use centre and place making machine on wheels, with the generous support of the Ontario Trillium Foundation.</p> <p>Part arts outreach adventure and social practice enterprise, the Mobile Art Hive enables us to travel from neighbourhood to neighbourhood, meet people where they are at, and provide free and low-cost opportunities for under-served communities from across Durham region and beyond to connect and express themselves creatively.</p> <p>It enables us to learn about what creativity in community means and explore the ways we can support and be of resource to one another, while honouring the voices of citizen artists and change makers.</p> <p>Making art together, sharing supplies, hosting participatory art making events, traveling art exhibits, open mic performances and more - If you would like the Mobile Studio to visit and make art with your community, organization or school, email us at info@livingroomcommunityartstudio.org to learn more</p> <p>Visit our Calendar Page, or subscribe to our Events on Facebook to learn more about upcoming Mobile Art Hive and Virtual Art Hive programming that you can participate in and contribute to</p>

	Updated March 5 th , 2024
<p>New Life Neighbourhood Centre (NLNC) Productivity HUB</p>	<p style="text-align: center;">*NEW* 2024 New Life Spring Gala see flyer attached</p> <p>We are very excited to invite you to the New Life Church Spring Gala Fundraiser, in support of the New Life Neighbourhood Centre.</p> <p style="text-align: center;">This year's theme is a Masquerade Ball and will be held</p> <p style="text-align: center;">Saturday, May 4th, 6:30pm at LVIV Ukrainian Heritage Centre in Oshawa</p> <p>Expect a special evening of fine dining and live musical performances, in a grand ballroom setting, befitting the theme of the evening.</p> <p>Tickets can be reserved by scanning the QR code on the enclosed poster or by clicking this Eventbrite link.</p> <p style="text-align: center;">All proceeds from this event will go towards supporting our New Life Neighbourhood Centre Food Bank and Productivity HUB programs.</p> <p style="text-align: center;">Come and celebrate with us, as a community actively participating, in transforming lives of those in need.</p> <p style="text-align: right;">updated April 4th, 2024</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 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>North House</p>	<p style="text-align: center;">Shower and Laundry Program</p> <p>As our community continues to see an increase in homelessness and need, North House recognized a gap in service which led us to create a safe space within our office to further meet the needs of individuals by providing access to a shower, laundry and kitchen facilities.</p> <p>Our dedicated caseworkers will assist clients and community members in gaining access to these essential services at our Uxbridge office located at B-2 Elgin Park Drive.</p> <p>Please fill out and send completed referral forms to referrals@northhouse.ca</p> <p>Services will be by appointment only as our caseworkers provide outreach services in the community and may not be available when walking in. We will contact the service user within two business days of the referral</p> <p>For more information or access to the referral form, please visit: Shower – North House</p> <p style="text-align: right;">Updated April 9th, 2024</p>
<p>Pinewood Centre of Lakeridge Health</p>	<p style="text-align: center;">*NEW* Overdose Prevention Workshop; April 29th</p> <p>Pinewood Centre is running a monthly drop-in overdose prevention workshop at Pinewood Centre (300 Centre St, Oshawa)</p> <p style="text-align: center;">Monday April 29th from 10-11</p> <p style="text-align: center;">no prior registration required – just show up!</p> <p style="text-align: center;">*Individuals do NOT need to be a registered client of Pinewood for this workshop*</p> <p>This open group is a psychoeducation group on overdose prevention and harm reduction. There will be opportunity for open discussion throughout</p> <p>The group will address the following topics:</p> <ul style="list-style-type: none"> • Overdose signs & symptoms • Overdose prevention (based on the 4-quadrant diagram) • Harm reduction (Naloxone, ORT, safe supplies) • Review of resources (NORS, John Howard Mobile Safe Supplies, Mission United, RAAM, Opiate team, Pinewood services etc.) <p style="text-align: right;">Updated April 4th, 2024</p>

	<p style="text-align: center;">Pinewood Addiction Support Services (PASS) PASS office: 300 Centre Street South, Oshawa Monday-Friday 9-5</p> <p>PASS counsellors provide information, referrals and short-term support to those concerned with or affected by substance use and/or gambling issues. PASS provides an immediate connection and can help keep clients engaged while waiting for case management.</p> <p>We recognize the importance in keeping with a Harm Reduction Model and support individual goals of reducing use of substances or abstinence.</p> <p style="text-align: center;"><i>Walk in Addictions Counselling</i> PASS office: 300 Centre Street South, Oshawa Monday - Friday, 10am - 4 pm</p> <p>Individuals can drop in without an appointment and speak to an addiction counsellor for information and support</p> <p style="text-align: center;"><i>2pm Groups</i> Monday - Friday, 2pm – 3pm</p> <ul style="list-style-type: none"> ● Life Skills Groups ● Processing Change Discussion Group ● Auricular Acupuncture Group <p style="text-align: center;"><i>Harm Reduction Services/Supplies</i></p> <p>The following is available at the Pinewood Addiction Support Services (PASS) office 300 Centre Street South, Oshawa Monday-Friday 9-5</p> <ul style="list-style-type: none"> ● Safe inhalation kits ● Needle Exchange Program ● Naloxone ● Fentanyl Test Kits <p style="text-align: right;"><u>Updated March 5th, 2024</u></p>
<p>Region of Durham</p>	<p style="text-align: center;">*NEW* Mobile ID and Benefits Access Hub</p> <p style="text-align: center;">flyer attached</p> <p>We can help with:</p> <ul style="list-style-type: none"> - Open a Registered Education Savings Plan (RESP) and apply for the Canada Learning Bond – free money for post-secondary school!

- Get Social Insurance Numbers (SIN), Birth Certificates and other identification (ID)
- Get your taxes filed
- Sign up for the new Canadian Dental Care Plan
- Learn about other benefits you may be eligible for

Important! Learn what to bring to a Mobile ID and Benefits Access Hub:

Visit www.durham.ca/CanadaLearningBond

Email LivingWithLowIncome@durham.ca

Hub locations	Dates and Times
Scugog Memorial Public Library: 231 Water Street, Port Perry	Monday, April 22 12:30 to 5:30 p.m.
Oshawa Public Libraries – McLaughlin Branch 65 Bagot Street, Oshawa	Thursday, April 25 1 to 6 p.m.
South Oshawa Community Centre 1455 Cedar Street, Oshawa	Tuesday, May 7 2:30 to 6 p.m.
Uxbridge Public Library 9 Toronto Street South, Uxbridge	Friday, May 10 11:30 a.m. to 4:30 p.m.

Winter Warming

Winter Warming has come to an end. Please see [Homeless Shelters - Region of Durham](#) for an updated list of current Emergency Shelters.

Updated April 2nd, 2024

Housing Stability Program Change

The Housing Stability Program will be moving from Community Development Council Durham (CDCD) to The Regional Municipality of Durham, effective April 1, 2024.

The Housing Stability Program, which offers financial support to qualified households with low income, will be managed by the Region of Durham’s Social Services department, Income, Employment and Homelessness Support Division. The intent of this change is to support Housing Stability Program recipients with

accessing further resources and services that are offered through the Region of Durham.

For information on the Housing Stability Program, please visit:

www.durham.ca/housingsupports

Updated April 4th, 2024

Guide to Community Resources for Seniors and Older Adults

**Online version of the guide is attached to April 4th's community service update.
Please save for future reference**

The content in the guide is for information purposes only and is not an exhaustive list of resources. The guide offers links to websites operated by external providers that are not maintained or monitored by the Region of Durham and are accessed solely at your own discretion.

The development of this guide was led by the Region of Durham's Diversity, Equity and Inclusion Division, with support from the Making Connections, Building Community (MCBC) project team, funded by the Ontario Ministry of Seniors and Accessibility.

It aims to increase social connection and community engagement among seniors and older adults by increasing awareness of culturally responsive programs and services.

An online version of the guide can be found on the Region of Durham's Age-Friendly web page (durham.ca/AgeFriendly)

If you require this information in an accessible format, please contact the Accessibility Coordinator at accessibility@durham.ca or 905-668-4113 extension 2009. Published March 2024

Updated April 4th, 2024

IEHSD Workshop Calendar

Workshops are designed to support low-income residents of Durham Region. Topic categories include Educational Information, Financial Literacy, Life Skills and Wellness. Facilitators provide an inclusive and non-judgemental space for participants to learn about community resources, develop resilience, explore future thinking, and build relationships. Workshops are free and offered in multiple formats including in person, virtual and hybrid platforms.

Please view the attached **flyer** from March 20th for the workshop calendar link and QR code

	<p style="text-align: right;">Updated March 21st, 2024</p> <h3 style="text-align: center;">Homelessness Outreach Team</h3> <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>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 April 8th, 2024</p>
<p>TAMI Coalition</p>	<h3 style="text-align: center;">What is TAMI Coalition?</h3> <p>The TAMI (Talking About Mental Illness) Coalition is a group of community partners with a shared mission and purpose. Our purpose is to bring together community agencies, schools, youth, people with mental illness and other community members to develop and deliver awareness programs for intermediate level elementary school students, and secondary school students in Durham Region.</p> <p>This program was originally created by the Mood Disorders Association of Ontario, the Centre for Addiction and Mental Health and the Canadian Mental Health Association.</p> <p>In 2002, a local TAMI coalition was formed in Durham Region, and since then, it has been working on addressing the issues associated with stigma and mental illness.</p> <p>TAMI’s mission is to increase the knowledge of, and decrease the stigma associated with mental illness.</p> <p>TAMI's goals include:</p>

	<ul style="list-style-type: none"> • eliminating or reducing the stigma associated with mental illness • providing teachers with the appropriate support and materials to implement an in-class awareness program • providing students and teachers with the appropriate support and materials to develop school wide, student driven awareness programs • providing an opportunity for students to learn from people who have experienced mental illness firsthand • helping students to understand where and how they can access help for themselves and their peers. <p style="text-align: center;">Becoming a Speaker</p> <p>As the demand for in-class presentations continues to increase, we are on the look-out for engaging speakers with lived experience to share their story of recovery and hope with students and community members.</p> <p>Our speakers need to be committed to empowering youth to ‘stomp out’ the stigma associated with mental illness and seeking help.</p> <p>TAMI Speakers complete an application and in-depth training process. We review each application and provide ongoing support to speakers during the training process and as they continue as active Speakers.</p> <p>If you are interested in becoming a TAMI Speaker, please complete the form below</p> <p>Becoming a Speaker - TAMI Durham</p> <p style="text-align: right;">Updated April 4th, 2024</p>
<p>VASE (Voices Against Stigma Everywhere)</p>	<p style="text-align: center;">Become a Speaker</p> <p>VASE is a consumer survivor initiative and advocacy group who are successful people with lived experience who aim to create a world without stigma by sharing our stories.</p> <p>To be a VASE speaker you must complete the My Story, My Voice at Ontario Shores.</p> <p style="text-align: center;">My Story. My Voice. Ontario Shores Centre for Mental Health Sciences</p> <p>Once you have completed My Story, My Voice, you can contact Durham Mental Health Services (DMHS/LH) Peer Support Specialist Lynn Moulds lmoulds@lh.ca for next steps on being a speaker.</p> <p style="text-align: right;">updated April 4th, 2024</p>

Voices Against Stigma Everywhere (VASE) - Weekly Virtual Series: April

Virtual Group
Thursday's, 6pm – 730pm

VASE (Voices Against Stigma Everywhere) is a dedicated group of individuals, with lived and living mental health and addictions experience, who share our unique journeys with others.

Vase runs a weekly virtual series on monthly topics of interest.

VASE invites you to join!

This series is hosted on ZOOM and is open to drop in

Thursday's 6pm-730pm

<https://zoom.us/j/93811786238?pwd=QW95NWcyYUdrVnBTOXVLWTILYitnUT09>

Meeting ID: 938 1178 6238 Passcode: 237206

For more information or to schedule a VASE speaker for an event, contact Lynn at lmoulds@lh.ca

For a detailed description of VASE, please see [below](#)

Updated April 2nd, 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.

	<p>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 style="text-align: right;">Updated 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> <p style="text-align: right;"><u>Updated 2023</u></p>
<p>National & Provincial Program Updates</p>	
<p>Wellness Together Canada and PocketWell App</p>	<p style="text-align: center;">Closure Information</p> <p>Effective April 3, 2024, Wellness Together Canada and the PocketWell app will no longer be available.</p> <p>For more information, see Wellness Together Canada WTC Closure Information</p> <p style="text-align: right;">Updated April 4th, 2024</p>
<p>BounceBack Program</p>	<p style="text-align: center;">Program Update</p> <p>The BounceBack® program is now part of the provincial Ontario Structured Psychotherapy (OSP) program.</p> <p>In your area, Ontario Shores Centre for Mental Health Sciences is responsible for coordinating all referrals into the OSP program and will help direct you to services that best meet your needs.</p> <p>These services may be offered in person, by telephone, or virtually, and may be offered out of a community service organization, such as a community mental health agency or a family doctor’s office.</p>

	<p>To participate in the program, you can sign up for the program yourself, or you can have a referral submitted by a psychiatrist, primary care provider (family doctor, nurse practitioner) or other health care professional.</p> <p>To begin the referral process, you will first need to complete the referral form on Ontario Shores' website. You will then be contacted by someone from Ontario Shores to get you started. If you have any questions, please contact:</p> <p>Ontario Shores at 1-877-767-9642 or email them at: CentralizedReferral@ontarioshores.ca</p> <p style="text-align: right;">Updated April 4th, 2024</p>
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