



Updated May 8th, 2024

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

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

New Updates	4
Service Database Tools	5
211 Find Help	5

AccessMHA	5
Coming Soon to Durham.....	5
CentralEast HealthLine	6
ConnexOntario.....	6
ConnexGO: Mobile App	6
What is ConnexOntario?.....	7
Call Lines	7
National Suicide Helpline - 988.....	7
DCD’s Distress Line	8
DMHS’ Crisis Access and Linkage Line	8
Pinewood’s Addiction Support Line.....	8
Libraries	9
Ajax Public Library.....	9
Oshawa Public Library.....	9
Financial Help Hub	9
Pickering Public Library.....	10
Local Programs.....	10
Back Door Mission	10
Service Closure.....	10
Bethesda House	10
About Bethesda House	10
Guardians Group.....	10
Brain Injury Association Durham (BIAD).....	10
About BIAD.....	10
BPositive About Brain Injury; Change the Meaning Behind the Trauma EVENT.....	11
CFOC – Doors of Compassion	11
NEW The Ajax Hub May Program Flyer	11
Doors of Compassion (DOC) Program Info	11
Whitby Shelter:	12
The HUB:	12
Ajax Shelters:	12
Durham Community Health Centre	13

Black Health and Wellness Clinic Info.....	13
NEW Durham Deaf Services.....	14
NEW Car Rally Fundraiser Event.....	14
NEW Long-Term Volunteers Needed.....	14
Durham Immigration Portal.....	14
Newcomer Housing Journey Map Guide.....	14
Durham Mental Health Services (DMHS).....	15
Indigenous Addiction and Mental Health Outreach Worker.....	15
Peer Support Program – Spring Groups.....	15
Family Support Program.....	16
Crisis Beds.....	17
Mobile Crisis.....	17
Durham Youth Services (DYS).....	18
Staff Update and Presentation Opportunities.....	18
The Gap Committee.....	18
Get to Know Series.....	18
Get to Know: The Region of Durham Housing Division.....	18
Get to Know Series: Description.....	19
Lakeridge Health.....	19
Mental Health Day Program – Launch of Social Activation Group.....	19
LHO Oshawa Opioid Navigator Staff Change.....	19
LivingRoom Community Art Studio.....	20
Mobile Art Studio.....	20
New Life Neighbourhood Centre (NLNC) Productivity HUB.....	20
North House.....	20
Shower and Laundry Program.....	20
Pinewood Centre of Lakeridge Health.....	21
Overdose Prevention Workshop; May 27th.....	21
Pinewood Addiction Support Services (PASS).....	21
May PASS Calendar.....	21
Walk in Addictions Counselling.....	21
2pm Groups.....	22

Harm Reduction Services/Supplies.....	22
Region of Durham	22
Tax Clinics.....	22
Mobile ID and Benefits Access Hub	22
Winter Warming	23
Housing Stability Program Change	23
Guide to Community Resources for Seniors and Older Adults	24
IEHSD Workshop Calendar.....	24
Homelessness Outreach Team	24
Salvation Army Ajax	25
New Permanent Location	25
TAMI Coalition	25
What is TAMI Coalition?	25
Becoming a Speaker.....	26
VASE (Voices Against Stigma Everywhere)	26
Become a Speaker	26
Voices Against Stigma Everywhere (VASE) - Weekly Virtual Series: April	27
VHA Home Health Care.....	28
HOME program information.....	28
National & Provincial Program Updates.....	28
Wellness Together Canada and PocketWell App	28
Closure Information.....	28
BounceBack Program.....	28
Program Update	28

New Updates
<p><u>This Week</u></p> <ul style="list-style-type: none"> - CFOC's The Ajax Hub Program Schedule flyer attached
<p><u>Events Coming Up</u></p> <ul style="list-style-type: none"> - Mobile ID and Benefits Access Hub (May 10th, 1130-430 pm Uxbridge Public Library) - Pinewood Overdose Prevention Workshop (May 27th) - Get to Know: The Region of Durham Housing Division (May 30th 10am-1130am) - Durham Deaf Service Open House (June 8th)

- [BIAD Event - BPositive About Brain Injury; Change the Meaning Behind the Trauma](#) (June 27th, 2024)

Past Updates

May 2nd 2024

- [Durham Deaf Services](#) Volunteers Needed
- [Durham Deaf Service Open House](#) (June 8th)
- [Gender Based Violence Hybrid Workshop](#) (May 6th) **flyer attached** registration required
- [Pinewood PASS May Calendar](#) **flyer attached**
- [Pinewood Overdose Awareness Group](#) (May 27th)

Service Database Tools

211 | Find Help

What is 211?

211 connects people to social services and community programs across Ontario.

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](#)

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.

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.

211 will also advocate on behalf of a caller who is eligible but not able to access services.

To update your agency and program information on 211, please go to [Contact Us | 211 Central](#)

Updated February 7th, 2024

AccessMHA

Coming Soon to Durham

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>See AccessMHA.ca - free mental health and/or substance use/addiction support for more information</p> <p style="text-align: right;">Updated April 9th, 2024</p>
<p>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;"><small>Provided as a health and community service by Home And Community Care Support Services</small></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> <h3 style="text-align: center;">System Navigation and Information Service</h3> <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 <h3 style="text-align: center;">Data Service</h3> <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>
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	<p style="text-align: center;">Support in English and in French</p> <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><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 April 9th, 2024</p>
<p>Libraries</p>	
<p>Ajax Public Library</p>	<p>www.ajaxlibrary.ca</p>
<p>Oshawa Public Library</p>	<p style="text-align: center;">Financial Help Hub</p> <p>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!</p> <div data-bbox="737 921 1130 1633" data-label="Image"> </div> <p style="background-color: yellow; text-align: center;">Individuals can complete a short survey at the FHH to receive a \$10 Walmart gift card</p> <p style="text-align: right;">Updated April 9th, 2024</p>

<p>Pickering Public Library</p>	<p>Pickering Public Library (pickeringlibrary.ca)</p>
<p>Local Programs</p>	
<p>Back Door Mission</p>	<p style="text-align: center;">Service Closure</p> <p style="text-align: center;">For more information see: 211: Back Door Mission for the Relief of Poverty - Agency Profile 211 Central Website: Back Door Mission for the Relief of Poverty - What We Do</p> <p style="text-align: right;">Updated April 26, 2024</p>
<p>Bethesda House</p>	<p style="text-align: center;">About Bethesda House</p> <p>Bethesda House supports women and individuals identifying as women, who ask for safe refuge in our secure shelter as well as individuals who choose not to come into the shelter instead requesting support through the Bethesda House Community Outreach Program</p> <p style="text-align: right;">Updated April 19th, 2024</p> <p style="text-align: center;">Guardians Group Flyer attached to April 19th email</p> <p style="text-align: center;">Join us for an empowering journey starting on April 3rd! Our #GuardiansGroup will meet every other Wednesday for a total of 8 sessions.</p> <p>This safe space is dedicated to discussing healthy parenting, navigating parenting after abuse, and providing support, education, and resources. The topics are also driven by the participants, because your voice matters!</p> <p style="text-align: center;">Don't miss out on the opportunity to connect, learn, and grow together! The workshop is FREE and childcare will be provided! To register, please contact Michelle at: (905)697-3700 ext. 304 outreachcounselor@bethesdahouse.ca</p> <p style="text-align: right;">Updated April 19th, 2024</p>
<p>Brain Injury Association Durham (BIAD)</p>	<p style="text-align: center;">About BIAD</p>

	<p>The Brain Injury Association of Durham Region (BIAD) is a vital resource for individuals in the Durham Region who have experienced brain injuries. Our dedicated team provides a range of support services to help navigate the challenges of brain injury, including an Adult Day Program, Community Support, Housing Support, Peer Support, and Supported Independent Living.</p> <p>We are committed to assisting individuals in their recovery journey and empowering them to live fulfilling lives.</p> <p>Stay connected with us on our website or social media for updates on our latest events and activities. Visit us at www.biad.ca or contact us at 905-723-2732.</p> <p>Updated April 24th, 2024</p> <p>BPositive About Brain Injury; Change the Meaning Behind the Trauma EVENT</p> <p>Join us June 27th, 2024</p> <p>"BPositive About Brain Injury; Change The Meaning Behind The Trauma."</p> <p>Starting at 10am with sessions on the benefits of movement, expressive writing, art, music therapy, and more, followed by our AGM.</p> <p>Don't miss out on this opportunity to learn and connect with others in the community.</p> <p>BPositive About Brain Injury: Change The Meaning Behind The Trauma Tickets, Thu, Jun 27, 2024 at 10:00 AM Eventbrite</p> <p>Updated May 8th, 2024</p>
<p>CFOC – Doors of Compassion</p>	<p>*NEW* The Ajax Hub May Program Flyer</p> <p>See attached flyer for CFOC’s The Ajax Hub program calendar!</p> <p>Updated May 8th, 2024</p> <p>Doors of Compassion (DOC) Program Info</p> <p>Each shelter provides housing-focused supports through Patron Relations Advocates and the Housing Retention Team. These teams support clients with the goal of exiting homelessness and provide ongoing support to sustain housing</p>

	<p>once they have transitioned into appropriate long-term housing within the community.</p> <p>Through community partnerships, the HUB provides drop-in services and supports for individuals and families experiencing or at-risk of homelessness. Services may also be accessed by those who have trouble navigating services related to income-support or food insecurity.</p> <p>Shelters: Open 24/7 Intake open 11:00am - 11:00pm. Client curfew is from 10:00pm – 7:00am.</p> <p>HUB: Open Monday to Friday 8:30am - 9:00pm, and Saturdays 10:30am - 3:30pm. Service navigation & pantry access (food, clothing, hygiene, & essential items) Breakfast served 8:30am - 9:30am. Lunch served 1:00pm - 2:30pm. Dinner served 5:30-6:30pm.</p> <p>See monthly Program Schedule for partner agency services and supports available onsite. Subject to change, call ahead when possible.</p> <p><u>Program Eligibility</u></p> <p>Shelters: Clients must be 18+ and able to feed, clothe, and bathe themselves. Being under the influence of substances will not prohibit a client from assessing services, however, the client must be coherent enough to complete the consent process upon entry. HUB: There is no age requirement.</p> <p><u>Programs Access</u></p> <p>Whitby Shelter: 1635 Dundas St. E., Whitby Call 905-668-7711 ext. 3939 or docintake@cfoc.ca no in-person inquiries or intake.</p> <p>The HUB: 125 Commercial Ave., Ajax Drop-in services & Ajax shelter intake available onsite. Call 905-619-1918 or email docintake@cfoc.ca for Ajax shelter intake and service provider schedule. OPEN Monday - Friday 8:30am - 9:00pm, Saturdays 10:30am - 3:30pm.</p> <p>Ajax Shelters: <u>158 Harwood Ave. S., Ajax</u> Intake at the HUB by phone, email, and drop-in during operating hours. Outside HUB hours: Call 289-200-8209 for intake.</p> <p><u>27 Station St., Ajax</u></p>
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	<p>Intake at the HUB by phone, email, and drop-in during operating hours. Outside HUB hours: Call 289-923-2360 for intake. Accessibility:</p> <p>All shelters and the HUB are accessible via ramp or elevator access. All shelters feature accessible shower access as well. The 1635 Dundas St. E., location is pet friendly. All other accessibility requests can be made via the intake staff upon inquiry. Clients who struggle with severe mobility challenges or require complex personal care support may be referred to a more appropriate shelter program.</p> <p>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>Whitby Shelter: 1635 Dundas St. E., Whitby, ON Public intake open 11am – 11pm, by phone only until further notice 905-668-7711 ext. 3939 or 905-668-4113 ext. 3939</p> <p style="text-align: right;">Updated April 4th, 2024</p>
<p>Durham Community Health Centre</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! 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>*NEW* Durham Deaf Services</p>	<p>*NEW* Car Rally Fundraiser Event</p> <p>Durham Deaf Services is hosting a fundraising event and have an opportunity for volunteers to support the organization for the day to obtain any volunteer hours they may need!</p> <p>The event is a Car Rally on June 8th, 2024.</p> <p>This one-day event does not require a VSC completed so anyone interested can express interest through this google form: https://forms.gle/PvdkVxMQ2x7wLR9o6</p> <p>*NEW* Long-Term Volunteers Needed</p> <p>Durham Deaf Services is looking for long-term volunteers!</p> <p>This requires a Vulnerable Sector Check (VSC) to be completed before starting, but we sign off for volunteer hours as needed.</p> <p>If volunteers need a letter from DDS indicating the reason for the VSC please email info@durhamdeaf.org.</p> <p style="text-align: right;"><u>Updated May 8th, 2024</u></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 style="text-align: right;">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;">Indigenous Addiction and Mental Health Outreach Worker</p> <p>The Indigenous Addiction and Mental Health outreach worker provides support and community service navigation to self-identified First Nation, Metis, and Inuit (FNIM) members of the community who require assistance with mental health recovery.</p> <p>The Indigenous addiction and mental health outreach worker is committed to providing holistic healing, by promoting the spiritual, emotional, mental, and physical well-being of Indigenous individuals and their families by fostering traditional values and beliefs that encourage healing and mental stability.</p> <p>The Indigenous outreach worker will collaborate with colleagues and community services to build and promote respect, understanding, compassion, and knowledge of FNIM cultural perspectives.</p> <p style="text-align: center;">For further information, please contact Connie Spencer</p> <p style="text-align: center;">905-439-0268 Or cspencer@lh.ca</p> <p style="text-align: right;">Updated April 25th, 2024</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>

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)

Updated April 8th, 2024

Family Support Program

Offers services to the family caregivers of adults with mental health concerns. Our goal is to reduce stress by providing meaningful help to supporters

- 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

Services offered to Caregivers:

Family Education Nights

DROP IN events for family members to hear talks, ask questions and network with mental health professionals.

Speakers include a variety of specialists such as Psychiatrists, Pharmacists, Addictions Counselors, Crisis Intervention Workers, Court Support Workers, Therapists, and Peer Support Specialists.

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.

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

Mobile Crisis

	<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 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>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>The Gap Committee</p>	<p style="text-align: center;">Home (gapcommittee.ca)</p>
<p>Get to Know Series</p>	<p style="text-align: center;">Get to Know: The Region of Durham Housing Division</p> <p>We welcome Housing Coordinators from the Homelessness Division of the Region of Durham to present to us! Curious about DASH? CHOB? Other housing-related questions? Don't miss this highly requested presentation and Q&A opportunity.</p> <p style="text-align: center;">May 30th 10am-1130am</p> <p style="text-align: center;">To register – email me at jgarton@lh.ca This will be my Microsoft TEAMS</p>

	<p style="text-align: right;">Updated April 24th, 2024</p> <h3 style="text-align: center;">Get to Know Series: Description</h3> <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>Lakeridge Health</p> <p>LH Mental Health Day Program is part of the Lakeridge Health Mental Health and Addictions Program</p>	<h3 style="text-align: center;">Mental Health Day Program – Launch of Social Activation Group</h3> <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. 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> <h3 style="text-align: center;">LHO Oshawa Opioid Navigator Staff Change</h3> <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. 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> <p style="text-align: right;">Updated March 5th, 2024</p>
<p>New Life Neighbourhood Centre (NLNC) Productivity HUB</p>	<p style="text-align: center;">NLNC Productivity HUB Neighbourhood Centre (newlifeadventistchurch.com)</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;">Overdose Prevention Workshop; May 27th</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 May 27th from 10-11</p> <p style="text-align: center;">no prior registration required – just show up! *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 May 2nd, 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 style="text-align: center;">May PASS Calendar</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></p>

	<p>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><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><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;">Tax Clinics</p> <p>If you are living with low income and have a simple tax situation, you can file your income tax for free, year-round</p> <p>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.</p> <p>Residents who have a simple tax situation and low or no income can receive help with filing their income tax for free.</p> <p>Ontario Works recipients can book an appointment in any of our offices, they just need to speak with their Caseworker.</p> <p style="text-align: center;">For more information see: File Your Taxes - Region of Durham</p> <p style="text-align: right;">Updated April 16th, 2024</p> <p style="text-align: center;">Mobile ID and Benefits Access Hub</p>

We can help with:

- 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
Uxbridge Public Library 9 Toronto Street South, Uxbridge	Friday, May 10 11:30 a.m. to 4:30 p.m.

Updated April 24th, 2024

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

Updated March 21st, 2024

Homelessness Outreach Team

	<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>Salvation Army Ajax</p>	<p style="text-align: center;">New Permanent Location</p> <p style="text-align: center;">Salvation Army Ajax would like you all to know that they are up and running at the new permanent location at 35 Kings Cres in Ajax!</p> <p style="text-align: center;">for information on our programs please visit our website</p> <p style="text-align: center;">www.tsahope.com</p> <p style="text-align: right;">Updated April 19th, 2024</p>
<p>TAMI Coalition</p>	<p style="text-align: center;">What is TAMI Coalition?</p> <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>

To be a VASE speaker you must complete the My Story, My Voice at Ontario Shores.

[My Story. My Voice. | Ontario Shores Centre for Mental Health Sciences](#)

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.

updated April 4th, 2024

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=QW95NWcyYUdrVnBTOXVLTlYitnUT09>

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.

	<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 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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