

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. I'm the Regional Housing Coordinator with Durham Mental Health Services. 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. Lost track of some of the updates? No worries! Visit [Community Bulletin - Homelessness In Durham](#) for the most recent update as well as the calendar of events.

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 communityserviceupdate@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 Program Updates.....	5
NEW Back Door Mission - Mission United.....	5
Early Closure – August 30th.....	5
NEW CDCD – Community Development Council Durham.....	5
Seniors for Seniors by Seniors Program	5
Events.....	6
NEW International Overdose Awareness Day (August 29th)	6
Memorial Park Oshawa (1100 AM - 230 PM)	6
Ajax Community Centre (2:00 PM – 5:00 PM).....	6
Get to Know: CFOC’s Doors of Compassion (August 28th)	7
Distress Centre Durham - 20th Annual Suicide Awareness Walk (September 8th)	7
Call for Community Partner Information Booths	8
CDCD/The Gap Committee - Us and Them Documentary and Homelessness in Durham Website Launch (September 12th)	8
NEW The Ajax Homelessness Task Force – Community Building Day (September 18th)	9
Durham Rape Crisis Centre - 31st Annual Take Back the Night (September 19th).....	9
Safety Network Durham - Community Walk to End Intimate Partner Violence (September 21st)	10
NEW Back Door Mission - Ride for Refuge (October 5th)	11
NEW North Durham Social Development Council – Interagency Meeting (October 17th)	11
Service Navigation and Database Tools.....	12
211 Find Help	12
AccessMHA	12
ConnexOntario.....	12
Call Lines	13
National Suicide Helpline.....	13
National Hope for Wellness Helpline (Indigenous Helpline)	13
Distress Centre Durham’s Distress Line.....	13
Durham Mental Health Services’ Crisis Access and Linkage Line.....	13
Durham Rape Crisis Centre Crisis and Support Line	13
The Ontario Caregiver Organization Support Line	13
Pinewood’s Addiction Support Line.....	13

Libraries	13
Ajax Public Library.....	13
Oshawa Public Library.....	13
Pickering Public Library.....	14
Local Programs.....	14
The Town of Ajax	14
Ajax FREE Shower Program.....	14
The Ajax Hub	14
Primary Care Mobile Clinic at The Ajax Hub	14
Service Calendar (August).....	14
Programming Calendar (August)	14
Bethesda House	15
Brain Injury Association Durham (BIAD).....	15
CDCD – Community Development Council Durham.....	15
Housing Resource Centre Open.....	15
CFOC – Doors of Compassion	15
The Ajax Hub – New Peer Support Program!	15
Doors of Compassion (DOC) Now Has Central Intake!	16
Durham Community Health Centre	16
Primary Care Mobile Clinic @ The Ajax Hub!	16
Black Health and Wellness Clinic Info.....	17
Durham Deaf Services.....	18
Long-Term Volunteers Needed	18
Durham Immigration Portal.....	18
Newcomer Housing Journey Map Guide	18
Durham Mental Health Services, Mental Health and Pinewood Centre of Lakeridge Health	18
Central Connect (Central Intake).....	18
Durham Mental Health Services (DMHS)	19
Peer Support at North House	19
Indigenous Addiction and Mental Health Outreach Worker	19
Family Support Program	20
Crisis Beds	21

Mobile Crisis.....	22
Durham Region Health Department.....	22
Durham Rape Crisis Centre (DRCC).....	23
About DRCC.....	23
Durham Youth Services (DYS).....	24
The Gap Committee.....	24
Get to Know Series.....	24
What is the Get to Know Series?.....	24
H.O.P.E (Helping Other Parents Everywhere).....	24
Home and Community Care.....	25
The King Street Cooperative Community Garden.....	25
Lakeridge Health Mental Health.....	25
Mental Health Day Program – Launch of Social Activation Group.....	25
New Life Neighbourhood Centre Productivity Hub (NLNC).....	26
Accepting New Participants for Fall Intake.....	26
North House.....	26
Peer Support Program with Durham Mental Health Services.....	26
Shower and Laundry Program.....	26
The Ontario Caregiver Organization.....	27
Ontario Health atHome.....	27
Ontario Structured Psychotherapy Program.....	27
Pinewood Centre.....	28
New Direct Phone Number - Residential Withdrawal Management.....	28
Pinewood Addiction Support Services (PASS) – Drop-in Groups Calendar (August).....	28
Region of Durham.....	28
Tax Clinics.....	28
Guide to Community Resources for Seniors and Older Adults.....	29
IEHSD Workshop Calendar.....	29
Homeless Help.....	30
Salvation Army Ajax.....	30
Safety Network Durham.....	30
Senior’s Safety Advisor Office.....	30

About Senior’s Safety Advisory Office30

Spay Neuter Initiatives Association31

 Spay/Neuter Clinic (SNIP)31

TAMI Coalition31

 What is The TAMI Coalition?31

 Becoming a Speaker.....32

VASE (Voices Against Stigma Everywhere)32

 What is VASE?32

 Schedule a Speaker.....32

 Become a Speaker32

 Voices Against Stigma Everywhere (VASE) - Weekly Virtual Drop-in Series33

VHA: Home HealthCare33

 New Referral Form.....33





 Pamphlets Available for Order33





New Program Updates	
<p>*NEW* Back Door Mission - Mission United</p>	<p style="background-color: #ffff00;">Early Closure – August 30th</p> <p>Back Door Mission - Mission United will be closed at 1pm on August 30th Please plan accordingly!</p> <p>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 August 21st, 2024</p>
<p>*NEW* CDCD – Community Development Council Durham</p>	<p style="background-color: #ffff00;">Seniors for Seniors by Seniors Program flyer attached</p> <p>Get involved in meaningful activities and make a difference in the lives of other seniors in your community</p> <p>(refreshments and bus tickets will be provided)</p> <p>Are you:</p> <ul style="list-style-type: none"> • An immigrant (new or established)? • 55 years or older? • Living in Durham Region? <p>Participate with the Seniors for Seniors-by-Seniors program to:</p>









	<ul style="list-style-type: none"> • Connect with other seniors. • Learn about services for seniors. • Share your culture and learn about other cultures. • Discuss tips and strategies to engage with your community. • Share your story of strength and resilience - immigrating and living in Canada. • Contribute to shaping your community by being a part of a Senior Advisory Council. • Session days and times will be set by you. <p>Register Now at https://bit.ly/S3program</p> <p style="text-align: right;">Updated August 23rd, 2024</p>
--	---






Events









<p>*NEW* International Overdose Awareness Day (August 29th)</p>	<p style="text-align: center;">Memorial Park Oshawa (1100 AM - 230 PM) flyer attached</p> <p style="text-align: center;">Memorial Park, Oshawa August 29th, 2024 11:00 AM – 2:30 PM</p> <p style="text-align: center;">John Howard Society of Durham Region is hosting Oshawa’s International Overdose Awareness Day Event!</p> <p>The World’s largest campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.</p> <p>This year’s theme is “Together We Can”. Highlighting the power of community when we all stand together</p> <p style="text-align: center;">Ajax Community Centre (2:00 PM – 5:00 PM) flyer attached</p> <p style="text-align: center;">Ajax Markets Ajax Community Centre North Parking Lot (75 Centennial Rd.) August 29th, 2024 2:00 PM – 5:00 PM</p> <p style="text-align: center;">Join the Town and community partners for a health and wellness fair at the Ajax Markets!</p>
--	--

	<p>This event offers an opportunity to connect with organizations providing rehabilitation services, support for those in recovery and grief counseling for families who have lost loved ones to overdose and addiction. Open to all in the community.</p> <p>Please note parking is limited - we encourage the use of the west parking lot at the Ajax Community Centre or taking active transportation options to attend.</p> <p>To learn more about the Ajax Markets visit ajax.ca/Markets.</p> <p style="text-align: right;">Updated August 23rd, 2024</p>
<p>Get to Know: CFOC's Doors of Compassion (August 28th)</p>	<p>We welcome CFOC's Caitlin Rae to present on CFOC's Doors of Compassion Program!</p> <p>This presentation will include discussions on their 3 emergency shelter locations, The Ajax Hub, patron supports and their food bank! Don't miss this exciting presentation and all the amazing support and services that this team is providing.</p> <p style="text-align: center;">Wed, Aug 28, 2024 11:00 AM - 12:30 PM (EDT)</p> <p style="text-align: center;">To register, please click below!</p> <p style="text-align: center;">https://events.teams.microsoft.com/event/82e76367-b050-4ed1-b8a0-ee1915e5dd46@ea73f753-6976-419e-952a-d3fd7aae0ba4</p> <p style="text-align: right;">Updated July 24th, 2024</p>
<p>Distress Centre Durham - 20th Annual Suicide Awareness Walk (September 8th)</p>	<p style="text-align: center;">flyer attached</p> <p> Distress Centre Durham's 20th Annual Suicide Awareness Walk</p> <p> Date: September 8th, 2024</p> <p> Time: 10:00 AM</p> <p> Location: Cullen Central Park (4015 Cochrane St, Whitby, ON L1N 5R5)</p> <p>All of the donations raised by our event go directly towards the Distress Centre Durham (DCD). Thanks to the very generous support of local businesses and community members, last year's walk raised over \$20,000 in support of Distress Centre Durham.</p> <p>Here are some ways you can help up reach our goal:</p> <ul style="list-style-type: none"> • Join our team and walk with us on September 8th, 2024 • Donate to our Suicide Awareness Walk: Home - 20th Annual Distress Centre Durham Suicide Awareness Walk (lhfoundation.ca)

	<ul style="list-style-type: none"> • Advertise the walk within your organization and/or on your social media • Donate a raffle prize for the day of the event • Donate food/beverages for the walk • Set up an information booth at our event • Become a sponsor <p>Interested in participating, register for the walk today. If you'd rather support a walker, you can donate to their name on our website.</p> <p style="text-align: center;">Sponsor Our Walk</p> <p>Interested in becoming a sponsor? Sponsorships are available starting at \$250 and are available in different levels of support and recognition. In supporting our walk, you'll reach new customers and connect your brand to one of our community's most important causes – local mental health care. If you are interested in sponsorship or for more information, please reach out to Rebekah McMillan – rmcmillan@lh.ca.</p> <p style="text-align: center;">Call for Community Partner Information Booths</p> <p>We invite any of our community partners interested in setting up an information table to our event to reach out to our planning committee (Kayla Bowen - kabowen@lh.ca)</p> <p style="text-align: right;">Updated July 24th, 2024</p>
<p>CDCD/The Gap Committee - Us and Them Documentary and Homelessness in Durham Website Launch (September 12th)</p>	<p> Us and Them Documentary and Homelessness in Durham Website Launch</p> <p> Date: September 12th, 2024</p> <p> Time: 5:30PM – 9:00PM</p> <p> Location: Whitby Landmark Cinema – 75 Consumers Dr, Whitby</p> <p>CDCD and The GAP Committee invite you to join us for a special screening of the documentary film Us and Them Thursday, 12 September 2024 at Whitby Landmark Cinemas, Whitby.</p> <p>Award-winning documentary filmmaker Krista Loughton's "Us and Them" is a poignant documentary featuring compelling portraits of four remarkable individuals facing challenges of homelessness and addiction. The story traces Loughton's decade-long exploration of the lives of Karen Montgrand, Eddie Golko, Dawnellda Gauthier, and Stan Hunter, individuals she attempts to support. Ultimately, they end up supporting her.</p>

	<p>The screening will be followed by a panel discussion focused on homelessness in Durham Region, hosted by the Gap Committee. Persons with lived experience of homelessness and service providers will share their experiences and challenges of living as an unsheltered person.</p> <p>We will also launch the community led website Homelessness in Durham Hope in Our Community.</p> <p>The website works to bring together residents, local businesses, and organizations to address and combat homelessness through collective effort and collaboration.</p> <p>The website will serve as a hub for resources, volunteer opportunities, and success stories, highlighting the resilience and strength within our community. We believe that by working together, we can create a more compassionate and inclusive Durham Region where everyone can thrive.</p> <p>Kindly click here to RSVP to this great opportunity for all who attend to grow and learn about how our we can continue to develop a healthy, inclusive, and safe community in Durham Region.</p> <p style="text-align: right;">Updated August 15th, 2024</p>
<p>*NEW* The Ajax Homelessness Task Force – Community Building Day (September 18th)</p>	<p style="text-align: center;">flyer attached</p> <p> Announcing the Ajax Homelessness Task Force’s Community Building Day</p> <p> Date: September 18th, 2024</p> <p> Time: 4:00PM – 6:00PM</p> <p> Location: Ajax Public Library, 55 Harwood Ave, S Ajax, ON</p> <p>Please join the Ajax Homelessness Task Force at the Community Building Day! Coming together to end homelessness in Ajax.</p> <p>Join us for an exciting event where your voice can make a difference! Whether you live or work in Downtown Ajax, this is your chance to be part of the solution.</p> <p style="text-align: right;">Updated August 23rd, 2024</p>
<p>Durham Rape Crisis Centre - 31st Annual Take Back the Night (September 19th)</p>	<p> Announcing DRCC’s 31st Annual Take Back the Night: We Are Louder Together</p> <p> Date: September 19th, 2024</p> <p> Time: 6:00PM – 8:00PM</p> <p> Location: 1 McGrigor St, Oshawa</p>

	<p>Please join us on Thursday, September 19th at 6pm at 1 Mcgrigor St. in Oshawa as we celebrate the Durham Rape Crisis Centre’s 31st Annual Take Back The Night: We Are Louder Together!</p> <p>Take Back the Night will feature survivor speakers sharing their personal and inspirational stories, as well as live entertainment performances for guests to enjoy. Pizza and refreshments will be provided to all guests while supplies last. Best of all, Take Back the Night is a FREE community event for all ages, with allies welcomed!</p> <p>Back by popular demand, we will also be offering a variety of Take Back the Night swag available for purchase at the event, including T-shirts, tote bags, and stickers. These items are a great way to show your support for our mission of empowering those who have been impacted by sexual violence in our community. Most importantly, donations to our organization help us continue to offer our services for free in the community!</p> <p>This year, we are also pleased to welcome special guests Dollz by Dezin and Morigans Cross WMC who will be supporting us in our walk. Please be advised that motorcycles will be present at Take Back The Night. We understand that this can be triggering for some; we will be setting up an outdoor quiet space for any guests who may wish to use it.</p> <p>If you have any questions before the event, please email us at info@drcc.ca, or visit our social media links below to stay in the loop! We hope to see you there!</p> <p>To reserve a spot, please go to Take Back The Night: We Are Louder Together Tickets, Thu, 19 Sep 2024 at 6:00 PM Eventbrite</p> <p style="text-align: right;">Updated August 15th, 2024</p>
<p>Safety Network Durham - Community Walk to End Intimate Partner Violence (September 21st)</p>	<p> Announcing the Community Walk to End Intimate Partner Violence</p> <p> Date: September 21st, 2024</p> <p> Time: 10:00 AM</p> <p> Location: Durham Region Headquarters, 605 Rossland Rd East, Whitby</p> <p>This isn’t just a walk. It’s a bold statement by our community against intimate partner violence. It’s a chance to raise funds, advocate for change, support survivors, and educate on prevention.</p> <p> Register here: https://loom.ly/o9xpXW8</p>

	<p>How You Can Help:</p> <ul style="list-style-type: none"> • Form a Team: Gather friends, family, or coworkers and walk as one. • Raise Funds: Every dollar brings us closer to our goal. • Donate: Your contribution provides immediate help. • Spread Awareness: Share this post and talk about the cause. <p>Be the change you wish to see and help keep our communities safe.</p> <p style="text-align: right;">Updated July 24th, 2024</p>
<p>*NEW* Back Door Mission - Ride for Refuge (October 5th)</p>	<p style="text-align: center;">flyer attached</p> <p> Ride for Refuge in Support of Back Door Mission</p> <p> Date: October 5th, 2024</p> <p> Time: TBD</p> <p> Location: TBD - Oshawa</p> <p>The Ride for Refuge on October 5th is an exciting bike and walking fundraiser supporting the Back Door Mission, with 9 teams already signed up and 27 members from across the community participating. More teams have agreed to join, so come be a part of the fun and help us exceed our fundraising goals, which support essential programming like our food and addictions services. Join us as we pedal together to make a meaningful impact on the lives of those in need.</p> <p>You can support by registering as a participant, donating to team/participant, or volunteering on the day. Click the following link join: <u>Oshawa (Back Door Mission) - Ride for Refuge 2024</u></p> <p style="text-align: right;">Updated August 23rd, 2024</p>
<p>*NEW* North Durham Social Development Council – Interagency Meeting (October 17th)</p>	<p style="text-align: center;">flyer attached</p> <p> Announcing: NDSDC Interagency Meeting</p> <p> Date: October 17th, 2024</p> <p> Time: 11:00 AM – 1:00 PM</p> <p> Location: St. Paul’s Anglican Church, 383 Osborne St Beaverton</p> <p>The North Durham Social Development Council Invites you to attend October’s Interagency Meeting. Featuring Ontario Nonprofit Network (ONN) 2024 State of the Sector Survey.</p>

	<p>Learn about high level findings, Durham Region highlights, ways to collectively mobilize/advocate.</p> <p>Agencies are welcome to bring promotional materials for display; and submit your business card to win a door prize.</p> <p>There is an event fee for NDSDC Interagency Meetings. If you cannot pay the event fee, consider donating any amount at the door.</p> <p>For more information on registration and fee, please see the attached flyer</p> <p style="text-align: right;">Updated August 23rd, 2024</p>
<p>Service Navigation and Database Tools</p>	
<p>211 Find Help</p>	<p style="text-align: center;">Community Information</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>211 will also advocate on behalf of a caller who is eligible but not able to access services.</p> <p>To update your agency and program information on 211, please go to Contact Us 211 Central</p> <p style="text-align: right;">Updated February 7th, 2024</p>
<p>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> <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>ConnexGO on Google Play</p> <p>ConnexGO on the App Store</p> <p style="text-align: right;">Updated July 18^h, 2024</p>
<h3>Call Lines</h3> <p>call lines are assumed to be available 24/7 unless otherwise stated</p>	
National Suicide Helpline	call or text 988
National Hope for Wellness Helpline (Indigenous Helpline)	call 1 855 242 3310
Distress Centre Durham's Distress Line	call 905 430 2522 or 1 800 452 0688
Durham Mental Health Services' Crisis Access and Linkage Line	call 905 666 0483 or 1 800 742 1890 <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>
Durham Rape Crisis Centre Crisis and Support Line	call 905 668 9200
The Ontario Caregiver Organization Support Line	call 1 833 416 2273 (CARE)
Pinewood's Addiction Support Line	9am-5pm, 7 days/week call 905 721 4747 or 1 888 881 8878 Extension: 31208 <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>
<h3>Libraries</h3>	
Ajax Public Library	Front page Ajax Public Library (ajaxlibrary.ca)
Oshawa Public Library	Oshawa Public Libraries (oshawalibrary.ca)

<p>Pickering Public Library</p>	<p>Pickering Public Library (pickeringlibrary.ca)</p>
<p>Local Programs</p>	
<p>The Town of Ajax</p>	<p style="text-align: center;">Ajax FREE Shower Program poster attached to August 1st email</p> <p>The Town of Ajax is dedicated to the well-being of all Ajax residents and providing a safe environment for those in need. Please see and print the attached poster for information!</p> <p>Ajax Community Centre</p> <ul style="list-style-type: none"> • Friday; 3-4 PM <p>Ajax Memorial Pool</p> <ul style="list-style-type: none"> • Monday & Wednesday; 4:15-4:45 PM <p>Audley Recreation Centre</p> <ul style="list-style-type: none"> • Tuesday; 3-4 PM <p>McLean Community Centre</p> <ul style="list-style-type: none"> • Monday & Friday; 3-4 PM <p>The poster attached to the August 1st email is available in alternative formats upon request by contacting 905 683 4550 or emailing contactus@ajax.ca</p> <p style="text-align: right;">Updated August 1st, 2024</p>
<p>The Ajax Hub</p> <p>The Ajax Hub is part of CFOC's Doors of Compassion Program</p>	<p style="text-align: center;">Primary Care Mobile Clinic at The Ajax Hub</p> <p>Please see the listing under Durham Community Health Centre for more information on the Primary Care Mobile Clinic providing health care support at The Ajax Hub!</p> <p style="text-align: right;">Updated August 21st, 2024</p> <p style="text-align: center;">Service Calendar (August) calendar attached to August 1st email</p> <p>The Ajax Hub has multiple services available such as drop-in support from community agencies, meals and more. See, print and save the calendar attached to the August 1st email.</p> <p style="text-align: right;">Updated August 1st, 2024</p> <p style="text-align: center;">Programming Calendar (August) calendar attached to August 1st email</p>

	<p>The Ajax Hub has programming at the Hub! See, print and save the calendar attached to the August 1st email.</p> <p style="text-align: right;">Updated August 1st, 2024</p>
<p>Bethesda House</p>	<p>Website: Bethesda Charity & Fundraising (bethesdahouse.ca)</p>
<p>Brain Injury Association Durham (BIAD)</p>	<p>Stay connected with us on our website or social media for updates on our latest events and activities.</p> <p>Website: www.biad.ca Phone: 905 723 2732</p>
<p>CDCD – Community Development Council Durham</p>	<p style="text-align: center;">Housing Resource Centre Open</p> <p>The new resource center includes three computers where individuals can complete housing and job searches, fill out applications, print necessary documents etc. as well as two meeting rooms that individuals can book for virtual appointments such as Landlord Tenant Board hearings, job interviews and doctors' appointments. Lastly, the space includes an area where there are pamphlets and other materials on programs and supports throughout the community.</p> <p style="text-align: right;">Updated July 18th, 2024</p> <p>Website: Home Community Development Council Durham CDCD Ajax Support 211: Community Development Council Durham - Agency Profile 211 Central</p>
<p>CFOC – Doors of Compassion</p>	<p style="text-align: center;">Shelter Screener Questionnaire Screener attached to July 18th email</p> <p>For service providers and/or clients when inquiring about shelter beds at CFOC-DOC. Please submit the pre-screen questionnaire to docintake@cfof.ca.</p> <p>Please note. This is a pre-screening and only confirms eligibility for DOC shelter programs and ensure we assign, when available, an appropriate bed to the prospective client</p> <p style="text-align: right;">Updated July 18th</p> <p style="text-align: center;">The Ajax Hub – New Peer Support Program!</p>

	<p>The Ajax Hub is happy to announce they have a new program! Peer Support patio drop-in days! See The Ajax Hub’s social media for more information</p> <p style="text-align: center;">Doors of Compassion (DOC) Now Has Central Intake!</p> <p>CFOC’s Doors of Compassion 3 shelter locations (27 station Street, 158 Harwood Ave S., and 1635 Dundas Street E.) have transitioned to a central intake system!</p> <p style="text-align: center;"><u>What do I do?</u></p> <p>Between 8am – 11pm, bed inquiries for all locations can be made by calling 365-885-3173 or by emailing docintake@cfoc.ca</p> <p style="text-align: center;"><u>What to expect?</u></p> <p>Clients, or service providers on their behalf, will complete a pre-screening over the phone to ensure eligibility for services.</p> <p>The two Ajax shelters operate as first come first serve through the central intake system.</p> <p style="padding-left: 40px;">The Whitby shelter will continue to operate through a waitlist. This transition will mitigate challenges our community has faced when attempting to access shelter.</p> <p style="padding-left: 40px;">Once an available bed has been assigned, physical intakes will occur at respective sites at a prearranged time between 11am – 11pm.</p> <p>Patrons who do not have access to phone or email may visit The Ajax HUB during HUB hours, or outside of HUB hours, one of the Ajax Shelter locations.</p> <p>Service provider questions can be directed to Caitlin Rae at caitlin@cfoc.ca</p>
<p>Durham Community Health Centre</p>	<p style="text-align: center;">Primary Care Mobile Clinic @ The Ajax Hub!</p> <p>Durham Community Health Centre’s Primary Care Mobile Clinic will be at The Ajax Hub every Wednesday starting August 28th!</p> <p>Where: The Ajax Hub 158 Harwood Avenue South, Suite 203, Ajax</p> <p>When: Every Wednesday starting August 28th 8:30 AM – 5:30 PM</p> <p>What: Our services include:</p>

- Registration for ongoing primary care
- Routine physicals and diagnostic requisitions
- Disease prevention and health promotion screenings
- Vaccinations and immunizations
- Baby and child wellness checks
- Cancer screening
- STI testing
- Mental health consultations
- Prescription refills (excluding narcotics)
- Form completion with no charge (if eligible)
- Wound care
- Referrals to specialists (as needed)
- And much more!
-

Please note: No narcotics will be kept on board of or prescribed by practitioners of the Mobile Clinic

www.durhamchc.ca

1 877 227 3217

Updated August 17th, 2024

Black Health and Wellness Clinic Info

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.

Providing access for Durham community members who identify as African, Caribbean, or Black (ACB) to receive primary care support and culturally affirming care.

The clinic will provide care to all ages - children, youth, adults, and seniors for the following:

- Diabetes, high blood pressure, chronic diseases
- Cold/flu symptoms
- Prescription renewals
- Women's health matters
- and much more!

Call ahead to book an appointment to receive care during clinic hours: 905-420-0333 or walk ins are welcome!!

Website: [Durham Community Health Centre \(durhamchc.ca\)](http://Durham Community Health Centre (durhamchc.ca))

<p>Durham Deaf Services</p>	<p style="text-align: center;">Long-Term Volunteers Needed</p> <p style="text-align: center;">Durham Deaf Services is looking for long-term volunteers!</p> <p style="text-align: center;">This requires a Vulnerable Sector Check (VSC) to be completed before starting, but we sign off for volunteer hours as needed.</p> <p style="text-align: center;">If volunteers need a letter from DDS indicating the reason for the VSC please email info@durhamdeaf.org.</p> <p style="text-align: right;">Updated May 8th, 2024</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, Mental Health and Pinewood Centre of Lakeridge Health</p>	<p style="text-align: center;">Central Connect (Central Intake)</p> <p style="text-align: center;">Durham Mental Health Services, Pinewood Centre and Lakeridge Health Outpatient Mental Health Clinics are all part of Lakeridge Health’s Mental Health and Addictions Programs.</p> <p style="text-align: center;">These programs have come together to have one central intake called Central Connect</p> <p>Health-care providers and individuals can refer to the MHA programs: Call: 905-440-7534 (or toll-free at 1-833-392-7363). Fax: 905-440-7560.</p>

	<p>Email: CentralConnectMHA@lh.ca. Use the patient self-referral form found online Use the health care provider e-referral form found online</p> <p>For more information or the online referral forms, see: Mental Health and Addictions - Lakeridge Health</p> <p style="text-align: right;">Updated May 16th, 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 at North House</p> <p>Durham Mental Health Services is so happy to announce their new partnership with North House! Bringing a peer support program to the North! 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 July 10th</p> <p style="text-align: center;">Peer Support Program – Summer Groups flyer attached to June 28th email</p> <p>DMHS has peer groups where our Peer Support Specialists (mental health workers with lived experience) run a multitude of groups, both virtual and in person, across Durham Region including Port Perry. This includes day programs, drop-in skills groups, social groups, psychoeducational groups, wellness recovery action plan, and more.</p> <p>Peer Support Summer Flyer is now available and attached to this 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 June 28th, 2024</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>

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.

The Indigenous outreach worker will collaborate with colleagues and community services to build and promote respect, understanding, compassion, and knowledge of FNIM cultural perspectives.

For further information, please contact
Connie Spencer by calling DMHS Admin at 905 666 0831

Updated April 25th, 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

	<p style="text-align: center;">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 style="text-align: center;">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-7pm</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 July 15th, 2024</p>
<p>Durham Region Health Department</p>	<p style="text-align: center;">Drug Alert - August 7th</p> <p style="text-align: center;">(this alert is copied from the e-mail for drug alerts in Durham Region from The Region of Durham Health Department)</p> <p>Please share this information with your staff and clients/patients.</p> <p>Drug Alert: Increase in Region of Durham Paramedic Services (RDPS) calls for suspected opioid overdoses</p> <p>Durham Region Health Department is alerting community partners and service providers about a recent increase in the number of RDPS calls for suspected opioid overdoses. During the week of July 28th to August 3rd, 2024, RDPS responded to 31 calls related to suspected opioid overdoses.</p> <p>The majority of suspected opioid overdoses were among males, with ages ranging from 22 to 64 years. Among calls with a substance identified, Fentanyl</p>

	<p>was the most mentioned drug with involvement in 15 calls. In one of the calls, the individual took fentanyl thinking that it was methamphetamine. Narcan was administered for 19 calls.</p> <p>Report an overdose or an unexpected drug reaction Anonymously report a bad or unexpected reaction to street drugs by completing the Drug Reporting Tool. The information you provide will help Durham Region Health Department and community partners in responding to and preventing drug poisonings in Durham Region. We appreciate you sharing this information and for helping us keep our community safe.</p> <p>Opioids and Overdose Prevention Visit for access to information on</p> <ul style="list-style-type: none"> • Opioids • Overdose prevention and response • Naloxone Kits <p>Durham Region Opioid Information System Subscribe to this webpage for access to local statistics, including paramedic data regarding suspected opioid overdoses, Emergency Department visits, and opioid overdose deaths.</p> <p>Alert Issued August 7, 2024</p>
<p>Durham Rape Crisis Centre (DRCC)</p>	<p style="text-align: center;">About DRCC</p> <p>DRCC provides counselling/psychotherapy and support services to recent and historical/childhood survivors of sexual violence and their friends, families, support person, and varying community members</p> <ul style="list-style-type: none"> • 24/7 crisis and support line • free and confidential service • individual and group counselling - by phone and secure video (Zoom) and in-person • accompaniment (police, legal, and medical, etc.) • advocacy • public education • volunteer opportunities and crisis line training <p>Wait time for individual counselling is currently 6-9 months</p> <p>DRCC has a great newsletter as well!</p> <p>211: Durham Rape Crisis Centre - Durham Rape Crisis Centre 211 Central</p>

	<p>Website: Durham Rape Crisis Centre Through sharing healing can begin (drcc.ca)</p> <p style="text-align: right;">Updated July 24th, 2024</p>
<p>Durham Youth Services (DYS)</p>	<p style="text-align: center;">Durham Youth Services</p>
<p>The Gap Committee</p>	<p style="text-align: center;">see new event at with CDCD Home (gapcommittee.ca)</p>
<p>Get to Know Series</p>	<p style="text-align: center;">What is the Get to Know Series?</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.</p> <p>If interested in presenting a service, email me directly at jgarton@lh.ca.</p> <p>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>H.O.P.E (Helping Other Parents Everywhere)</p>	<p style="text-align: center;">About HOPE</p> <p>HOPE is a registered Canadian charity that offers support to parents and guardians who are troubled by the behaviours of a teen or young adult in their life (ages 13-30). HOPE distinguishes itself by taking a strengths-focused and evidence-based whole-of-family approach to the wide variety of concerns and challenges that parents face. Our core support comes from dedicated volunteers, individual donors, and community organizations.</p> <p>There is a one-time membership fee of \$50 and an annual membership renewal fee of \$10. All members are provided with a copy of our parenting guidebook "Fresh Perspectives". That said, we never want finances to be a barrier for parents seeking support. If a parent is referred to us and is worried about membership fees, our intake volunteers can happily discuss that with them during pre-orientation meetings</p> <p>For more info, check out HOPE About Us (hope4parents.ca)</p> <p style="text-align: right;">Updated July 24th, 2024</p> <p style="text-align: center;">Services Offered</p> <p>Peer Support Meetings</p> <p>Peer support meetings are at the heart of what we do, bringing together parents from all walks of life and diverse backgrounds to address their parenting</p>

	<p>concerns. HOPE’s parent-to-parent peer support groups provide a safe, confidential, and non-judgmental environment where parents facing similar life events or parenting-related challenges can exchange mutual support and experiential knowledge. Talking to parents who have had the same or similar experiences helps people to discover that they are not alone and that there are others who understand first-hand what they are going through. These weekly group meetings give parents a regular chance to connect, share practical ideas, learn new and effective parenting techniques, and strategize on ways forward. Membership is on a rolling basis. Parents can join anytime and continue to attend for as long as needed.</p> <p>Phone and Other Support</p> <p>Between meetings, parents who attend regularly also have access to member-to-member phone support. When possible, members may be offered in-person moral support over a casual cup of coffee or at important parenting-related meetings and events (e.g. when their young person is in court).</p> <p>Handbook and Website</p> <p>HOPE also supports parents by equipping them with knowledge, tools, and resources. Upon joining, members receive a copy of Fresh Perspectives, our handy parental guidebook, which contains practical parenting strategies and tips for communicating with your young person effectively and productively. Parents who join also have access to the Members Area of our website, where they will find a curated index of community resources, reference materials, and book recommendations.</p> <p>Workshops and Annual Conference</p> <p>In addition to peer support, HOPE periodically engages skilled volunteers and outside experts to conduct workshops and seminars. Likewise, our highly regarded annual conference brings together a diverse range of professionals from relevant fields and backgrounds to share their knowledge and expertise.</p> <p style="text-align: right;">Updated July 24th, 2024</p>
<p>Home and Community Care</p>	<p>Now listed under Ontario Health atHome</p>
<p>The King Street Cooperative Community Garden</p>	<p>KSCCG FAQs ver 1.2.pdf - Google Drive</p>
<p>Lakeridge Health Mental Health</p>	<p>Mental Health Day Program – Launch of Social Activation Group</p>

<p>LH Mental Health Day Program is part of the Lakeridge Health Mental Health and Addictions Program</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>New Life Neighbourhood Centre Productivity Hub (NLNC)</p>	<p style="text-align: center;">Accepting New Participants for Fall Intake</p> <p>NLNC Productivity Hub is now accepting participants for our 2024 Fall Intake which starts on September 25, 2024</p> <p>Please see the attached flyer for more information!</p> <p style="text-align: center;">NLNC Productivity HUB Neighbourhood Centre (newlifeadventistchurch.com)</p> <p style="text-align: right;">Updated August 15th, 2024</p>
<p>North House</p>	<p style="text-align: center;">Peer Support Program with Durham Mental Health Services</p> <p>North House and Durham Mental Health Services have come together to bring Peer Support programming to the North! Connect with North House or Durham Mental Health Services for more information!</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>The Ontario Caregiver Organization</p>	<p>The Ontario Caregiver Organization is a non-profit focusing on improving the lives of caregivers. The OCO has information and resources, support services, education and training, advocacy and awareness and community connections. The OCO aims to ensure caregivers are recognized, valued and supported in their vital roles. For more information, check out their website below! They also have a support line for caregivers added to our call line section.</p> <p style="text-align: center;">Homepage - Ontario Caregiver</p> <p style="text-align: right;">Updated August 1st, 2024</p>
<p>Ontario Health atHome</p>	<p style="text-align: center;">Name Change</p> <p style="text-align: center;">Home and Community Care is now named Ontario Health atHome!</p> <p style="text-align: center;">Check out their website that is under construction!</p> <p style="text-align: center;">Home and Community Care Support Services (ontariohealthathome.ca)</p> <p style="text-align: right;">Updated June 28th, 2024</p>
<p>Ontario Structured Psychotherapy 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>Pinewood Centre</p> <p>Pinewood Centre is part of Lakeridge Health’s Mental Health and Addictions Programs</p>	<p style="text-align: center;">New Direct Phone Number - Residential Withdrawal Management</p> <p>Pinewood Centre’s Residential Withdrawal Management (Detox Beds) now has a direct phone line!</p> <p style="text-align: center;">905 440 7568</p> <p style="text-align: center;">(The existing number of 905 721 4747 x 1 is still operational)</p> <p style="text-align: right;">Updated August 1st, 2024</p> <p style="text-align: center;">Pinewood Addiction Support Services (PASS) – Drop-in Groups Calendar (August) calendar attached to August 1st email</p> <p>Pinewood’s Addiction Support Services at 300 Centre St, Oshawa has drop-in groups! Please see and save the calendar attached to the August 1st email for the group descriptions and dates. These groups do not require prior registration.</p> <p style="text-align: right;">August 1st, 2024</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>

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

For more information see:

[File Your Taxes - Region of Durham](#)

Updated April 16th, 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 see the link below for the calendar of workshops

	<p style="text-align: center;">Events Calendar - Region of Durham</p> <p style="text-align: right;">Updated August 15th2024</p> <h2 style="text-align: center;">Homeless Help</h2> <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 June 27th, 2024</p>
<p>Salvation Army Ajax</p>	<p style="text-align: center;">for information on our programs please visit our website www.tsahope.com</p>
<p>Safety Network Durham</p>	<p style="text-align: center;">(Formerly DRIVEN) Safety Network Durham is an organization providing wrap around support to women experiencing gender-based violence. www.safetynetworkdurham.ca</p>
<p>Senior’s Safety Advisor Office</p>	<h3 style="text-align: center;">About Senior’s Safety Advisory Office</h3> <p>We are the Seniors’ Safety Advisor Office (SSA) working in collaboration with the Durham Regional Police (OASIS) on initiatives aimed at addressing abuse towards older adults.</p> <p>The Senior Safety Advisor responds to public inquiries, education, advocacy and promotes the safety of older adults, and abuse prevention awareness that impacts our older adults across Durham Region.</p> <p>Individuals can access services through self-referrals by calling or emailing the SSA directly at 905-666-6239 Ext. 2460, or RMD.seniorsafety@durham.ca, referrals are often sent with clients written or verbal consent by agencies.</p> <p>In addition, we provide support and referral services regarding the safety of older adults that is related to allegations of elder abuse and will serve as a resource to the Region of Durham –DRPS, Durham Paramedics, Long Term Care homes, community agencies and the community members on elder abuse related issues.</p> <p style="text-align: right;">Updated May 16th, 2024</p>

<p>Spay Neuter Initiatives Association</p>	<p style="text-align: center;">Spay/Neuter Clinic (SNIP)</p> <p style="text-align: center;">Working to bring Accessible Spay/Neuter services to Durham Region. Every pet deserves a chance at a healthy and happy life. It is this belief that drives Spay Neuter Initiatives Association to offer our accessible, low-cost spay/neuter veterinary program. Our volunteer-driven program, proudly provides low-cost and/or subsidized spaying and neutering services for the beloved animals of our lower-income residents.</p> <p style="text-align: center;">Visit Home - Spay Neuter Initiatives Association Durham Region (snipanimalclinic.ca) for more information</p> <p style="text-align: right;">Updated July 18th, 2024</p>
<p>TAMI Coalition</p>	<p style="text-align: center;">What is The 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>VASE is operated by Durham Mental Health Services’ Peer Support Program</p>	<p style="text-align: center;">What is VASE?</p> <p>VASE (Voices Against Stigma Everywhere) is a consumer survivor initiative (peer advocacy group who are dedicated and successful people with lived experience, aiming to create a world without stigma by sharing our stories.</p> <p>Operating in Durham Region for approximately 12 years, VASE runs a weekly virtual series on monthly topics of interest, offers public speakers, and more.</p> <p style="text-align: center;">Schedule a Speaker</p> <p>To schedule a speaker or for more information, contact Lynn Moulds at lmoulds@lh.ca</p> <p style="text-align: center;">Become a Speaker</p> <p>To be a VASE speaker you must complete the My Story, My Voice at Ontario Shores.</p> <p>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 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>

	<p>Voices Against Stigma Everywhere (VASE) - Weekly Virtual Drop-in Series</p> <p>Virtual Group Thursday's, 6pm – 730pm</p> <p>VASE invites you to join! This series is hosted on ZOOM and is open to drop in</p> <p>Thursday's 6pm-730pm https://zoom.us/j/93811786238?pwd=QW95NWcyYUdrVnBTOXVLWTILYitnUT09 Meeting ID: 938 1178 6238 Passcode: 237206</p> <p style="text-align: right;">Updated April 2nd, 2024</p>
VHA: Home HealthCare	<p>New Referral Form</p> <p>VHA Home HealthCare has a new referral form! Updated July 24th, 2024</p> <p>Pamphlets Available for Order</p> <p>Looking for VHA Home HealthCare pamphlets to handout? Email Ian Griffiths at igriffiths@vha.ca to request some for your agency!</p> <p style="text-align: right;">Updated July 24th, 2024</p>