



# 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, HealthLinks, 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.

## 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](mailto: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](mailto:jgarton@lh.ca)

If you want more information on the Get to Know series, scroll to our Get to Know section or see the body of the email that you were sent :)

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New Program Updates	
<p><b>Older Adult’s Safety Advisor (Formerly Senior Safety Advisor Office)</b></p>	<p style="text-align: center;"><b>Name and Email Change</b></p> <p>The Senior Safety Advisory Office has changed their name to <b>Older Adult’s Safety Advisor Office</b>. Please change your contacts to reflect the new email address and information</p> <p style="text-align: center;"><b><u>About Older Adult’s Safety Advisor Office</u></b></p> <p>We are the <b>Older Adult’s Safety Advisor Office (OASA)</b> working in collaboration with the Durham Regional Police (OASIS) on initiatives aimed at addressing abuse towards older adults.</p>

	<p>The <b>Older Adult’s Safety Advisor</b> 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 <b>OASA</b> directly at 905-666-6239 Ext. 2460, or <b>RMD.OlderAdultSafety@durham.ca</b> 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 October 16<sup>th</sup>, 2024</p>
<p><b>Region of Durham – Housing Division</b></p>	<p><b>Canada-Ontario Housing Benefit (COHB) posted until October 24<sup>th</sup></b></p> <p><b>We have posted the Canada-Ontario Housing Benefit (COHB) to the <u>DASH Vacancies Site.</u></b></p> <p>COHB will be posted until October 24<sup>th</sup> at 9am to allow applicants the opportunity to express interest.</p> <p><b>The posting will expire October 24 at 9am.</b></p> <p>The COHB is a monthly benefit that is paid directly to eligible applicants to bridge the difference between 30% of their income and the average market rent.</p> <p>Social assistance recipients may receive a reduced amount as the combination of the COHB and their social assistance shelter amount cannot be more than their actual shelter costs.</p> <p>Please note:</p> <ul style="list-style-type: none"> <li>• Not all interested applicants will be contacted.</li> <li>• Only applicants who are already on the DASH wait list will be able to express interest in COHB.</li> <li>• Only applicants who have filed their 2023 income tax with CRA and have received their Notice of Assessment will be eligible.</li> <li>• Staff will estimate the amount of the applicant’s monthly COHB payment if they are selected to complete an application.</li> <li>• COHB can be used to live anywhere in Ontario – including where the applicants live now.</li> </ul>




	<ul style="list-style-type: none"> <li>• If applicants are offered the COHB and decide not to accept the offer, they can remain on the DASH wait list.</li> <li>• Eligible applicants will be removed from the DASH wait list once they start to receive the COHB.</li> </ul> <p>There is a link on the posting for <a href="#">Frequently Asked Questions (FAQ)</a> about the COHB. The FAQ is also available on the <a href="#">Region’s website</a>.</p> <p>If you have any questions, please feel free to contact:</p> <p>Lori Barber 905-666-6239 ext 2461 <a href="mailto:lori.barber@durham.ca">lori.barber@durham.ca</a></p> <p>or</p> <p>Laura Lavoy 905-666-6239 ext 2498 <a href="mailto:laura.lavoy@durham.ca">laura.lavoy@durham.ca</a></p> <p style="text-align: right;">Updated October 16th, 2024</p> <p style="text-align: center;"><b>Email Change for DASH Waitlist</b></p> <p>For enquires related to the DASH waitlist and to submit transfer applications please email DASH staff at <a href="mailto:rgi@durham.ca">rgi@durham.ca</a> and remove the <a href="mailto:dash@durham.ca">dash@durham.ca</a> email address from all contact lists as it will no longer be monitored by Housing Services staff.</p> <p>The email address for the Community Housing Administration team will remain <a href="mailto:CHAdmin@durham.ca">CHAdmin@durham.ca</a>.</p> <p style="text-align: right;">Updated October 16th, 2024</p>
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New Events	
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<p><b>Get to Know Series</b></p>	<p style="text-align: center;"><b>CMHA Durham (October 23<sup>rd</sup>)</b></p> <p>We welcome CMHA Durham (Canadian Mental Health Association) to present to us for our monthly Get to Know series!</p> <p>From community mental health, peer support, primary care, supportive housing and more – see what CMHA has to offer!</p> <p style="text-align: center;">Wednesday October 23<sup>rd</sup> 11am-1230 am</p> <p style="text-align: center;">To register, please click the link below!</p>
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	<p><a href="https://events.teams.microsoft.com/event/fa55b05e-5bb7-4298-a8c7-79ab399b2c34@ea73f753-6976-419e-952a-d3fd7aae0ba4">https://events.teams.microsoft.com/event/fa55b05e-5bb7-4298-a8c7-79ab399b2c34@ea73f753-6976-419e-952a-d3fd7aae0ba4</a></p> <p style="text-align: right;">Updated October 16<sup>th</sup>, 2024</p>
<p><b>John Howard Society of Durham Region</b></p>	<p style="text-align: center;"><b>Firehouse Fright Night (October 2024)</b> <b>flyer attached</b></p> <p> Announcing: Firehouse Fright Night 2024   Date: October 18<sup>th</sup>, 19<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>   Time: 7:00PM – 10:00PM   Location: Watson Farms, Bowmanville</p> <p style="text-align: center;">PLEASE NOTE: This is a paid event. \$15/ticket  <b>Tickets at <a href="https://universe.com/fright">https://universe.com/fright</a></b></p> <p style="text-align: center;">Firehouse Fright Night 2024 – Just \$15/body. Proceeds support the Clarington Youth Centres and United Way.</p> <p style="text-align: center;">Dare to travel a 100,000 sq ft corn maze at night, with over 80 creatures hunting you down! Fantastic fun for all ages, families, individuals. Over 30 scenes, with sudden surprises and some interactive spots. Spooky wagon ride from the parking lot to the maze included!              Oct 18, 19, 25, 26 from 7pm-10pm at Watson Farms, Bowmanville.</p> <p>SIDE note to agencies – want help selling event tickets online? We have been using Universe for many years. Comes with a free ticket check-in app, and admin fees for non-profits are just 5% of the ticket cost. Buyers don't have to hand over all kinds of personal info, just an e-mail, making it easy for them to get to your events. Feel free to e-mail <a href="mailto:paul.dobbs@jhsd.ca">paul.dobbs@jhsd.ca</a> (after Oct 26th.. real busy right now) if you would like some help with that (no we aren't getting any referral benefits, just like to help make your events easier!)</p> <p style="text-align: right;">Updated October 16<sup>th</sup>, 2024</p>
<b>Upcoming Events</b>	
<p><b>North Durham Social Development Council</b></p>	<p style="text-align: center;"><b>Interagency Meeting (October 17th)</b></p> <p> Announcing: NDSDC Interagency Meeting   Date: October 17<sup>th</sup>, 2024   Time: 11:00 AM – 1:00 PM   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 style="text-align: right;">Updated August 23<sup>rd</sup>, 2024</p>
<p><b>Durham Deaf Services</b></p>	<p style="text-align: center;"><b>Fraud Awareness and Prevention Workshop (October 23rd)</b> <b>flyer attached to October 9<sup>th</sup> email</b></p> <p> Date: October 23<sup>rd</sup>, 2024   Time: 1:00PM – 3:00 PM   Location: Durham Deaf Services, 900 King St E, Oshawa</p> <p>Durham Deaf Services and Durham Regional Police Services are coming together to bring the Fraud (scam) Awareness and Prevention Work Shop.</p> <p>Presented by Detective Martin Franssen of DRPS Older Adult Support &amp; Investigative Services Unit</p> <p>Do you live in Durham Region? Do you identify as d/Deaf/HoH/Deafened? Are you aged 55+?</p> <p>This event is FREE</p> <p>ASL interpreters will be present</p> <p>RSVP before October 16, 2024, E-Mail: <a href="mailto:sdoucet@durhamdeaf.org">sdoucet@durhamdeaf.org</a></p>
<p>Service Navigation and Database Tools</p>	
<p><b>211   Find Help</b></p>	<p style="text-align: center;"><b>Community Information</b></p> <p>211 connects people to social services and community programs across Ontario.</p> <p>211 is answered by real people 24/7. Service is available in 200+ languages. Free and Confidential. Text is available Monday to Friday from 7am – 9pm ET. Live chat service is available Monday to Friday from 7am – 9pm ET</p> <p style="text-align: center;">To search online, click here: <a href="#">211 Central</a></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 <a href="#">Contact Us   211 Central</a></p> <p style="text-align: right;">Updated February 7<sup>th</sup>, 2024</p>
<p>AccessMHA</p>	<p style="text-align: center;"><b>Coming Soon to Durham</b></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 <a href="#">AccessMHA.ca - free mental health and/or substance use/addiction support</a> for more information</p> <p style="text-align: right;">Updated April 9<sup>th</sup>, 2024</p>
<p>ConnexOntario</p>	<p style="text-align: center;"><b>ConnexGO: Mobile App</b></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 style="text-align: center;"><a href="#">ConnexGO on Google Play</a></p> <p style="text-align: center;"><a href="#">ConnexGO on the App Store</a></p> <p style="text-align: right;">Updated July 18<sup>h</sup>, 2024</p>
<p><b>Call Lines</b></p> <p>call lines are assumed to be available 24/7 unless otherwise stated</p>	
<p><b>National Suicide Helpline</b></p>	<p style="text-align: center;">call or text 988</p>
<p><b>National Hope for Wellness Helpline (Indigenous Helpline)</b></p>	<p style="text-align: center;">call 1 855 242 3310</p>
<p><b>Distress Centre Durham's Distress Line</b></p>	<p style="text-align: center;">call 905 430 2522 or 1 800 452 0688</p>

<b>Durham Mental Health Services' Crisis Access and Linkage Line</b>	<p>call 905 666 0483 or 1 800 742 1890</p> <p><i>please remember to leave a message with a call back number if leaving a voicemail for the team to be able to connect back as soon as possible</i></p>
<b>Durham Rape Crisis Centre Crisis and Support Line</b>	<p>call 905 668 9200</p>
<b>National Overdose Response Service (NORS) Overdose Prevention Hotline</b>	<p>NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.</p> <p>call or text before using substances 1 888 688 NORS (6677)</p>
<b>The Ontario Caregiver Organization Support Line</b>	<p>call 1 833 416 2273 (CARE)</p>
<b>Pinewood's Addiction Support Line</b>	<p>9am-5pm, 7 days/week call 905 721 4747 or 1 888 881 8878 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>
<b>Libraries</b>	
<b>Ajax Public Library</b>	<a href="https://www.ajaxlibrary.ca">Front page   Ajax Public Library (ajaxlibrary.ca)</a>
<b>Oshawa Public Library</b>	<a href="https://www.oshawalibrary.ca">Oshawa Public Libraries (oshawalibrary.ca)</a>
<b>Pickering Public Library</b>	<a href="https://www.pickeringlibrary.ca">Pickering Public Library (pickeringlibrary.ca)</a>
<b>Local Programs</b>	
<b>The Town of Ajax</b>	<p style="text-align: center;"><b>Ajax FREE Shower Program</b></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"> <li>• Friday; 3-4 PM</li> </ul> <p>Ajax Memorial Pool</p> <ul style="list-style-type: none"> <li>• Monday &amp; Wednesday; 4:15-4:45 PM</li> </ul>

	<p>Audley Recreation Centre</p> <ul style="list-style-type: none"> <li>• Tuesday; 3-4 PM</li> </ul> <p>McLean Community Centre</p> <ul style="list-style-type: none"> <li>• Monday &amp; Friday; 3-4 PM</li> </ul> <p>The poster attached to the August 1<sup>st</sup> email is available in alternative formats upon request by contacting 905 683 4550 or emailing <a href="mailto:contactus@ajax.ca">contactus@ajax.ca</a></p> <p style="text-align: right;">Updated August 1<sup>st</sup>, 2024</p>
<p><b>The Ajax Hub</b></p> <p>The Ajax Hub is part of CFOC's Doors of Compassion Program</p>	<p style="text-align: center;"><b>New Hours of Operation (Extended)</b></p> <p>The Ajax HUB has expanded its operational hours to include service on Sundays. With the expanded hours, both lunch and dinner will be available at the HUB on Saturdays and Sundays. Please see the below updated hours of operations</p> <p>Monday – Friday: 830AM – 9:00PM          Saturday &amp; Sunday: 11:00AM – 7:00PM</p> <p style="text-align: right;">Updated October 9th, 2024</p> <p style="text-align: center;"><b>Service Calendar (October)</b>  <b>calendar attached</b></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 email.</p> <p style="text-align: center;"><b>Programming Calendar (October)</b>  <b>calendar attached to October 9<sup>th</sup> email</b></p> <p>The Ajax Hub has programming at the Hub! See, print and save the calendar attached to the email.</p> <p>Please expect to see more programming to be back in December. We thank you for your patience while we are completing staffing changes amid our operational hours expansion.</p> <p style="text-align: center;"><b>The Ajax Hub – Peer Support Program!</b></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;"><b>Primary Care Mobile Clinic at The Ajax Hub</b></p>

	<p>Please see the listing under <a href="#">Durham Community Health Centre</a> 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><b>Back Door Mission - Mission United</b></p>	<p>211: <a href="#">Back Door Mission for the Relief of Poverty - Agency Profile   211 Central</a>          Website: <a href="#">Back Door Mission for the Relief of Poverty - What We Do</a></p>
<p><b>Bethesda House</b></p>	<p>Website: <a href="#">Bethesda     Charity &amp; Fundraising (bethedahouse.ca)</a></p>
<p><b>Brain Injury Association Durham (BIAD)</b></p>	<p>Stay connected with us on our website or social media for updates on our latest events and activities!</p> <p style="text-align: center;">Website: <a href="http://www.biad.ca">www.biad.ca</a>          Phone: 905 723 2732</p>
<p><b>CDCD – Community Development Council Durham</b></p>	<p style="text-align: center;"><b>Housing Resource Centre Open</b></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>211: <a href="#">Community Development Council Durham - Agency Profile   211 Central</a>          Website: <a href="#">Home   Community Development Council Durham   CDCD Ajax   Support</a></p>
<p><b>CFOC – Doors of Compassion</b></p>	<p style="text-align: center;"><b>Doors of Compassion (DOC) Now Has Central Intake!</b></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 <a href="mailto:docintake@cfoc.ca">docintake@cfoc.ca</a></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>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>Once an available bed has been assigned, physical intakes will occur at respective sites at a prearranged time between 11am – 11pm.</p> <p><b>Patrons who do not have access to phone or email</b> 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>DARS</p>	<p style="text-align: center;"><b>New Transitional Housing Program</b></p> <p>DARS launched their Transitional Housing Program in Pickering on October 10<sup>th</sup>. For more information, contact DARS</p> <p style="text-align: right;">Updated October 16<sup>th</sup>, 2024</p>
<p>Durham Community Health Centre</p>	<p style="text-align: center;"><b>Primary Care Mobile Clinic @ The Ajax Hub!</b></p> <p>Durham Community Health Centre’s Primary Care Mobile Clinic will be at The Ajax Hub every Wednesday starting August 28<sup>th</sup>!</p> <p>Where:</p> <p style="text-align: center;">The Ajax Hub 158 Harwood Avenue South, Suite 203, Ajax</p> <p>When:</p> <p style="text-align: center;">Every Wednesday starting August 28<sup>th</sup> 8:30 AM – 5:30 PM</p> <p>What:</p> <p><b>Our services include:</b></p> <ul style="list-style-type: none"> <li>• Registration for ongoing primary care</li> <li>• Routine physicals and diagnostic requisitions</li> <li>• Disease prevention and health promotion screenings</li> <li>• Vaccinations and immunizations</li> <li>• Baby and child wellness checks</li> <li>• Cancer screening</li> <li>• STI testing</li> <li>• Mental health consultations</li> <li>• Prescription refills (excluding narcotics)</li> </ul>

	<ul style="list-style-type: none"> <li>• Form completion with no charge (if eligible)</li> <li>• Wound care</li> <li>• Referrals to specialists (as needed)</li> <li>• And much more!</li> <li>•</li> </ul> <p>Please note: No narcotics will be kept on board of or prescribed by practitioners of the Mobile Clinic</p> <p style="text-align: right;">Updated August 17<sup>th</sup>, 2024</p> <h3 style="text-align: center;">Black Health and Wellness Clinic Info</h3> <p>DCHC's Black Health &amp; Wellness Clinic is open and available to the community on TUESDAYS from 12-7pm at the Pickering location, 1450 Kingston Rd., Unit 17.</p> <p>Providing access for Durham community members who identify as African, Caribbean, or Black (ACB) to receive primary care support and culturally affirming care.</p> <p>The clinic will provide care to all ages - children, youth, adults, and seniors for the following:</p> <ul style="list-style-type: none"> <li>- Diabetes, high blood pressure, chronic diseases</li> <li>- Cold/flu symptoms</li> <li>- Prescription renewals</li> <li>- Women's health matters</li> <li>- and much more!</li> </ul> <p>Call ahead to book an appointment to receive care during clinic hours: 905-420-0333 or walk ins are welcome!!</p> <p>Website: <a href="http://durhamchc.ca">Durham Community Health Centre (durhamchc.ca)</a> phone: 1 877 227 3217</p> <p style="text-align: right;">Updated September 12<sup>th</sup>, 2024</p>
<p><b>Durham Deaf Services</b></p>	<h3 style="text-align: center;">ASL Classes this Fall!</h3> <p>Durham Deaf Services is hosting ASL classes this fall! Classes start next week but some spots are still available!</p> <p>We have intro to ASL for kids and adults.</p> <p>The Intro to ASL is a basic introduction to sign language, deaf culture and is a great way to see if you're interested in committing to a full Signing Naturally ASL 101 course.</p> <p>Intro to Kids is for ages 6 - 12 on Saturdays at 9:30 - 10:30 (10 weeks) Intro to ASL is for ages 13+ on Saturdays at 11 - 12 (10 weeks)</p>

	<p>ASL 101 is for 16+ on Wednesdays at 6:00 - 8:30PM (12 weeks)</p> <p>All our courses are taught by deaf instructors and are offered in-person on-site at our office located at 900 King Street East, Oshawa.</p> <p>If you're interested in registering or want more information look at our programs on our website here  <a href="https://durhamdeaf.org/programs/">https://durhamdeaf.org/programs/</a></p> <p style="text-align: right;">Updated September 12th, 2024</p> <p style="text-align: center;"><b>Long-Term Volunteers Needed</b></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 <a href="mailto:info@durhamdeaf.org">info@durhamdeaf.org</a>.</p> <p style="text-align: right;">Updated May 8<sup>th</sup>, 2024</p>
<p>Durham Immigration Portal</p>	<p style="text-align: center;"><b>Newcomer Housing Journey Map Guide</b></p> <p>Navigating the housing market in a new country can be overwhelming, which is why this tool has been created. This <b>guide</b> 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"> <li>- How to find housing and get identification</li> <li>- Where to find resources that can support you in your employment and housing search</li> <li>- Your rights as a tenant.</li> </ul> <p style="text-align: center;"><a href="https://durhamimmigration.ca">New Comer Housing Journey Map (durhamimmigration.ca)</a></p> <p>Learn more at: <a href="http://www.DurhamImmigration.ca/NewcomerHousingJourney">www.DurhamImmigration.ca/NewcomerHousingJourney</a></p> <p style="text-align: right;">Updated April 2<sup>nd</sup>, 2024</p>
<p>Durham Mental Health Services, Mental Health</p>	<p style="text-align: center;"><b>Central Connect (Central Intake)</b></p>



<p>and Pinewood Centre of Lakeridge Health</p>	<p>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>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. 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: <a href="#">Mental Health and Addictions - Lakeridge Health</a></p> <p style="text-align: right;">Updated May 16<sup>th</sup>, 2024</p>												
<p>Durham Mental Health Services – Peer and Family Support Program</p> <p>Durham Mental Health Services is now part of Lakeridge Health’s Mental Health and Addictions Programs</p>	<p style="text-align: center;"><b>Peer Support Groups at North House!</b></p> <p>A few months ago, North House and Durham Mental Health Services teamed up to offer Peer Support groups in the North! These groups are hosted at North House and have now been extended for the next 3 months.</p> <p>Registration for these groups requires an intake and referral. To register for these groups, contact Central Connect</p> <p style="text-align: center;">Central Connect: Call 905-440-7534 (toll-free at 1-833-392-7363) Email <a href="mailto:CentralConnectMHA@lh.ca">CentralConnectMHA@lh.ca</a></p> <p><b>Upcoming groups:</b></p> <table border="1" data-bbox="472 1430 1341 1879"> <tr> <td>Tuesday October 8<sup>th</sup></td> <td>Psychoeducation: Understanding Mindfulness</td> </tr> <tr> <td>Tuesday October 22<sup>nd</sup></td> <td>Open Discussion &amp; Games</td> </tr> <tr> <td>Tuesday November 5<sup>th</sup></td> <td><i>Psychoeducation: Exploring Anger</i></td> </tr> <tr> <td>Tuesday November 19<sup>th</sup></td> <td>Open Discussion &amp; Games</td> </tr> <tr> <td>Tuesday December 3<sup>rd</sup></td> <td><i>Psychoeducation: Coping with the Holidays</i></td> </tr> <tr> <td>Tuesday December 17<sup>th</sup></td> <td>Open Discussion &amp; Games</td> </tr> </table>	Tuesday October 8 <sup>th</sup>	Psychoeducation: Understanding Mindfulness	Tuesday October 22 <sup>nd</sup>	Open Discussion & Games	Tuesday November 5 <sup>th</sup>	<i>Psychoeducation: Exploring Anger</i>	Tuesday November 19 <sup>th</sup>	Open Discussion & Games	Tuesday December 3 <sup>rd</sup>	<i>Psychoeducation: Coping with the Holidays</i>	Tuesday December 17 <sup>th</sup>	Open Discussion & Games
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Updated October 10<sup>th</sup>, 2024

## Fall Peer Support Groups Calendar and Flyer

It's that time of year, a new DMHS Peer Support group flyer is available!

Attached to the September 12<sup>th</sup> email, is our Fall flyer and calendar version, which will cover all the groups available from October-December 2024.

Please feel free to share this with any clients who may be interested in DMHS Peer Support

Please note that a referral is required for anyone wanting to join our groups for the first time

A general location for each in-person group has also been added so people will be able to see which town the group is being held in.

If you have any questions, please let us know.

Updated September 12<sup>th</sup>, 2024

## Voices Against Stigma Everywhere (VASE) Advocacy Group

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.

Operating in Durham Region for approximately 13 years, VASE runs a weekly virtual series on monthly topics of interest, offers public speakers, and more.

### **Schedule a Speaker:**

To schedule a speaker or for more information, contact Lynn Moulds at [lmoulds@lh.ca](mailto:lmoulds@lh.ca)

### **Become a Speaker:**

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 Peer Support Specialist Lynn Moulds [lmoulds@lh.ca](mailto:lmoulds@lh.ca) for next steps on being a speaker.

updated April 4<sup>th</sup>, 2024

**Attend a VASE Group:**

Virtual Group  
Thursday's, 6pm – 730pm

VASE invites you to join!  
This series is hosted on ZOOM and is open to drop in

Thursday's 6pm-730pm  
<https://zoom.us/j/93811786238?pwd=QW95NWcyYUdrVnBTOXVLWTILYitnUT09>  
Meeting ID: 938 1178 6238 Passcode: 237206

Updated April 2nd, 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](mailto:dgould@lh.ca) for calendar of events.

	<p style="text-align: center;"><b>Individual Support Meetings</b></p> <p>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.</p> <p style="text-align: center;"><b>Family Peer Support Groups</b></p> <p>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.</p> <p>Members are expected to commit to the full 10-week cycle. Intake and registration required.</p> <p style="text-align: center;"><b>Family Empowerment Workshops</b></p> <p>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.</p> <p style="text-align: center;"><b>Suicide Survivors Groups</b></p> <p>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.</p> <p style="text-align: center;"><u>Services available to Family Caregivers in Durham Region</u> <u>16 years of age or older</u></p> <p style="text-align: center;">Referrals to Central Connect can be made to <a href="mailto:CentralConnectMHA@lh.ca">CentralConnectMHA@lh.ca</a></p> <p style="text-align: center;">905-440-7534 or 1-833-392-7363</p> <p style="text-align: right;">Updated April 8<sup>th</sup>, 2024</p>
<p>Durham Mental Health Services – Indigenous Outreach</p> <p>DMHS is part of the Lakeridge Health Mental Health and Addictions Program</p>	<p style="text-align: center;"><b>Indigenous Addiction and Mental Health Outreach Worker</b></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>For further information, please contact Connie Spencer by calling DMHS Admin at 905 666 0831</p> <p style="text-align: right;">Updated April 25<sup>th</sup>, 2024</p>
<p><b>Durham Mental Health Services (DMHS) - Crisis Programs</b></p> <p>DMHS is part of the Lakeridge Health Mental Health and Addictions Program</p>	<p style="text-align: center;"><b>Crisis Beds</b></p> <p>DMHS offers short-term (3-5 day) stays in our Crisis Beds Programs in Ajax and Oshawa. These are available for individuals who are experiencing a crisis and need individualized support in a safe, supportive setting away from their present situation.</p> <p>Accessing a crisis bed is available on a first come basis by calling the Crisis Access and Linkage Line (C.A.L.L) on the day you are looking to access. Calling after 11am daily provides you with the most up to date bed availability.</p> <p 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 20<sup>th</sup>, 2024</p> <p style="text-align: center;"><b>Mobile Crisis Team</b></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><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 15<sup>th</sup>, 2024</p>
<p>Durham Rape Crisis Centre (DRCC)</p>	<p style="text-align: center;"><b>Sex Trafficking and Sexual Exploitation Counselling Support Services (STECSS)</b></p> <p style="text-align: center;"><b>flyer(s) attached to October 9<sup>th</sup> email</b></p> <p>The Durham Rape Crisis Centre’s STECSS (Sex Trafficking and Sexual Exploitation Counselling Support Services) is dedicated to providing support to <b>recent and historical survivors of sex trafficking and/or sexual exploitation</b>, aged 16 and above.</p> <p>STECSS offers two distinct counselling options tailored to meet the diverse needs of survivors: the <b>Guided Support Stream</b> and the <b>Quick Access Stream</b>.</p> <p>Attached are some relevant items such as their pre-assessment screening tool (used to determine if clients are eligible for the STECSS program),</p> <p>Currently, there is <b>no wait time</b> to access STECSS services, though this is subject to change based on service demand.</p> <p>If you would like any more information, or would like to send over a referral, you can reach out to Kelsey at <a href="mailto:kelsey@drcc.ca">kelsey@drcc.ca</a> or by calling 905 904 2981 for more information</p> <p style="text-align: right;">Updated October 9th, 2024</p> <p style="text-align: center;"><b>About DRCC</b></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"> <li>• 24/7 crisis and support line</li> <li>• free and confidential service</li> <li>• individual and group counselling - by phone and secure video (Zoom) and in-person</li> <li>• accompaniment (police, legal, and medical, etc.)</li> <li>• advocacy</li> <li>• public education</li> <li>• volunteer opportunities and crisis line training</li> </ul>

	<p>Wait time for individual counselling is currently 6-9 months</p> <p>DRCC has a great newsletter as well!</p> <p>211: <a href="#">Durham Rape Crisis Centre - Durham Rape Crisis Centre   211 Central</a>          Website: <a href="#">Durham Rape Crisis Centre   Through sharing healing can begin (drcc.ca)</a></p> <p style="text-align: right;">Updated July 24<sup>th</sup>, 2024</p>
<p>Durham Youth Services</p>	<p style="text-align: center;"><b>Night Stop Program</b></p> <p>Nightstop is an alternative to shelter that adopts a preventative approach to homelessness by intervening at an early stage of housing crisis.</p> <p>The program engages the community to act as “Hosts” for young people who have nowhere else to go and who have successfully passed a thorough risk assessment.</p> <p>Community members help prevent that first night in shelter by offering a spare room and meals for short-term stays.</p> <p>Hosts and youth continue to be supported by DYS staff every step of the way.</p> <p>For more information, connect with Durham Youth Services</p> <p style="text-align: right;">Updated September 12<sup>th</sup>, 2024</p>
<p>The Gap Committee</p>	<p>Check out the event that The Gap Committee is involved in for World Homeless Day!  <a href="#">Home (gapcommittee.ca)</a></p>
<p>Get to Know Series</p>	<p style="text-align: center;"><b>What is the Get to Know Series?</b></p> <p>This series is a virtual cross-sectoral option for service providers to present their services, share resources, network and engage in a Q&amp;A.</p> <p>If interested in presenting a service, email me directly at <a href="mailto:jgarton@lh.ca">jgarton@lh.ca</a>.</p> <p>Let’s break down these communication barriers and understand our ever-growing system</p> <p style="text-align: right;">Updated February 2<sup>nd</sup>, 2024</p>
<p>H.O.P.E (Helping Other Parents Everywhere)</p>	<p style="text-align: center;"><b>About HOPE</b></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</p>

	<p>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 <a href="https://hope4parents.ca">HOPE   About Us (hope4parents.ca)</a></p> <p style="text-align: center;"><b>Services Offered</b></p> <ul style="list-style-type: none"> <li>• Peer Support Meetings</li> <li>• Phone and Other Support</li> <li>• Handbook and Website</li> <li>• Workshops and Annual Conference</li> </ul> <p style="text-align: right;">Updated July 24<sup>th</sup>, 2024</p>
<p>The King Street Cooperative Community Garden</p>	<p style="text-align: center;"><a href="#">KSCCG FAQs ver 1.2.pdf - Google Drive</a></p>



<p>Lakeridge Health Mental Health</p> <p>LH Mental Health Day Program is part of the Lakeridge Health Mental Health and Addictions Program</p>	<p><b>Mental Health Day Program – Launch of Social Activation Group</b></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><b>Referrals required</b></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 <a href="mailto:CentralConnectMHA@lh.ca">CentralConnectMHA@lh.ca</a>. Please add a note that you are referring specifically to SAG.</p> <p style="text-align: right;">Updated April 4<sup>th</sup>, 2024</p>
<p>National Overdose Response Service (NORS)</p>	<p><b>24/7 Peer Led Overdose Prevention Hotline postcard attached to October 9<sup>th</sup> email</b></p> <p>NORS is a peer-run, peer-led, overdose prevention hotline that individuals can call or text from anywhere in Canada before using substances. Confidential support is available 24 hours a day, 7 days a week, 365 days a year.</p> <p>The attached postcard was developed with permission of <b>NORS (National Overdose Response Service)</b> to promote their important harm reduction service.</p> <p>For more information: <a href="https://www.nors.ca/about">https://www.nors.ca/about</a></p> <p style="text-align: right;">Updated October 9th, 2024</p>
<p>New Life Neighbourhood Centre Productivity Hub (NLNC)</p>	<p><b>Accepting New Participants for Fall Intake</b></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>

[NLNC Productivity HUB | Neighbourhood Centre \(newlifeadventistchurch.com\)](https://www.newlifeadventistchurch.com)

Updated August 15<sup>th</sup>, 2024

North House

**Peer Support Groups at North House!**

A few months ago, North House and Durham Mental Health Services teamed up to offer Peer Support groups in the North! These groups are hosted at North House and have now been extended for the next 3 months.

Registration for these groups requires an intake and referral. To register for these groups, contact Central Connect

Central Connect:

Call 905-440-7534 (toll-free at 1-833-392-7363)

Email [CentralConnectMHA@lh.ca](mailto:CentralConnectMHA@lh.ca)

**Upcoming groups:**

Tuesday October 8 <sup>th</sup>	Psychoeducation: Understanding Mindfulness
Tuesday October 22 <sup>nd</sup>	Open Discussion & Games
Tuesday November 5 <sup>th</sup>	<i>Psychoeducation: Exploring Anger</i>
Tuesday November 19 <sup>th</sup>	Open Discussion & Games
Tuesday December 3 <sup>rd</sup>	<i>Psychoeducation: Coping with the Holidays</i>
Tuesday December 17 <sup>th</sup>	Open Discussion & Games

Updated October 10<sup>th</sup>, 2024

**Shower and Laundry Program**

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.

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.

Please fill out and send completed referral forms to [referrals@northhouse.ca](mailto:referrals@northhouse.ca)

	<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:  <a href="#">Shower – North House</a></p> <p style="text-align: right;">Updated April 9<sup>th</sup>, 2024</p>
<p><b>The Ontario Caregiver Organization</b></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;"><a href="#">Homepage - Ontario Caregiver</a></p> <p style="text-align: right;">Updated August 1<sup>st</sup>, 2024</p>
<p><b>Ontario Disability Support Program (ODSP)</b></p>	<p style="text-align: center;"><b>How to: Apply for ODSP flyer attached to October 9<sup>th</sup> email</b></p> <p>Unsure of how to apply for ODSP? Check out the attached info sheet from ODSP for application methods!</p> <p style="text-align: right;">Updated October 9<sup>th</sup>, 2024</p>
<p><b>Ontario Health atHome</b></p>	<p style="text-align: center;"><b>Name Change</b></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;"><a href="http://ontariohealthathome.ca">Home and Community Care Support Services (ontariohealthathome.ca)</a></p> <p style="text-align: right;">Updated June 28<sup>th</sup>, 2024</p>
<p><b>Ontario Structured Psychotherapy Program</b></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:  <a href="mailto:CentralizedReferral@ontarioshores.ca">CentralizedReferral@ontarioshores.ca</a></p>
<p><b>Pinewood Centre</b></p> <p>Pinewood Centre is part of Lakeridge Health’s Mental Health and Addictions Programs</p>	<p><b>Pinewood Addiction Support Services (PASS) October Groups Calendar</b></p> <p><b>calendar attached to October 9<sup>th</sup> email</b></p> <p>Pinewood Centre’s Addiction Support Services (Located at 300 Centre St, Oshawa), has released their October group calendar!</p> <p>See the calendar attached for the dates, times and description of available groups.</p> <p>Some groups offered are:</p> <ul style="list-style-type: none"> <li>• Life Skills</li> <li>• Auricular Acupuncture</li> <li>• Processing Change</li> <li>• Mindfulness</li> <li>• Creative Expression</li> <li>• HOPE group</li> <li>• Self-Reflection</li> <li>• And more!</li> </ul> <p>These groups are drop in and do not require an intake</p> <p style="text-align: right;">Updated October 9<sup>th</sup>, 2024</p> <p style="text-align: center;"><b>New Direct Phone Number - Residential Withdrawal Management</b></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>(The existing number of 905 721 4747 x 1 is still operational)</p> <p style="text-align: right;">Updated August 1<sup>st</sup>, 2024</p>					
<p>Region of Durham</p>	<p style="text-align: center;"><b>Mobile ID and Benefits Access Hub flyer attached to October 9<sup>th</sup> email</b></p> <p>The Region of Durham is back on the move with the Mobile ID and Benefits Access Hub! Attend a hub, get help accessing benefits that may put money in your pocket.</p> <p><b>We can help you:</b></p> <p><b>Open a Registered Education Savings Plan (RESP) and apply for the Canada Learning Bond – free money for post-secondary school!</b></p> <ul style="list-style-type: none"> <li>• Eligible children may get up to \$2,000 deposited into a RESP to save for school through the Canada Learning Bond.</li> <li>• Each hub offers help to open a free RESP (no deposit needed). Get Social Insurance Numbers (SIN) and other identification (ID)</li> <li>• ID is needed to apply for benefits like the Canada Learning Bond.</li> <li>• Each hub will help with ID.</li> </ul> <p><b>Get your taxes filed</b></p> <ul style="list-style-type: none"> <li>• Filing your taxes each year unlocks benefits you may be eligible to receive.</li> <li>• Have a modest income and simple tax situation? Get free tax help at select hubs.</li> </ul> <p><b>Learn about the new Canadian Dental Care Plan and other benefits you may be eligible for</b></p> <ul style="list-style-type: none"> <li>• There are more than 40 benefits in Ontario that can help boost incomes.</li> <li>• Learn about benefits and how to sign up at the hubs.</li> </ul> <p style="text-align: center;"><b>Important! Learn what to bring to a Mobile ID &amp; Benefits Access Hub:</b>            Visit <a href="http://durham.ca/MobileBenefitsHub">durham.ca/MobileBenefitsHub</a>            Email: <a href="mailto:LivingWithLowIncome@durham.ca">LivingWithLowIncome@durham.ca</a></p> <p><b>Hub locations Dates and times:</b></p> <table border="1" data-bbox="472 1629 1339 1839"> <tr> <td data-bbox="472 1629 906 1734">           Nourish and Develop Foundation,            16 York Street, Cannington         </td> <td data-bbox="906 1629 1339 1734">           October 18, 12 to 5 p.m.         </td> </tr> <tr> <td data-bbox="472 1734 906 1839">           Clarington Public Library, 163            Church Street, Bowmanville         </td> <td data-bbox="906 1734 1339 1839">           October 28, 1 to 4:30 p.m.         </td> </tr> </table>		Nourish and Develop Foundation, 16 York Street, Cannington	October 18, 12 to 5 p.m.	Clarington Public Library, 163 Church Street, Bowmanville	October 28, 1 to 4:30 p.m.
Nourish and Develop Foundation, 16 York Street, Cannington	October 18, 12 to 5 p.m.					
Clarington Public Library, 163 Church Street, Bowmanville	October 28, 1 to 4:30 p.m.					

Scugog Memorial Public Library, 231 Water Street, Port Perry	November 13, 12:30 to 5:30 p.m.
Ajax Public Library, 55 Harwood Avenue South, Ajax	November 16, 11 a.m. to 4 p.m.
Whitby Public Library, 405 Dundas Street West, Whitby	November 18, 12:30 to 6 p.m.
Pickering Public Library, 1 The Esplanade, Pickering	November 22, 1 to 6 p.m.

Updated October 9<sup>th</sup>, 2024

### Tax Clinics

If you are living with low income and have a simple tax situation, you can file your income tax for free, year-round

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

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

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 16<sup>th</sup>, 2024

### Guide to Community Resources for Seniors and Older Adults

**Online version of the guide is attached to April 4<sup>th</sup>'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.

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

	<p>If you require this information in an accessible format, please contact the Accessibility Coordinator at <a href="mailto:accessibility@durham.ca">accessibility@durham.ca</a> or 905-668-4113 extension 2009. Published March 2024</p> <p style="text-align: right;">Updated April 4<sup>th</sup>, 2024</p> <h3 style="text-align: center;">IEHSD Workshop Calendar</h3> <p>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.</p> <p style="text-align: center;">please see the link below for the calendar of workshops</p> <p style="text-align: center;"><a href="#">Events Calendar - Region of Durham</a></p> <p style="text-align: right;">Updated August 15<sup>th</sup>2024</p> <h3 style="text-align: center;">Homeless Help</h3> <p>For general housing inquiries and for those who are precariously housed or facing eviction, email: <a href="mailto:Homelesshelp@Durham.ca">Homelesshelp@Durham.ca</a> or you can call 905-666-6239 or 1 888-721-0622 extension 5510</p> <p style="text-align: right;">Updated June 27<sup>th</sup>, 2024</p>
<p><b>Salvation Army Ajax</b></p>	<p>For information on our programs please visit our website <a href="http://www.tsahope.com">www.tsahope.com</a></p>
<p><b>Safety Network Durham</b></p>	<p>(Formerly DRIVEN) Safety Network Durham is an organization providing wrap around support to women experiencing gender-based violence.</p> <p>Website: <a href="http://www.safetynetworkdurham.ca">www.safetynetworkdurham.ca</a></p>
<p><b>Self- Management Program – Central East</b></p>	<h3 style="text-align: center;">Support for People with Health Conditions</h3> <p>The Self-Management Program Central East offers free <a href="#">self-management</a> workshops to empower people to take charge of their health, while living with health conditions like: diabetes, heart disease, arthritis, lung disease, and other chronic health issues.</p>

	<p>These workshops are free and available on the phone, online or in person.</p> <h3>Support for Caregivers</h3> <p>The Self-Management Program Central East offers workshops to help support caregivers.</p> <h3>Training for Health Care Professionals</h3> <p>Health care professionals understand the importance of encouraging patients to make healthy lifestyle choices, however, to support lifestyle and behaviour change, additional training regarding specific self-management support interventions can be helpful.</p> <p>The Self-Management Program Central East offers a variety of Self-Management Training for health care professionals. Training courses are free but do require pre-registration.</p> <p>All training and workshops are:</p> <ul style="list-style-type: none"><li>• Focused on developing communication skills to motivate patients to make health behaviour changes</li><li>• Evidence-based, interactive with opportunities to practice skills in a supportive learning environment</li><li>• Funded through the Ministry of Health</li></ul> <p>Introductory training workshops include Choices and Changes: Motivating Healthy Behaviours, Brief Action Planning, The Empathy Effect: Countering Bias to Improve Health Outcomes, Treating Patients with C.A.R.E., Informed Decision-Making Overview, Health Literacy. and Foundations of Motivational Interviewing.</p> <p>Ongoing training opportunities include Motivational Interviewing workshops, Webinars, Facilitator Training Courses, and Customized Self-Management Training</p> <p>Website: <a href="https://ceselfmanagement.ca">Self-Management Program Central East - Home (ceselfmanagement.ca)</a></p> <p>Updated September 21<sup>st</sup>, 2024</p>
Senior's Safety Advisor Office	



<p>Spay Neuter Initiatives Association</p>	<p style="text-align: center;"><b>Spay/Neuter Clinic (SNIP)</b></p> <p>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><a href="http://snipanimalclinic.ca">Home - Spay Neuter Initiatives Association   Durham Region (snipanimalclinic.ca)</a></p> <p style="text-align: right;">Updated July 18<sup>th</sup>, 2024</p>
<p>TAMI Coalition</p>	<p style="text-align: center;"><b>What is The TAMI Coalition?</b></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><b>TAMI's goals include:</b></p> <ul style="list-style-type: none"> <li>• eliminating or reducing the stigma associated with mental illness</li> <li>• providing teachers with the appropriate support and materials to implement an in-class awareness program</li> <li>• providing students and teachers with the appropriate support and materials to develop school wide, student driven awareness programs</li> <li>• providing an opportunity for students to learn from people who have experienced mental illness firsthand</li> <li>• helping students to understand where and how they can access help for themselves and their peers.</li> </ul>

	<p style="text-align: center;"><b>Becoming a Speaker</b></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><a href="#">Becoming a Speaker - TAMI Durham</a></p> <p style="text-align: right;">Updated April 4<sup>th</sup>, 2024</p>
VHA: Home HealthCare	<p style="text-align: center;"><b>New Referral Form</b></p> <p style="text-align: center;">VHA Home HealthCare has a new referral form!</p> <p style="text-align: right;">Updated July 24<sup>th</sup>, 2024</p> <p style="text-align: center;"><b>Pamphlets Available for Order</b></p> <p>Looking for VHA Home HealthCare pamphlets to handout? Email Ian Griffiths at <a href="mailto:igriffiths@vha.ca">igriffiths@vha.ca</a> to request some for your agency!</p> <p style="text-align: right;">Updated July 24<sup>th</sup>, 2024</p>