

Community Service Update

Welcome to the Community Service Update – your weekly source for the latest updates for cross-sectoral 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.

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 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

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.

Upcoming Presenters

The Get to Know Series will take a break during the summer months to enjoy a little sunshine!

- September 9 | [Lakeridge Health RAAM Clinic](#)
- October 14 | DARS [Dedicated Advocacy Resource Support](#)
- November 12 | [Lakeridge Health Emergency Mental Health Services](#)
- December 9 | [Durham Community Health Centre \(DCHC\)](#) Indigenous Health and Wellness

To register to attend one or all of these sessions, please visit [Get to Know Series Registration](#).

Interested in sharing your story or expertise? The Get to Know series is a great platform!

To sign up your organization as a presenter please email me at sbowie@lh.ca.

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Community Service Update

New Programs, Updates and Alerts

Community Hot Weather Response Locations for Individuals Experiencing Homelessness

Extreme Heat Cooling Locations

If you see someone in need of assistance that is a life-threatening emergency, **call 911**

If they need assistance, but not an emergency response, call the **Durham Regional Police Services Non-Emergency Line: 905-579-1520**

[Shelters, Warming Centres and Cooling Locations | Region of Durham](#) for locations in Durham Region.

Community Service Provider Heat Alert Response

Community partners across Durham Region are enhancing services during Heat Alert periods to ensure community members have access to safe, cool spaces and essential supports.

North House, Uxbridge

- Open Monday to Thursday from 9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 2:30 p.m.
- Welcomes anyone seeking relief from the heat during operating hours.
- Provides access to an air-conditioned space, washrooms, phone charging, and a place to rest and cool down.

The Refuge, Oshawa

- Extended program hours until 3:15 p.m. daily, regardless of scheduled programming.
- Provides increased access to an air-conditioned space during the hottest part of the day.
- Offers drinking water, washrooms, phone charging stations, and a safe place to rest.

Cornerstone, Oshawa

- Increasing community access to drinking water at 133 Simcoe Street and 121 Simcoe Street locations.
- Providing additional outreach and wellness checks through the Bridges Street Outreach Team.
- Supporting individuals experiencing or at risk of homelessness with increased engagement and access to essential resources during Heat Alerts.

We thank our community partners for their ongoing commitment to protecting the health and well-being of Durham Region residents during periods of extreme heat.

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Municipal Programs and Places to Stay Cool

Ajax Library and Community Centres

- **Ajax Public Library Main Branch** | 55 Harwood Ave. S. | Phone: 905-683-4000 ext. 8840
- **Audley Recreation Centre** | 1955 Audley Rd. N. | Phone: 905-683-4000 ext. 8899
- **McLean Community Centre** | 95 Magill Dr. | Phone: 905-683-4000 ext. 7550
- **Ajax Community Centre**: 75 Centennial Rd.

Clarington Libraries, Community & Recreation Complexes

- **Diane Hamre Recreation Complex** | 1780 Rudell Road, Newcastle.
- **Courtice Community Complex** | 2950 Courtice Road, Courtice.
- **Bowmanville Indoor Pool / Alan Strike Aquatic and Fitness Centre** | 49 Liberty Street North, Bowmanville.
- **Orono Park Outdoor Pool** | 61 Green Street, Orono (hours are subject to daylight conditions)
- **Bowmanville Library** | [163 Church Street, Bowmanville.](#)
- **Courtice Library** | 2950 Courtice Road, Courtice.
- **Newcastle Library** | 150 King Street East, Newcastle.
- **Orono Library** | 127 Main Street, Orono

Oshawa City Libraries and Recreation Facilities

- **Civic Recreation Complex** | 99 Thornton Rd. S., Oshawa | 905-436-5454
- **Delpark Homes Centre** | 1661 Harmony Rd. N., Oshawa | 905-436-5455
- **Donevan Recreation Complex** | 171 Harmony Rd. S., Oshawa | 905-725-3536
- **South Oshawa Community Centre** | 1455 Cedar St., Oshawa | 905-436-5474

Oshawa Public Libraries:

- **Delpark Homes Centre Branch** | 1661 Harmony Road N., Oshawa
- **Jess Hann Branch** | 199 Wentworth Street W., Oshawa
- **John Aker Northview Branch** | 250 Beatrice Street E., Oshawa
- **McLaughlin Branch** | 65 Debwewin Miikan (formerly Bagot Street), Oshawa

Pickering

- **Chestnut Hill Developments Recreation Complex**
Address: 1867 Valley Farm Road, Pickering
Hours: Daily 6 a.m. – 11 p.m. (while heat alert is in effect)
Leashed pets/pets in carriers are welcome, providing they are well-controlled by their owner. Extra seating and water will be available in the lobby

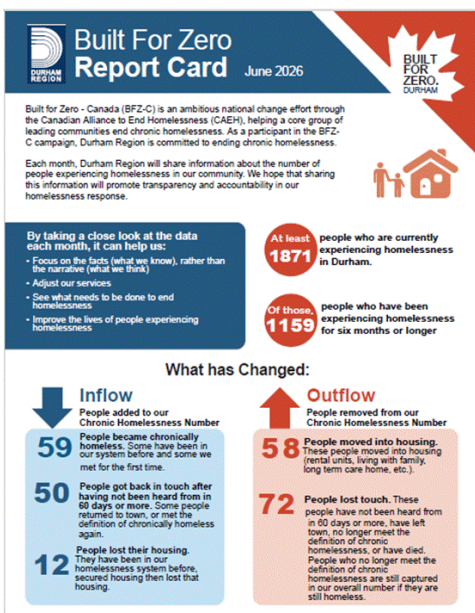
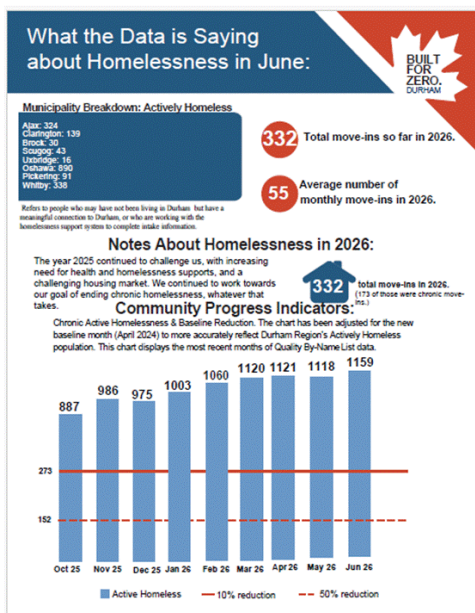
Scugog

- **Scugog Community Recreation Centre:**

Community Service Update

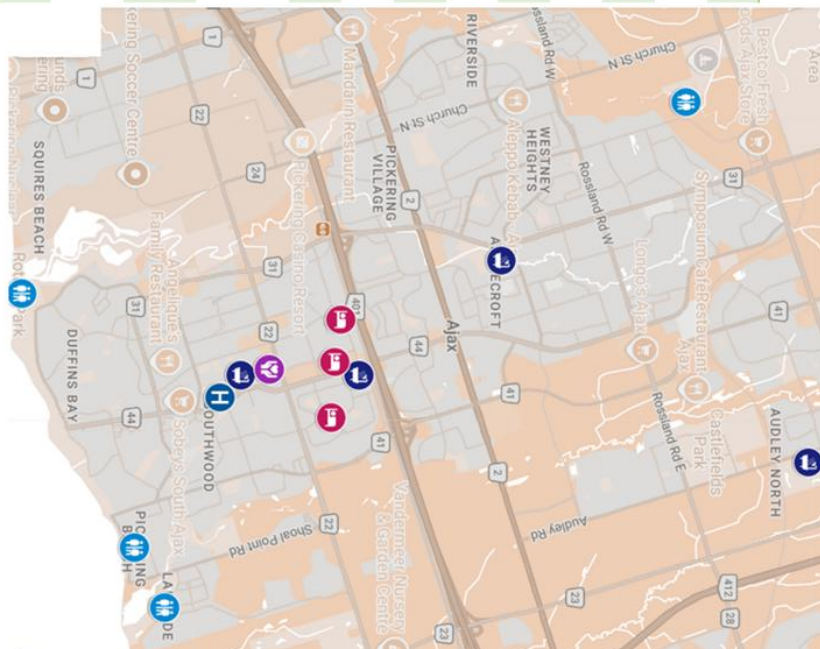
	This facility has bottle-fill stations in the Arena pads. Address: 1655 Reach Street, Port Perry Hours: Daily 8:30 a.m. to 7:00 p.m. • Scugog Municipal Office Address: 181 Perry Street, Port Perry Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. • Scugog Memorial Public Library: This facility has a bottle-fill station. Address: 231 Water Street, Port Perry Hours: Monday, Wednesday and Friday, 10:00 a.m. to 6:00 p.m.; Tuesday and Thursday 10:00 a.m. to 9:00 p.m.; Saturday 10:00 a.m. to 5:00 p.m.; Sunday 1:00 p.m. to 5:00 p.m. <u>Uxbridge</u> • Township Municipal Office Address: 51 Toronto St. S., Uxbridge Hours: Monday to Friday 8:30am-4:30pm • Uxbridge Public Library Address: 9 Toronto St. S., Uxbridge Hours: Monday, Wednesday, Friday, Saturday 10:00am-5:00p.m. Tuesday, Thursday 10:00a.m-8:00p.m. Sunday 10:00a.m.-4:00p.m. • Uxbridge Seniors Centre Address: 75 Marietta St., Uxbridge Hours: Monday-Friday 9:00a.m.-4:30p.m. <u>Whitby</u> Town of Whitby residents can cool off during heat alerts at several Town community centres and libraries: • Iroquois Park Sports Centre 500 Victoria Street West, Whitby • 55+ Recreation Centre 801 Brock Street South, Whitby • Whitby Public Library - Central Library 405 Dundas Street West, Whitby • Whitby Public Library - Rossland Branch 701 Rossland Road East, Whitby • Brooklin Community Centre and Library 8 Vipond Road, Whitby
Durham Family and Cultural Centre	Upcoming Community Events Calendar

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	Durham Family and Cultural Centre (DFCC) is a Durham-based charitable organization supporting Black, racialized, and diverse communities through culturally responsive programs and services. DFCC offers counselling, parenting support, education, mentorship, and child and youth development programs designed to empower individuals and families and meet the unique social and cultural needs of the community Website: Durham Family & Cultural Centre Durham Family and Cultural Centre <i>flyers attached</i>
Lakeridge Health	Pinewood Addiction Support Services (PASS) September Calendar Since 1967, Pinewood Centre has provided addiction treatment and counselling services for individuals affected by substance use, gambling, gaming, and technology use. Using a collaborative, client-centred approach, Pinewood works with individuals to develop realistic goals and personalized treatment plans that support lasting change and recovery. <i>flyer attached</i>
The Nourish and Develop Foundation	September Community Calendar Individuals interested meeting with service providers on-site should call or email for more information <i>See flyers attached</i>
Built for Zero Report Card	June 2026  Built For Zero Report Card June 2026 Built for Zero - Canada (BFZ-C) is an ambitious national change effort through the Canadian Alliance to End Homelessness (CAEH), helping a core group of leading communities end chronic homelessness. As a participant in the BFZ-C campaign, Durham Region is committed to ending chronic homelessness. Each month, Durham Region will share information about the number of people experiencing homelessness in our community. We hope that sharing this information will promote transparency and accountability in our homelessness response. By taking a close look at the data each month, it can help us: - Focus on the facts (what we know), rather than the narrative (what we think). - Adjust our services - See what needs to be done to end homelessness - Improve the lives of people experiencing homelessness What has Changed: Inflow People added to our Chronic Homelessness Number 59 People became chronically homeless. Some have been in our system before and some we met for the first time. 50 People got back in touch after having not been heard from in 60 days or more. Some people returned to town, or met the definition of chronically homeless again. 12 People lost their housing. They have been in our homelessness system before, secured housing then lost that housing. Outflow People removed from our Chronic Homelessness Number 58 People moved into housing. These people moved into housing (rental units, living with family, long term care home, etc.). 72 People lost touch. These people have not been heard from in 60 days or more, have left town, no longer meet the definition of chronic homelessness, or have died. People who no longer meet the definition of chronic homelessness are still captured in our overall number if they are still homeless. What the Data is Saying about Homelessness in June:  Municipality Breakdown: Actively Homeless Ajax: 324 Clarington: 139 Brock: 50 Georgina: 43 Uxbridge: 16 Oakville: 890 Pickering: 51 Whitby: 338 332 Total move-ins so far in 2026. 55 Average number of monthly move-ins in 2026. Notes About Homelessness in 2026: The year 2025 continued to challenge us, with increasing need for health and homelessness supports, and a challenging housing market. We continued to work towards our goal of ending chronic homelessness, whatever that takes. Community Progress Indicators: Chronic Active Homelessness & Baseline Reduction: The chart has been adjusted for the new baseline month (April 2024) to more accurately reflect Durham Region's Actively Homeless population. This chart displays the most recent months of Quality By-Name List data. Oct 25: 887 Nov 25: 986 Dec 25: 975 Jan 26: 1003 Feb 26: 1060 Mar 26: 1120 Apr 26: 1121 May 26: 1118 Jun 26: 1159 Active Homeless 10% reduction 50% reduction

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Ajax Services		
	Audley Recreation Centre 1955 Audley Rd. N.	Shower Program Tuesday 3:00 – 4:00 pm Library and Washroom Access
	McLean Community Centre 95 Magill Dr.	Shower Program Monday & Friday 3:00 – 4:00 pm Library and Washroom Access
	Memorial Park Outdoor Pool 55 Harwood Ave. S.	Shower Program Monday & Wednesday 4:15 – 4:45 pm
	Ajax Public Library 55 Harwood Ave. S.	Library and Washroom Access
	Ajax Community Centre 75 Centennial Rd.	Shower Program Friday 3:00 – 4:00 pm Washroom Access
	Rotary Park 177 Lake Driveway W	Washroom Access Seasonal
	Paradise Park 3044 Lakeview Blvd	Washroom Access Seasonal
	Paulynn Park 1571 Ravenscroft Rd	Washroom Access Seasonal
	Caruthers Marsh Pavilion 55 Ashbury Blvd	Washroom Access Seasonal
	Pinewood Centre of Lakeridge Health 95 Bayly Street West, Suite 406	Harm Reduction Supplies Monday – Friday 8:30 am – 4:30 pm (closed 12:00 noon – 1:00 pm) 905-721-4747
	CFOC DOC 158 Harwood Avenue South	Co-ed, no pets, 18+ Intake daily from 9:00 AM to 9:00 PM by calling 365-885-3173 or email at docintake@cfoc.ca .
	CFOC DOC 27 Station Street	Co-ed, dog friendly, 18+ Intake daily from 9:00 AM to 9:00 PM by calling 365-885-3173 or email at docintake@cfoc.ca .
	Durham Youth Services 82 Kings Crescent	Youth ages 16 to 24 years old, no pets Contact 905-239-9477 or email contact@durhamyouth.com .



Community Service Update

Program Events and Fundraising

[Get to Know Series register to attend](#)

[Lakeridge Health Rapid Access Addiction Medicine Clinic \(RAAM\)](#)

The **Rapid Access Addiction Medicine (RAAM)** clinic offers fast access to quality care for people living with alcohol and opioid-related addictions. The RAAM can also assist those who are currently taking prescription opioids for pain and want information or help with withdrawal management programs. The RAAM team has experience treating those who are struggling with substance use and understands the barriers associated with seeking help. Services include medical treatment and counselling services without a doctor's referral.

- **September 9, 2026**
- **Virtual via MS TEAMS**

[To register to attend this webinar please click here](#)

Upcoming Presenters

- [Dedicated Advocacy Resource Support \(DARS\)](#) October 14, 2026 | **Virtual via MS TEAMS**
- [Lakeridge Health Emergency Mental Health Services](#) November 12, 2026 | **Virtual via MS TEAMS**
- [Durham Community Health Centre \(DCHC\) Indigenous Health and Wellness](#) December 9, 2026 | **Virtual via MS TEAMS**

[To register to attend the Get to Know webinars please click here](#)

Interested in sharing your story or expertise? The Get to Know series is a great platform!

To sign up your organization as a presenter please email me at sbowie@lh.ca.

Bethesda House

Bethesda House Presents: Human Trafficking & Online Safety 101

Learn practical tools to recognize risks, trust your instincts, stay safe, and support others in your community. This presentation raises awareness about human trafficking risks and helps the community understand online safety, exploitation, and strategies for staying safe both online and in everyday life. The session covers

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	warning signs of unsafe situations, digital safety and privacy, protecting personal information, healthy boundaries, and accessing support and resources. • Tuesday, September 22, 2026 5:30 PM - 6:30 PM • Location: Mezzanine Room, CLMA Location: Bowmanville Library • Audience: Adults/Teens • Categories: Drop In Human Trafficking & Online Safety 101 - CLMA - Clarington Library, Museums & Archives Presented by Bethesda House
Durham Community Health Centres	A Day of Reconcili-ACTION- save the date! In partnership with Memengwaa Healing-Protectors Kelly Lavallee and Lindsay Lickers • September 30, 2026 7:00am-7:00pm • Contact Meagan Klavet: mklavet@durhamchc.ca • DCHC Indigenous Medicine Garden and Ceremonial Space <i>The Indigenous Team at DCHC invites you to a day of learning through ceremonies, circles, food and activities:</i> • Sunrise Ceremony • Pancake breakfast • Healing Circle • DCHC Leadership recognition and relationship renewal • Honoring Indigenous lands and spaces • Medicine Garden Cedar Tea and cultural teachings • Children's activities • Feast and give away • Community Sweat lodge <i>flyer attached</i>
<u>Region of Durham</u>	Employment Services Community Discussion: Identifying Gaps and Strengthening Employment Supports in Durham Region We invite you to join Durham Region Employment Services and the Durham Employment Services Advisory Network (DESAN) for an important community discussion.

Community Service Update

	- September 29, 2026 1:30 p.m. to 4:30 p.m. - Garnet B. Rickard Recreation Complex, Hall #2 (2440 Durham Regional Highway 2, Bowmanville, ON). This event will bring together community partners to share insights, identify barriers to employment, and help shape more accessible and inclusive employment services for residents across Durham Region. Please review the Eventbrite invitation below for full event details and registration information. We encourage you to forward this invitation to other community agencies and organizations within Durham Region that support vulnerable populations and may have valuable perspectives to contribute to this discussion. To learn more about Durham Region Employment Services, visit: https://www.durham.ca/employmentservices Please visit Identifying Gaps and Strengthening Employment Supports in Durham Region Tickets, Tuesday, September 29 • 1:30 PM - 4:30 PM Eventbrite to register for the event. We look forward to connecting with you and working together to improve employment outcomes for Durham Region residents.
Lakeridge Health Distress Centre Durham	22nd Annual Walk for Suicide Awareness Join us as we walk and connect with one another with one common goal; spreading awareness about suicide prevention and helping individuals and families to cope. The walk will take place on September 13, 2026 at Cullen Central Park (4015 Cochrane St, Whitby, ON L1N 5R5) at 10:00 am. The walk will conclude with a lunch for all participants, along with speaking and raffle draws. There will be a chance for community members to add their loved one's name to a list that will be read before a moment of silence. If you would like to contribute a name to the list, please send a message to dcd@lh.ca. You are welcome to add a word or phrase with which you describe your loved one, for example "Generous" or "Dedicated Father". The walk assists in raising awareness for suicide and suicide prevention. All donations raised will go directly to the Suicide Survivors Initiatives. Distress Centre Durham has always been committed to supporting survivors of suicide loss

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	and fostering a community of connection and coping through our Suicide Survivor Initiatives. For more information on registration or how to donate, please contact rmcmillan@lh.ca.
NDSDC	Emerging Trends in Mental Health & Addictions – A North Durham Perspective Join the conversation with the Canadian Mental Health Association, Family Services Region of Durham, Durham College Mental Health & Addictions Program. • Thursday 17 September 2026 11:00 am – 1:00 pm • Mississauga of Scugog Island First Nation, 22521 Island Road, Port Perry • Contact: proberts@cdcd.org <i>flyer attached</i>
Ontario Tech University	Share Your Experience and Help Improve Housing Supports Have you ever stayed in the hospital longer than needed because you were waiting for housing? Researchers from Ontario Tech University want to hear from people who have lived through this experience. We are looking for adults (18 years or older) who: • Were ready to leave the hospital but had to stay longer because housing was not available, or • Have since moved into supportive housing after waiting for housing during a hospital stay. What does participation involve? • A confidential interview about your experience. • The interview will take about 60 to 90 minutes. • Participation is completely voluntary. • You can choose not to answer any questions or stop at any time. Thank You Gift Participants will receive a \$25 grocery gift card to thank them for their time. Why is this important?

Community Service Update

	Your experiences can help researchers better understand the challenges people face when leaving the hospital and accessing housing. This information may help improve services and supports for others in the future. Interested or Have Questions? Please contact: Reem Gaafar Text: (226) 400-4056 Email: reem.gaafar@ontariotechu.net
City of Pickering	Community Safety Meeting: Aging and the Senses As part of the Community Safety and Well-Being Plan, we are hosting a community presentation on Aging and the Senses, delivered by Alzheimer Society of Durham Region. Participants will learn an overview on dementia, explore sensory and physical changes that occur with aging, and discuss how these changes may impact daily activities and independence. • Registration is not required, but appreciated to help plan refreshments. • Wednesday, September 16, 2026 7:00 pm – 8:30 pm O'Brien Rooms, Chestnut Hill Developments Recreation Complex Register here! or by emailing eknox@pickering.ca Reels for Meals: A Community Movie Night Join us for Reels for Meals, in support of St. Paul's on-the-Hill Community Food Bank. Enjoy Disney and Pixar's Elio with family and friends. Admission is a non-perishable food donation to help support local families facing food insecurity. Complimentary refreshments will be provided, and monetary donations are welcome. Seating is limited, so be sure to reserve your spot for an evening of movies, snacks, and community spirit. • Wednesday, September 23, 2026 6:00 pm – 8:00 pm • O'Brien Rooms, Chestnut Hill Developments Recreation Complex Registration is required. Register here! or by emailing eknox@pickering.ca <i>flyer attached</i>

Community Service Update

Resource Sharing: Needs & Surplus

To support one another and make the most of limited resources, we're inviting service providers to share:

- **Items you are currently in need of**, and
- **Items you have in surplus** that you're willing to share with other organizations.

If you'd like to participate, please send a brief list (including quantities and any conditions) and **contact name/email**. The information will be circulated to help connect needs with available resources.

Together, we can stretch our dollars further and better support our communities.

Service Navigation and Database Tools

[211 | Find Help](#)

Social Service & Community Program Navigation and Referrals

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

211 is answered by real people 24/7. Service is available in 200+ languages. Free and Confidential. Text is available Monday to Friday from 7am – 9pm ET. Live chat service is available Monday to Friday from 7am – 9pm ET

To search online, click here: [211 Central](#)

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

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

[311 | Homeless Help Line](#)

Durham Region Street Outreach Team

Phone: 311 - extension 5510 | 905-668-4113 extension 5510

Toll free: 1-800-372-1102 extension 5510

Email: Homelesshelp@Durham.ca

[Central East Health Line](#)

Community Service Tool

(Health and Social Services Information)

CentralEasthealthline.ca, administered by [Ontario Health atHome](#), is a community service tool that provides easy access to health and social services information.

Community Service Update

	Over 1700 service listings describe organizations and programs serving people who live in Scarborough North, Scarborough South, Durham West, Durham North East, Northumberland County, Haliburton County and City of Kawartha Lakes and Peterborough City and County. Users can choose to receive local information first or search the entire Central East region. Health Services for Central East - centraleasthealthline.ca		
<u>ConnexOntario</u>	<i>Mental Health, Gambling and Addiction</i> System Navigation and Referrals ConnexOntario is a free and confidential service offering support through phone, chat, text, and email for people in Ontario. Our team are trained professionals who listen with compassion, share information about the mental health, gambling and addictions system, and recommend or refer you to programs and services to meet your needs. How can you access Connex? <table> <tr> <td> Call 1-866-531-2600 Live Chat or Email Visit Their Website at https://connexontario.ca/ </td><td> Text Text "CONNEX" to 247247 (std msg & data rates may apply) Download the ConnexGO mobile app (available on android and apple) ConnexGO on Google Play ConnexGO on the App Store </td></tr> </table>	Call 1-866-531-2600 Live Chat or Email Visit Their Website at https://connexontario.ca/	Text Text "CONNEX" to 247247 (std msg & data rates may apply) Download the ConnexGO mobile app (available on android and apple) ConnexGO on Google Play ConnexGO on the App Store
Call 1-866-531-2600 Live Chat or Email Visit Their Website at https://connexontario.ca/	Text Text "CONNEX" to 247247 (std msg & data rates may apply) Download the ConnexGO mobile app (available on android and apple) ConnexGO on Google Play ConnexGO on the App Store		
Call Lines call lines are assumed to be available 24/7 unless otherwise stated			
<u>National Suicide Helpline</u>	call or text 988		
<u>National Hope for Wellness Helpline (Indigenous Helpline)</u>	call 1 855 242 3310		
<u>Distress Centre Durham Distress Line</u>	call 905 430 2522 or 1 800 452 0688		
<u>Durham Mental Health Services' Crisis Access and Linkage Line</u>	call 905 666 0483 or 1 800 742 1890		

Community Service Update

<u>Durham Rape Crisis Centre Crisis and Support Line</u>	call 905 668 9200
<u>National Overdose Response Service (NORS) Overdose Prevention Hotline</u> NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.	call or text before using substances 1 888 688 NORS (6677)
<u>The Ontario Caregiver Organization Support Line</u>	Call 1 833 416 2273 (CARE)
<u>Pinewood's Addiction Support Line</u>	9am-5pm, 7 days/week Call 905 721 4747 or 1 888 881 8878 Extension: 31208

Community Service Update

Health, Mental Health, Addiction and Harm Reduction	
<u>Health811</u>	Non-Emergency Health Advice 811 is a free, secure and confidential service you can call or access online 24 hours a day, seven days a week to get health advice from a registered nurse or find health services or information. This is not for medical emergencies. For medical emergencies, call 911. Call 811 or 1-866-797-0007 Start an online chat <u>Health811 - Chat online</u> Symptom Assessment Tool Use <u>Health811's</u> online assessment tool to check your symptoms! Learn more about your symptoms and get advice on next steps. This is not for medical emergencies. For medical emergencies, call 911 or visit the nearest emergency room. <u>Health811 - Symptom assessment</u>
<u>Aids Committee of Durham Region</u> (ACDR)	Harm Reduction Harm reduction is a philosophy that defines interventions, programs and policies that seek to reduce the health, social and economic harms of risk behaviour. It makes no assumptions or judgements about the moral or legal nature of risk behaviour. Education Providing resources and factual information that encourages fun, pleasurable and safer options around sex to protect everyone from HIV and end stigma and discrimination. Support Connecting people living with and affected by HIV/AIDS in Durham Region to supports, services and resources. ACDR offers harm reduction services at the following locations and hours: • ACDR - Monday - Friday 10am - 5pm 115 Simcoe Street South, Oshawa

Community Service Update

	• The Backdoor Mission - Tuesday - Thursday, Saturday - Sunday 10am - 3pm 66 Simcoe Street South, Oshawa Harm reduction supplies are available on-site, and ACDR staff and volunteers also provide street outreach. The services we provide: • Safer Use Drug and Sex Kits - Our safer use kits have all the sterile supplies needed for your form of substance use and also includes our hours of operation and safety tips. (Short & Long injection kits, stem kits, bulb kits, snorting kits, condom kits, etc.) • Naloxone & Naloxone Training (Narcan) - Naloxone is a drug used on someone who is having an opioid overdose and it helps revive them out of their overdose state. Naloxone is not a permanent solution and 911/EMS should be called when you have to administer it to someone. ACDR provides free naloxone as well as free naloxone trainings for anyone who is interested. • Fentanyl Drug Test Kits - You can test your drugs and substances for traces of any form of fentanyl. ACDR also provides training on how to use fentanyl test kits. • Formal and Informal Counselling - ACDR provides informal substance use counselling, crisis intervention and brief-solution based counselling • Outreach Van - ACDR uses the outreach van to meet people where they are at in the community to provide harm reduction support and services • Peer Support Program - ACDR's Peer program allows street-involved individuals with lived experiences to be a part of the harm reduction team by helping assemble the safer use kits and distributing them into the community • Equipment/supply clean up - You can get different sizes of Biohazard bins (Bio bins) at all of our harm reduction locations • If you are a business or resident in Durham region (Oshawa) and would like ACDR to come and clean up the paraphernalia on/round your property please call our office at 905-567-1445 Address: 115 Simcoe Street South, Oshawa
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Community Service Update

	Telephone: 905.576.1445 Website: www.aidsdurham.com
<u>Back Door Mission</u>	<i>Mission United Clinic</i> The Back Door Mission facilitates Mission United, a collaborative social service and primary health care HUB for those experiencing homelessness. This program seeks to assist those with high acuity and tri morbidity achieve long term stabilization by providing low barrier, wrap around supports with a point in time model. Through partnerships with various community agencies, we provide specialized person-centered services for our community through a singular access point. Mission United Clinic open from 10am-3pm, Monday-Friday. Please note that the clinic closes at 3pm. Attending before 2pm is best to be seen. See the healthcare team for any physical or mental health concerns. Patients are seen on a first come first serve basis. Address: 66 Simcoe Street South, Oshawa Telephone Monday - Friday: 905-728-4664 Saturday – Sunday: 289-979-9428 Website: www.backdoormission.ca
<u>Brock Community Health Centre</u> (BCHC)	The Brock Community Health Centre (BCHC) is a non-profit organization providing a range of comprehensive primary care services and health promotion programs for individuals, families and communities. Primary Health Care Program • Cannington ○ 64 Cameron Street East, Cannington, ○ Telephone: 705-432-3322, Ext. 1 • Beaverton - Beaverton-Thorah Health Centre ○ 468 Main Street East, Beaverton ○ Telephone: 705-432-3322, Ext. 2 Community Development and Health Promotion ○ 720 Simcoe Street, Beaverton ○ Telephone: 705-432-3322, Ext. 3

Community Service Update

	Diabetes Education Program - Beaverton Torah Health Centre 468 Main Street East, Beaverton - Telephone : 705-432-3322, Ext. 2 Geriatric Assessment Program - Beaverton Torah Health Centre 468 Main Street East, Beaverton - Telephone : 705-432-3322, Ext. 2 Administration 720 Simcoe Street, Beaverton - Telephone : 705-432-3322, Ext. 4 Healthy Connections – Support Group for Mothers Healthy Connections program is a supportive group for mothers who have experienced violence in relationships. This program is designed for women parenting children aged 0–6 years, offering a safe space to reflect on past and present experiences and explore their impact on parenting, wellness, and child development. - Brock Community Health Centre, 39 Cameron St W, Cannington, ON L0E 1E0 - Tuesdays, January 13 – March 10, 2026 1:00 PM – 2:30 PM Child minding and light refreshments provided Topics Covered: - Learning About Healthy Relationships - What Happened When We Were Kids Matters Now - Recovering From My Past - Child Development and Behaviour - Building Self-esteem - Positive Parenting—Building Self-esteem in Our Children Contact our facilitators: - Barb Westerbaan – 905-259-3271 Barb.Westerbaan@ymcagta.org - Shannon Shearer – 289-404-8743 Shannon.Shearer@ymcagta.org
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Community Service Update

[Canadian Addiction Treatment Centres](#)

Canadian Addiction Treatment Centres (CATC) is Canada's largest provider of recovery programs and supports for substance use disorder and addictions. With over [80 outpatient and inpatient facilities across Canada](#), we offer comprehensive evidence-based care that meets people where they are in recovery, with compassion and respect.

- **Change Health Care**
350 Simcoe Street, Beaverton | 705-426-2362
Tuesday and Friday | 9:00am - 1:30 pm
- **Ontario Addiction Treatment Centre**
45 Bloor Street East, Unit 2, Oshawa | 905-443-0223
Monday, Tuesday, Thursday, Friday | 6:00 am – 2:00 pm
Wednesday | 6:00 am – 12:00 noon
Saturday 9:00 am – 12:00 noon
- **Way Street Centre**
72 Baldwin St unit 106, Whitby | (905) 655-9898
Monday - Friday: 9:00 am – 4:00 pm
Saturday: 10:00 am – 12:00 pm

Founded in 1995 in response to an immediate need for expanded access to accessible [opioid use disorder treatment](#) in Ontario, CATC has quickly become Canada's leading community care partner supporting people experiencing substance use disorder and behavioural addictions, as well concurrent underlying mental health conditions.

Today, we help thousands of people every day live their best quality of life, at any stage of recovery.

Within our rapid access outpatient treatment centres, we offer a comprehensive care model designed to meet the broader health care needs of our patients. In addition to providing Methadone and Suboxone® assisted therapy, we offer harm reduction services, basic primary care, Hepatitis C and HIV Treatment, and counselling/case management.

[Get Help Now](#)

[Community Living Ajax-Pickering and Whitby](#)

Community Service Update

	Community Living Ajax-Pickering and Whitby (CLAPW) provides supports that promote overall wellness and stability for individuals with developmental disabilities, including those with concurrent mental health needs. Services include: • Medication administration and health monitoring in staffed residential settings • Support attending medical, dental, and psychiatric appointments • Health advocacy and coordination with primary care and specialists • Dual-diagnosis supports (developmental disability + mental health needs) • Behavioural support within residential and intensive treatment settings (e.g., Forest View Treatment Home) • Crisis stabilization and short-term behavioural intervention (where applicable) Supports are individualized and may include collaboration with community partners such as specialized mental health agencies and clinical services. Head Office: 36 Emperor Street, Ajax Telephone: (905) 427-3300 Fax: (905) 427-3310 Email: info@clapw.org Hours of operation: Monday to Friday – 8:30am – 4:30pm Day Services: 177 Dowty Rd, Ajax Telephone: (905) 683-6732 Website: https://www.cl-apw.org/site/home Service Type: Developmental Services Agency (Residential, Community Participation, Employment Supports) Geographic Area Served: Ajax, Pickering, Whitby (Durham Region) Eligibility: Adults (primarily 18+) with developmental disabilities; intake typically through Developmental Services Ontario (DSO)
DARS	Dedicated Advocacy Resource Support (DARS) embeds an evidence-based harm reduction approach across its programs and services to prioritize community health and client safety. To meet individuals where they are at, DARS integrates the distribution of essential harm reduction supplies directly within its service locations. Monday –Thursday 8:30 am – 2:30 pm • 690 Third Concession Road 905-492-9337

Community Service Update

	Wednesday 11:00 am – 1:00 pm 1 Esplanade, Central Library Auditorium 905-492-9337 Thursday 4:30 – 6:30 pm 928 Liverpool Road, Peace Lutheran Church 905-492-9337
<u>DUO</u>	Do Unto Others DUO is a grassroots, non-profit organization founded by that provides critical, low-barrier support for people experiencing homelessness, addiction, and poverty. To meet individuals where they are at, DUO integrates the distribution of essential harm reduction supplies directly within its service locations. Oshawa 454 Simcoe St S, 905-213-9580 Monday – Sunday 2:00 pm – 7:00 am Bowmanville 181 Liberty St S 905-213-9580 Monday – Sunday 8:00 pm – 8:00 am
<u>Durham College</u>	<u>Dental Hygiene and Dental Assisting programs</u> Our on-campus Dental Hygiene Clinic offers professional preventive oral health services for individuals aged 5 and older in a welcoming teaching environment. Services are provided by Dental Hygiene students under the close supervision of experienced registered dental hygienists and licensed dentists, ensuring high-quality care. Services include: - Dental cleanings for children and adults - Dental X-rays - Oral cancer screenings - Fluoride treatments - Mouth guards - Professional whitening - Oral health education and more. Clinic fees are designed to be affordable:

Community Service Update

	- Adults: \$40 - Youth (13–16): \$25 - Children (12 and under): \$15 - Whitening: \$45 <u>Dental Assisting Preventive Clinic for children and youth ages 6–21</u> For just \$10, patients receive preventive dental services such as oral screenings, polishing, fluoride application, oral hygiene instruction, and additional services when clinically indicated. Appointments are available Monday through Friday, including evening appointments. To book an appointment, call 905.721.3074 or visit durhamcollege.ca/dentalclinic. <i>flyers attached</i>
<i>Durham Doctor House Call Service In-Home Primary Care</i>	Durham Doctor House Call Service provides doctor house calls for people who are unable to leave their homes or their family doctor isn't available. The service is free with OHIP Card. - Schedule changes daily. Call the office (daily 10am-7pm) for the current schedule. - Doctors start their house calls Mon-Fri at 4pm and Sat-Sun at 10am. - Doctors are available to see more than one person per house. - This service is for Pickering, Ajax, Whitby and Oshawa Call 905-619-6641
<u>East Region Virtual Care Clinic</u>	East Region Virtual Care Clinic The East Region Virtual Care Clinic is a Nurse Practitioner-led virtual-care clinic that works with local health-care providers to ensure patients can access more timely care. Register Online: www.virtualcareontario.ca Call: 1-888-684-1999
<u>Good Doctors Beaverton</u>	Telemedicine Clinic

Community Service Update

	Open 9am-5pm Mondays, Wednesdays and Fridays, the Good Doctors Beaverton Telemedicine clinic offers non-urgent, medical services that are covered by OHIP. Staffed with a registered practical nurse or registered nurse who meets with patients; documents their medical concerns and history; and connects them with a licensed Ontario physician via a video telemedicine platform. The nurse remains with the patient during the video consultation and assists the doctor with any necessary physical assessments. The clinic provides services by appointment only. To book an appointment at Good Doctors telemedicine, visit https://gooddoctors.as.me/beaverton or call 705-798-3439 Please ensure that the person with the appointment brings their Ontario Health Insurance Plan (OHIP) card to the appointment; There is a \$70 fee if they do not bring their OHIP card or bring an expired card. Phone: 705-798-3439 Email: beaverton@gooddoctors.ca Find us on Facebook! https://www.facebook.com/gooddoctorsbeaverton
<u>Durham Community Health Centre</u>	DCHC provides integrated, accessible, and equitable community-based primary care, wellness services, and health education to Durham community members. Integrated Clinical & Wellness Care Services include: • Clinical Care • Mental Health • Wellness Care • Chronic Disease Management and Prevention • Health Education https://www.durhamchc.ca/ Primary Care Mobile Clinic Our Mobile Clinic Team, led by Nurse Practitioners, provide clinical, wellness and health education services to priority populations throughout Durham Region. We are now accepting new clients for primary care at the following location:

Community Service Update

- Ismaili Centre (520 Westney Rd S., Ajax)
- CFOC Ajax (158 Harwood Ave., Ajax)

The Primary Care Mobile Clinic provides services including:

- 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 needed
- And much more!

To book an appointment, please visit the links below for your preferred clinic location:

- Ismaili Centre:
<https://outlook.office365.com/owa/calendar/IsmailiCentrePrimaryCare@DURHAMCHC.onmicrosoft.com/bookings/>
- CFOC Ajax: Please contact DCHC by calling [905-723-0036](tel:905-723-0036)

Harm Reduction Mobile Outreach Team Knowledge Carrier

Anthony Latsithyokwas Nicholas is from Onyota'a:ka- Oneida Nation of the Thames Anthony will be joining the Harm Reduction Mobile Outreach Team to provide community-based access to Indigenous health systems, medicines, and teachings.

Anthony will be available in the community to support Indigenous individuals through connection using a cultural approach to harm reduction that is grounded in Indigenous knowledge systems.

- First Tuesday of each month May 5 - Sept. 1, 2026 | 8:30am-4:00pm
- Durham Region
- Contact Audra: ataillefer@durhamchc.ca

Community Service Update

DCHC is committed to improving access to culturally appropriate care for Indigenous People experiencing homelessness in Durham Region.

Black Health and Wellness Clinic

[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!!

Telephone: 1 877 227 3217

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

Kahwa:tsire Indigenous Community Breakfast Program

Kahwa:tsire is Kanienkeha that roughly translates to mean family in English. Family relations are critical to Indigenous community and culture.

Indigenous harm reduction is a process of integrating cultural knowledge and values into the strategies and services associated with the work of harm reduction. Indigenous knowledge systems are strongly connected to the natural environment.

Monthly visits with Yotisken' rakehte and Rotisken' rakehte as well as access to medicines, language, storytelling, cultural teachings and traditional foods.

- The 1st and 3rd Tuesday of each month | 10am-12 noon.
- 79 McMillan Drive, Oshawa

Community Service Update

	Space is limited and registration is required. Contact Audra for more information: ataillefer@durhamchc.ca Knowledge Carrier- Anthony Latsithyokwas Nicholas Anthony Latsithyokwas Nicholas is from Onyota'a:ka- Oneida Nation of the Thames Anthony will be joining the Harm Reduction Mobile Outreach Team to provide community-based access to Indigenous health systems, medicines, and teachings. Anthony will be available in the community to support Indigenous individuals through connection using a cultural approach to harm reduction that is grounded in Indigenous knowledge systems. • First Tuesday of each month May 5 - Sept. 1, 2026 8:30am-4:00pm • Durham Region • Contact Audra: ataillefer@durhamchc.ca DCHC is committed to improving access to culturally appropriate care for Indigenous People experiencing homelessness in Durham Region. <i>flyer attached</i>
<u>Canadian Mental Health Association Durham (CMHA)</u>	Nurse Practitioner Led Clinic Whether you're seeking mental health support or medical services, our Nurse Practitioner-Led Clinic (NPLC) offers services for both your long-term and short-term wellness needs. Our NPLC allows you to be proactive about your health with prevention services like screenings, tests, and immunizations. We support you in navigating ongoing health challenges with coordinated care planning and disease management. Our clinic also delivers specialized mental health care at every step, from diagnosis to treatment. • Nurse Practitioner • Clozapine Monitoring Services • Depot Injection Services Go to CMHA Durham's website or walk in for more information! Canadian Mental Health Association Durham

Community Service Update

<u>Durham Ontario Health Team</u>	What is an Ontario Health Team (OHT)? An OHT, also known as an Integrated Care Delivery System in the People’s Healthcare Act, 2019, is a group of health care providers who work together to design a system for their population and deliver care to allow for a seamless transition for patients accessing health care. The central premise is based on continuous improvement of the patient experience. The <u>Durham Ontario Health Team (OHT)</u> is a collaborative group of organizations, and patient, family and care partner advisors working in partnership to improve access and delivery of coordinated health services. The group is comprised of partners from across the care continuum, including primary care providers, hospitals, mental health and addiction services, social support services, home and community care support services and long-term care. Visit their website for more information https://www.doht.ca/
<u>HART Hub Whitby</u>	The Homelessness, Addiction, Recovery Treatment (HART) Hub Whitby (in partnership with DCHC) provides welcoming, wrap-around care for adults in Durham Region who are experiencing homelessness, housing instability, mental health challenges, and/or substance use concerns. As part of Ontario’s Homelessness and Addiction Recovery Treatment (HART) initiative, the Whitby HART Hub is designed to support people who may find it difficult to access the right services when they need them most. Many individuals facing homelessness and complex health needs encounter barriers to care. The HART Hub brings essential supports together in one place to make care easier, more coordinated, and more responsive. What We Offer At HART Hub Whitby, clients can access integrated, person-centered services that may include: • Primary health care • Mental health and substance use supports • Harm reduction services • Case management and navigation • Connections to housing and community resources

Community Service Update

Our team works alongside each client to understand their unique goals and provide compassionate, low-barrier care. The HART Hub is committed to helping people improve health, build stability, and access the resources they need, without judgement and without the requirement for appointments or referrals.

HART Hub Whitby Mobile Medical Clinic

Offering safe, confidential healthcare services. If you have health concerns, see one of our nurses.

- Monday | 10-1 Ajax Hub 158 Harwood Avenue South, Ajax
- Tuesday | 9-12 Bowmanville 178 Church Street, Bowmanville
- Wednesday | 9-12 DUO Oshawa 454 Simcoe Street South, Oshawa
- Wednesday | 9-12 BIAD Biweekly Unit 24 - 850 King St. W., Oshawa
- Thursday | 12-3 DARS Pickering 928 Liverpool Road, Pickering
- Friday | 10-1 The GATE 300 Court St, Oshawa

What our nurses can do:

- Wellness and Vital Checks
- Physical Assessments
- General Wound Care
- General Foot Assessments

We provide safe, confidential healthcare services. No appointment necessary.

Who Can Access The HART Hub

HART Hub Whitby welcomes adults (18+) who are experiencing:

- Homelessness or housing instability for 6 months or longer and
- Multiple health challenges and
- Substance use concerns including individuals seeking coordinated supports to make changes to their substance use and
- Barriers to accessing health and social services

No referral or health card, or appointment required.

Emergency and Crisis Services

Whitby HART Hub does not provide emergency response or emergency access to shelters or crisis services. For emergencies, please call 911 immediately.

What Programs and Services are Currently Offered

Community Service Update

	Through coordinated partnerships, the HART Hub provides: • System navigation and case management • Connection to low-barrier community services • Access to primary care • Mental health support and addiction referrals • Transitional shelter and housing navigation How the HART Hub Works The HART Hub connects individuals to coordinated care through a structured and supportive pathway: 1. Request received 2. Intake and eligibility assessment completed by System Navigator 3. Stabilization and care coordination 4. Transition to housing and ongoing supports Each client is supported by a dedicated System Navigator who coordinates services across healthcare, housing, and community partners. The HART Hub is designed to: • Reduce emergency department use • Improve housing stability • Enhance continuity of care • Support long-term health outcomes Looking For Support? If you, or someone you know would benefit from HART Hub services or programs, please contact us by phone or by email at: harthub.systemnavigators@durhamchc.ca. or call one our system navigators directly: Kristen: 289-830-6815 Linda: 905-213-7127 https://www.durhamchc.ca/hart-hub/
<u>HART Hub Oshawa</u>	The Homelessness and Addiction Recovery Treatment (HART) Hub Oshawa, operated in partnership with Canadian Mental Health Association Durham, provides integrated, low-barrier support for adults experiencing homelessness, housing instability, mental health challenges, and substance use concerns in Durham Region. As part of Ontario’s Homelessness and Addiction Recovery Treatment (HART) initiative, HART Hub Oshawa was created to improve access to coordinated health and social services for individuals with complex needs. The Hub brings

Community Service Update

together healthcare, housing, mental health, addictions treatment, and community supports in one location to help individuals improve stability, health, and long-term well-being.

The HART Hub uses a trauma-informed, culturally responsive, and person-centered approach to care. The program works closely with community partners, municipalities, hospitals, police services, and local agencies to provide coordinated and compassionate support.

What We Offer

HART Hub Oshawa provides access to integrated services that may include:

- Primary health care
- Mental health and addictions support
- Substance use treatment and symptom management
- Medication support and monitoring
- Trauma-informed interventions
- Case management and systems navigation
- Recreation and daily living supports
- Peer support services
- Indigenous support workers
- Connections to housing, employment, and community resources
- Supportive transitional housing opportunities

Clients are supported by an interdisciplinary team that may include nurses, physicians, mental health and addictions workers, case managers, recreation staff, peer support workers, and Indigenous service providers.

Who Can Access the HART Hub

HART Hub Oshawa supports adults experiencing:

- Homelessness or housing instability
- Mental health and/or substance use concerns
- Complex health or social service needs
- Barriers to accessing healthcare, housing, or community supports

The Hub is designed to provide welcoming, low-barrier care and support for individuals who may have difficulty accessing traditional services.

Program Features

HART Hub Oshawa is designed to:

- Improve access to coordinated care
- Reduce barriers to healthcare and social services
- Support recovery and housing stability
- Enhance long-term health outcomes
- Provide culturally responsive and trauma-informed care

Community Service Update

	Strengthen collaboration between community partners Transitional Support Services HART Hub Oshawa operates from 78 Richmond Street West in Oshawa and includes up to 10 supportive beds with 24-hour staffing and support, seven days a week. Looking for Support? Individuals seeking support or more information about HART Hub Oshawa are encouraged to contact CMHA Durham or local community partners for assistance and referral information.
<u>H.O.P.E (Helping Other Parents Everywhere)</u>	HOPE is an Ontario-based network of support groups for parents and guardians who are troubled by parenting-related challenges concerning their teen or young adult children. HOPE is a registered Canadian charity run by trained volunteers who know firsthand the power of parent-to-parent peer support. Our peer support groups help parents and guardians in addressing the challenges they face with their young people, all within a non-judgemental, confidential, and supportive environment. Mental health concerns are one of the biggest issues that parents bring to HOPE. We have helped families who are supporting a young person dealing with: - Anxiety and depression - Substance misuse - Self-harm and suicidal ideation - Behavioural issues - School-related concerns (e.g. truancy, suspensions, etc.) We operate virtually throughout Ontario. With the pandemic subsiding, in 2025 we are phasing in the re-opening of our in-person groups in Ajax-Pickering, Oshawa, Toronto North, and Toronto Downtown. All our groups hold weekly meetings. Parents who attend also have access to peer-to-peer phone support between meetings and educational resources. Our groups operate year-round, and parents can join anytime, ensuring they receive timely support. https://www.hope4parents.ca
<u>John Howard Society Durham</u>	John Howard Society of Durham Harm Reduction Services work to create safer spaces and provide support for individuals and the community affected by

Community Service Update

substance use. Our goal is to reduce harm, protect health, and offer services that support individuals in making informed and safer choices.

Through outreach programs, educational opportunities, and community partnerships, we strive to reduce risks associated with substance use and to promote safer practices for all.

Our services include needle recovery programs, access to sterile injection supplies, and educational resources on safer drug use, overdose prevention, and community safety. Whether it's help for individuals or help for the community, we are here to provide support with compassion and respect.

Harm Reduction Outreach (HRO)

Our program works at reducing the public health risks associated with substance use. Our team works in high-priority areas of Durham Region, educating the community about harm reduction and distributing resources for safer drug use.

This includes outreach to provide necessary supplies and to support individuals in making safer choices regarding substance use.

Project X-Change

Project X-Change is a harm reduction program designed to support health and well-being. Our goal is to reduce the risks associated with drug use by providing access to sterile equipment and accurate, non-judgmental information.

Through our services, clean, single-use supplies such as needles, alcohol swabs, Vitamin C, cookers, filters, sterile water, latex-free tourniquets, and safer smoking and snorting kits are available. We also offer condoms and safer sex supplies to help you protect sexual health. Safe disposal of used equipment is available to help prevent the spread of infections and maintain community safety.

We have free Naloxone kits—available in both injectable and nasal spray forms—along with refills. Naloxone is a medication that can temporarily reverse the effects of an opioid overdose, potentially saving lives by providing critical time for emergency intervention.

In addition to harm reduction supplies, we also connect to a wide range of supports, including health care services, mental health resources, housing options, and addiction treatment programs. Our team offers confidential,

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respectful guidance on safer drug use, overdose prevention, and safer sex practices—without judgment or pressure.

Our services are anonymous, easily accessible, and available to anyone in need.

We work from a harm reduction approach, which means we respect choices and focus on supporting safety and well-being.

Funding is provided by the Region of Durham Health Department.

Contact: 905-440-5410

On Point Program

Our On-Point Program is dedicated to reducing the risks associated with used syringes and substance use paraphernalia in public spaces. Our team works regularly in key areas of Durham Region, safely recovering syringes and other items to protect the community from needle-stick injuries and related exposures. In addition, the program provides meaningful employment opportunities for individuals with lived experiences of homelessness, addiction, or mental illness, while also educating the public on the safe disposal of these items.

Contact Information to report substance use paraphernalia and safe disposal (parks and public spaces): email: onpoint@jhds.ca

Locations & Hours:

Oshawa

75 Richmond Street West | 905-579-8482

Monday – Friday | 8:00 am – 4:00 pm

(closed 12:00 noon – 1:00 pm)

Email: jhsdurham@jhds.ca

Whitby

114 Dundas Street East - Suite 200 | 905-666-8847

Monday – Friday | 8:30 am – 4:30 pm

(closed 12:00 noon – 1:00 pm)

Email: jhsdurham@jhds.ca

Bowmanville

132 Church Street | 905-623-6814

Monday – Friday | 8:00 am – 4:00 pm

(closed 12:00 noon – 1:00 pm)

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	Email: jhsdurham@jhsd.ca
<u>Lakeridge Health</u>	<u>Central Connect (Central Intake)</u> 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. These programs have come together to have one central intake called Central Connect. 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 For more information or the online referral forms, see: Mental Health and Addictions - Lakeridge Health <u>Durham Mental Health Services</u> <u>Peer Support Groups</u> DMHS believes that individuals with lived experience of mental illness can vitally contribute to the recovery process for people who are experiencing mental health problems. The client/peer support relationship can promote resilience and help buffer stressors or adversity. Clients benefit from the empathy and encouragement that a person who has lived their struggles can offer. It is support "by peers for peers" – a positive, inspiring, and equal relationship that promotes health, self-acceptance, and progress towards recovery. DHMS Peer Support Specialists can offer: ▪ Assistance setting recovery goals ▪ Life-skills training and coaching ▪ Psycho-educational programming ▪ Social networking and support ▪ Linkage to services

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Our Peer Support Specialists also work in the community to raise awareness of mental illness and stigma, provide education, and coordinate Peer Support programming with other organizations. In this capacity, DMHS is a proud sponsor of the consumer advocacy group V.A.S.E. – Voices Against Stigma Everywhere.

If you have any questions, please let us know at DMHSppeer@lh.ca

For new registrants contact:

Central Connect at CentralConnectMHA@lh.ca or 905-440-7534.

For existing DMHS/Lakeridge Health peer support members Contact: Peer Support at DMHSppeer@lh.ca.

Virtual Group Series

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.

Virtual Group

Thursday's 6:00pm – 7:30pm

VASE invites you to join!

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

<https://zoom.us/j/93811786238?pwd=QW95NWcyYUdrVnBTOXVLWTlYitnUT09>

Meeting ID: 938 1178 6238 Passcode: 237206

Schedule a Speaker: To schedule a speaker or for more information, contact Lynn Moulds at lmoulds@lh.ca

Become a Speaker: To be a VASE speaker you must complete the [My Story, My Voice at Ontario Shores](#).

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.

Family Support Program

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Offers services to the family caregivers of adults with mental health concerns. This program provides individual support sessions, psychoeducational and support groups, as well as workshops on a variety of caregiving related topics. We also have group Mindfulness Practice sessions for our clients on a monthly basis.

Our goal is to reduce stress by providing meaningful help to supporters. Education and support for family members - are powerful tools for healing and recovery.

- 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 available to Family Caregivers in Durham Region 16 years of age or older referrals to Central Connect can be made to CentralConnectMHA@lh.ca or calling 905-440-7534 or 1-833-392-7363.

Indigenous Addiction and Mental Health Outreach Worker

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.

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

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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) 905-666-0483 or 1-800-742-1890 on the day you are looking to access.

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

Mobile Crisis Team

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

Follow up crisis support, community linkages and referrals are also available. To schedule a visit with our mobile crisis team, please call our Crisis Access and Linkage Line (C.A.L.L) 905-666-0483 or 1-800-742-1890 on the day you are hoping to meet with the team.

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

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

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.

Child Youth and Family Program

The Child, Youth and Family Program (CYFP) provides services for children and adolescents, aged 5 to 18, who are struggling with serious mental health issues. We offer crisis intervention, an inpatient unit and outpatient services.

For more information on the Child Youth & Family Program please contact our main office at 905-576-8711 ext. 34345.

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Adult Mental Health

The Adult Mental Health program at Lakeridge Health provides support for adults 18 and over who are struggling with serious mental health issues. Through a variety of programs and services, we focus on you and your journey. We offer crisis intervention, an inpatient unit and outpatient services at our Lakeridge Health Oshawa site and many community locations.

Bridging Clinic

The Lakeridge Health Bridging Clinic is designed to provide continuous, short-term support to individuals who have received mental health and addiction care in the Emergency Department and are experiencing a gap in follow-up services. The clinic aims to facilitate community reintegration, support recovery, and prevent relapse. Low-barrier, drop-in model offering in-person care for up to three months; comprised of an Interprofessional team.

Eligibility criteria:

- Referred from the Emergency Department
- Residents of Durham Region
- 5 years old and up
- Experiencing mental health and/or addiction concerns
- Interpretation services as needed

Hospital to Home (H2H)

The Hospital to Home (H2H) program supports patients transitioning safely from hospital to home by coordinating discharge planning and connecting them with community-based health and social services.

Working in partnership with hospital teams, Ontario Health atHome, primary care, and community agencies, the program helps ensure patients receive the supports they need following discharge, reducing avoidable hospital readmissions and improving continuity of care.

For mental health and addictions, Hospital to Home staff also assist with connections to community mental health, addiction, housing, and other recovery-oriented services to support successful community reintegration.

Seniors Program

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Seniors Program provides holistic, wrap-around supports to adults **55 years and older** living in designated Durham Region non-profit, municipal, and local housing sites. Using a multidisciplinary team approach, the program helps seniors maintain their independence, improve their health and well-being, and remain safely in their own homes for as long as possible.

Programs and Services

Services are provided by **Community Mental Health Workers (CMHWs), Registered Practical Nurses (RPNs), Personal Support Workers (PSWs), and a**

Recreation Therapist (RT) and may include:

- Intensive case management and care coordination
- Mental health and addictions counselling and support
- Medication management and health teaching
- Personal care and activities of daily living
- Light housekeeping, laundry, meal preparation, and shopping
- Crisis intervention, safety planning, and wellness checks
- Recreation and social engagement
- Housing support, eviction prevention, and hoarding referrals
- Assistance with finances, benefits, applications, and system navigation
- Referrals to community services, transportation, Long-Term Care, and other health supports
- Caregiver support and end-of-life planning

Eligibility

Services are available to **adults aged 55 and older** living in designated Durham Region housing sites who are experiencing one or more of the following:

- Mental health and/or substance use concerns
- Social isolation
- Difficulty managing activities of daily living
- Need for caregiver support or relief
- Physical health, housing, or wellness challenges

The program works collaboratively with clients and community partners to provide the right support at the right time, promoting recovery, independence, and aging safely at home.

Community Service Update

Pinewood Centre

Pinewood Centre of Lakeridge Health provides a variety of services to help people with alcohol, drug, concurrent mental health and gambling related concerns. Our wide range of treatment services includes residential withdrawal management services, residential treatment services, structured community based individual and group services, and walk-in and telephone support.

Direct Phone Number - Residential Withdrawal Management (Detox Beds) – 905-440-7568

Pinewood Community Outreach Scheduled Locations

- Mondays | 9am – 12pm
Ajax HUB 158 Harwood Ave. S., Ajax with HART Hub Whitby
- Tuesdays | 9am – 12pm
178 Church Street, Bowmanville with HART Hub Whitby
- Tuesdays | 1pm - 2:30pm
DUO Oshawa, 454 Simcoe Street North with HART Hub Whitby
- Wednesdays | 8:30am – 4:30pm
Residential Withdrawal Management Services, 300 Centre Street South, Oshawa
- Thursdays | 9am - 1pm
The Mission, 66 Simcoe Street South, Oshawa
- Fridays | 8:30am – 9:30am
Residential Withdrawal Management Services, 300 Centre Street South, Oshawa
- Fridays | 10am – 12pm
The GATE, 300 Court Street, with HART Hub Whitby

Pinewood Addiction Psychotherapy Program

A structured psychotherapy program for Pinewood Centre's Community Treatment clients who have been identified to need additional clinical intervention, beyond the core Community Treatment programming, to meet

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their substance use and/or problem gambling, gaming and technology goals (PGGT). This program offers a continuity of care and reduce barriers to clients who are excluded from psychotherapy and other therapeutic programming because of active substance use.

All clients referred to the program are invited to participate in an assessment to better understand psychotherapy goals and support treatment planning and model of care: the program offers both Acceptance and Commitment Therapy (ACT) and Cognitive Processing Therapy (CPT) for the treatment of Post-Traumatic Stress Disorder (PTSD).

Clients can access up to 12 individual psychotherapy sessions (group therapy services currently in development and can be a component of a client's treatment plan).

Program Goals

- Increase Successful Outcomes
- Reduce Admission Length
- Reduce future re-admission to the CT program

Inclusion criteria

- Client is able and willing to participate in insight-oriented therapy
- Client has demonstrated ability to regularly attend programming
- The main treatment goal of the client is focused on substance use or GGT, or how other areas are impacting the person's substance use or GGT
- Not better served by another program – either internal to LH or a community resource (ex. EPI, Eating Disorders, CDDT, OSPP etc)
- Client has completed core addictions counselling program (or has been engaged in CT service for at least 3 months)

Referrals into the program

- Internal referral from Community Treatment only at this time

Therapeutic Models Offered

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) focuses on helping individuals accept their thoughts and feelings, commit to actions aligned with their values, and build psychological flexibility. The goal is not to eliminate distressing

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thoughts or emotions but to help people develop a different relationship with them so that these experiences don't control their behavior.

ACT incorporates elements of mindfulness, acceptance, and behavior change, and is based on six core processes:

1. **Cognitive Defusion:** Learning to detach from thoughts and see them as just thoughts, rather than truths or commands.
2. **Acceptance:** Allowing painful thoughts and emotions to exist without trying to change or avoid them, which reduces their power over time.
3. **Present Moment Awareness:** Being mindful of the present rather than getting lost in past memories or future worries.
4. **Self-as-Context:** The ability to observe one's thoughts and feelings from a broader perspective, helping people see themselves as more than just their experiences.
5. **Values Clarification:** Identifying what is truly important to a person in life (their values), which can guide behavior and decision-making.
6. **Committed Action:** Taking steps toward living in line with one's values, even in the presence of difficult thoughts or emotions.

Cognitive Processing Therapy (CPT) for Trauma

Recognizing the concurrent nature of substance use and trauma, and the barriers faced by our clients who are actively using substances to access trauma treatment, the program will also be offering CPT for trauma to clients who meet specific criteria (defined by the CPT model).

Cognitive Processing Therapy (CPT) is a type of cognitive-behavioral therapy (CBT) that is specifically designed to treat individuals with post-traumatic stress disorder (PTSD). It helps people understand and change the way they think about a traumatic event and its impact on their thoughts, feelings, and behaviors.

CPT focuses on identifying and challenging distorted thoughts or beliefs related to the trauma, such as feelings of guilt, shame, or fear. The therapy aims to help individuals process the trauma in a healthier way, reducing the emotional distress that comes with it.

Under the umbrella of these treatment models, the program will offer both individual and group services to meet the diverse needs of CT clients.

Pinewood Psychotherapy Program Team

Jacqueline Koeslag jkoeslag@lh.ca

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	Salomi Williams swilliams@lh.ca Adam Agueci aagueci@lh.ca Miranda McCormack mimccormack@lh.ca Stephanie Venneri svenneri@lh.ca Stacey Leger sleger@lh.ca Sarah Mogg smogg@lh.ca Julie-Anne Naylor (Manager) janayler@lh.ca <i>updated 31 October 2025</i> <u>Rapid Access Addiction Medicine Clinic (RAAM)</u> The Rapid Access Addiction Medicine (RAAM) clinic provides quick access to quality care for individuals with alcohol and opioid addictions and can also support those on prescription opioids seeking information or withdrawal management help. The experienced RAAM team understands the challenges in seeking assistance and offers medical treatment and counseling services without needing a doctor's referral. <u>The Virtual RAAM</u> is open Monday to Friday from 9:00 a.m. to 11:00 a.m. No appointment is necessary. <u>Through this online portal</u>, an Addictions Counsellor will assess a client's needs and goals and coordinate a service plan. This may include referrals to counselling and withdrawal management programs or in-person appointments. <u>The Virtual RAAM</u> complements the traditional, in-person clinic at Pinewood Centre.
<u>National Overdose Response Service (NORS)</u>	24/7 Peer Led Overdose Prevention Hotline 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. For more information: https://www.nors.ca/about
<u>Ontario Health atHome</u>	Ontario Health atHome coordinates in-home and community-based care for thousands of patients across the province every day. We assess patient care needs, and deliver in-home and community-based services to support your health and well-being. We also provide access and referrals to other community services, and manage Ontario's long-term care home placement process.

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	We collaborate with primary care providers, hospitals, Ontario Health Teams and many other health system partners to support high-quality, integrated care planning and delivery. Home and Community Care Support Services (ontariohealthathome.ca)
<u>Ontario Shores Centre for Mental Health Sciences</u>	Ontario Structured Psychotherapy Program 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. 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. 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. To begin the referral process, you will first need to complete the referral form on <u>Ontario Shores' website</u>. You will then be contacted by someone from Ontario Shores to get you started. If you have any questions, please contact: Ontario Shores at 1-877-767-9642 or email them at: CentralizedReferral@ontarioshores.ca
Pharmacies providing harm reduction supplies	Parkwood Pharmacy 117 Simcoe Street North, Oshawa 905-728-1668 Scotts Drug Mart 1000 Simcoe Street North, Oshawa 905-576-7000 Walter's Pharmacy 140 Simcoe Street South, Oshawa 905-240-1616
Region of Durham	Family Services Durham (FSD) Counselling

Community Service Update

Family Services Durham is pleased to share that we have recently expanded our professional counselling and psychotherapy services. Support is available for a wide range of mild to moderate mental health challenges, including anxiety, depression, relationship difficulties, emotion management, past or current abuse, stress and life transitions.

Services are provided by social workers registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and psychotherapists registered with the College of Registered Psychotherapists of Ontario (CRPO).

Sessions are offered in-person in various locations across Durham Region, as well as by phone or video. Daytime and evening appointments are available.

Fees for FSD counselling services are based on a sliding scale according to household income. **Recipients of Ontario Works or Ontario Disability Support Program benefits are *not* charged a fee.**

Accessing services

Those who wish to request counselling can fill out FSD's online [Counselling Request Form](#) or call 311 or 1-888-721-0622 (Monday to Friday, 9 a.m. to 5 p.m.). When the request is received, FSD staff will contact the individual to schedule a telephone intake. Upon completion of the intake, the client will be offered service via the appropriate pathway based on the needs and concerns shared.

Here and Now Counselling

Here and Now Counselling (HNC) is a "one at a time" counselling service that provides individuals 12 years and older with timely access to mental health support when and as it is needed. Clients can access up to two sessions per month. Each session focuses on one issue at a time, offering practical strategies, support and referrals to other services when indicated.

Multi-Session Counselling

FSD continues to offer Multi-Session Counselling (MSC) to couples and families; MSC may be offered to those seeking individual counselling based on the needs shared during the Intake or during an HNC session. Up to eight sessions are available through MSC. Goals, session frequency, total number of sessions and treatment modalities are determined by the client and therapist.

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	Men's Counselling Link Family Services Durham is now providing counselling and mental health support through the Men's Counselling Link (MCL). This is a province-wide initiative to improve access to mental health supports for male-identifying individuals aged 16 and older. MCL was developed in response to ongoing high rates of intimate partner violence (IPV) across the province, coupled with significant and long-standing gaps in men's mental health services and a lack of IPV prevention and early-intervention services. Men often face unique challenges and stigma when seeking help, and cultural expectations around masculinity, fear of judgment, and limited awareness of supportive services all contribute to lower rates of help-seeking. Men in Durham Region can request MCL service at FSD by calling 211. There is no cost to the client. Wellness Workshops FSD offers psychoeducational Wellness Workshops on a range of mental health and wellness topics. Pre-registration is required, and the fee is \$20 (those who receive Ontario Works or Ontario Disability Support Program benefits are not charged a fee). For information about upcoming workshops, see FSD's Counselling webpage. To register for a workshop, email FSD_Intake@durham.ca or call 311 or 1-888-721-0622. You can access more information about our services at: Counselling - Region of Durham
Redemption House of Recovery (RHOR)	At Redemption House of Recovery, we support men and women experiencing homelessness who are seeking treatment for substance use and addiction. Our organization is designed to walk alongside participants, providing a safe and supportive space as they begin their recovery journey. We believe that a peer support approach leads to the best outcomes. As such, our live-in pre-treatment facilities are staffed 24/7 by individuals with lived experience in addiction who are currently in recovery. The program offers a safe environment where participants receive structured programming based on

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	proven recovery principles, helping to prepare them for the demands of licensed treatment programs. Additional supports include access to physical health outlets such as local gym visits, and the constant availability of peer support from individuals who truly understand the recovery process. We also offer a transitional housing program for individuals in the post-treatment phase. This program provides a stable and supportive environment for participants to reintegrate into the community while maintaining sobriety. Each participant works closely with a Redemption House staff member to achieve everyday living goals, supporting successful reintegration and the pursuit of affordable, long-term housing. Application for residence: www.redemptionhouse.ca/our-program Website: www.redemptionhouse.ca
<u>Renascent</u>	Addiction Treatment & Recovery Renascent Treatment Centre is a not-for-profit addiction treatment provider offering evidence-informed, abstinence-based services for individuals experiencing alcohol and substance use disorders. With more than 50 years of experience, Renascent provides comprehensive treatment that combines 12-step facilitation with clinical, medical, and therapeutic approaches to support long-term recovery. Programs and Services Residential (Inpatient) Treatment – Gender-specific live-in treatment programs in a home-like setting, including assessment, individual and group counselling, relapse prevention, and medical support. Publicly funded and fee-for-service options are available. Virtual Intensive Treatment Program At Renascent, we help change lives by providing high-quality addiction treatment and mental health support. Using the latest, secure virtual technologies, clients can access Renascent’s government-funded Virtual Intensive Treatment Program from anywhere. Our evidence based program is trauma-informed and concurrent capable for those with co-existing mental health conditions. Program features: • Six weeks of intensive treatment from Monday to Friday • Daily Group counselling sessions with expert clinicians and therapists

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- Weekly therapeutic assessments
- Daily recovery-based assignments
- Daily 12-step meetings and access to other peer support programs
- Extensive post-treatment planning
- Six months of follow-up Continuing Care
- Alumni Care to support long-term recovery

For an immediate referral, call our Client Care and Access Centre at 1-866-232-1212 or email info@renascent.ca

Continuing Care (Aftercare)

Ongoing virtual counselling and recovery support following completion of intensive treatment to promote sustained recovery.

Family Programs – Education, counselling, and support for spouses, parents, children, and other family members affected by a loved one's substance use.

Alumni Program – Lifetime recovery support through peer meetings, workshops, social events, mentorship, and community connections.

Corporate Care – Addiction consultation, treatment planning, and return-to-work support for employers, employees, healthcare professionals, and insurers.

Who Can Access Services

Services are available to adults seeking treatment for alcohol or drug addiction. Individuals may self-refer by contacting Renascent directly for a free, confidential assessment to determine the most appropriate level of care. Publicly funded and fee-for-service treatment options are available, and financial assistance may be available through the Renascent Foundation for eligible clients.

Referral Information

Self-referrals accepted

Free confidential consultation and intake

24/7 Telephone: 1-866-232-1212

Website: [Renascent Addiction Treatment & Recovery](https://www.renascent.ca)
www.renascent.ca

Renascent Paul J. Sullivan Centre

- [90 Colston Avenue, Brooklin, ON L1M 1C1](https://www.renascent.ca) | [905-655-5651](tel:905-655-5651)
- This is an inpatient treatment house for people who identify as male, located about an hour away from downtown Toronto.

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	Renascent Graham Munro Centre • 356 Dundas Street West, Toronto, ON M5T 1G5 416-847-6441 • This is our residential treatment house for people who identify as female, located in downtown Toronto. Renascent Lillian & Don Wright Family Health Centre • 38 Isabella Street, Toronto, ON M4Y 1N1 1-866-232-1212 • This centre is the location of Renascent's head office and our Essential Family Care Programs. Renascent Madison Avenue Centre • 54 Madison Avenue, Toronto, ON M5R 2S4 416-847-6443 • For people who identify as male, we have two homes for inpatient treatment. This one is located in the Annex neighbourhood in Toronto.
<u>Self-Management Program – Central East</u>	Support for People with Health Conditions The Self-Management Program Central East offers free self-management 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. These workshops are free and available on the phone, online or in person. Self-Management Program Central East - What is Self-Management? Support for Caregivers Self-Management Program Central East - Support for Caregivers offers workshops to help support caregivers. Training for Health Care Professionals 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. 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. All training and workshops are:

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	• Focused on developing communication skills to motivate patients to make health behaviour changes • Evidence-based, interactive with opportunities to practice skills in a supportive learning environment • Funded through the Ministry of Health 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. Ongoing training opportunities include Motivational Interviewing workshops, Webinars, Facilitator Training Courses, and Customized Self-Management Training.
<u>TAMI Coalition</u>	<u>The TAMI (Talking About Mental Illness) Coalition</u> 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. 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. 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. TAMI's mission is to increase the knowledge of, and decrease the stigma associated with mental illness. TAMI's goals include: • 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

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	helping students to understand where and how they can access help for themselves and their peers Becoming a Speaker 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. Our speakers need to be committed to empowering youth to ‘stomp out’ the stigma associated with mental illness and seeking help. 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. If you are interested in becoming a TAMI Speaker, please complete the form below Becoming a Speaker - TAMI Durham at https://tamidurham.ca/speakers/becoming-a-speaker
<u>VHA: Home HealthCare</u>	Extreme Cleaning and Hoarding Support – Durham Region VHA Home HealthCare's RCC (Responsive Community Care) Programs provide specialized support for individuals living in environments impacted by severe clutter, hoarding behaviours, unsanitary conditions, and extreme cleaning needs. Our goal is to help clients safely maintain or regain access to their homes while supporting health, well-being, and community living. Service Overview VHA Home HealthCare (VHA) is a not-for-profit organization that provides in-home support services to people of all ages. In Durham Region, VHA offers programs focused on helping individuals remain safely housed, especially those at risk due to the condition of their home. Key Services VHA provides practical, in-home support to improve safety, health, and housing stability, including: - Comprehensive assessment of environmental and safety concerns - Hoarding intervention and decluttering support - Extreme cleaning surfaces and appliances in many living spaces - Harm reduction and client-centered care planning - Collaboration with healthcare providers, community agencies, landlords, and family members

Community Service Update

	• Education, coaching, and resource navigation to support long-term independence VHA uses a harm reduction approach, meaning clients are supported to make gradual, realistic changes that align with their goals. Key Notes for Service Providers • Services are in-home and client-centered • Focus is on housing stabilization and safety • VHA staff are experienced in working with complex situations, including hoarding and extreme Programs in Durham Region 1. Safer Spaces: Hoarding Support This program helps individuals who are experiencing hoarding behaviours to remain safely housed. Services include: • In-home sorting and organizing support • Goal setting based on client priorities • Skill-building to manage belongings and maintain safer living conditions 2. Restored Home: Extreme Cleaning This program supports individuals whose housing is at risk due to unsafe or unhealthy living conditions. Services include: • Removal of clutter and unwanted items • Deep cleaning of the home • Preparation for pest control or other treatments • Support to improve overall home safety and health How to Access Services Referral Process For VHA: Referrals are completed online on VHA's website at Restored Home: Extreme Cleaning - VHA Home HealthCare. Visit Responsive Community Care - VHA Home HealthCare for direct access to our online referral portal! Eligibility Criteria Clients must: • Be 18 years of age or older • Meet low-income criteria
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Community Service Update

	• Be at risk of housing loss (Extreme Cleaning program) or experiencing hoarding challenges (Hoarding Support program) • Be willing to participate and make changes • Be willing to part with some belongings • Provide consent for services Cost Services are free for eligible clients, funded by the Region of Durham. Contact VHA Social Worker ☎ 416-489-2500 (select 2-2-2) Additional information: • Hoarding Support: www.vha.ca/services/hoarding-support • Extreme Cleaning: www.vha.ca/services/extreme-cleaning Website: www.vha.ca/contact/durham/ 10 June 2026
Housing and Homeless Supports	
<u>By-Name List</u> <u>Community Access</u> <u>Points</u>	If you are facing homelessness you can be connected through the following Community Access Points in order to complete a vulnerability assessment and be added to the Durham Region By-Name List: • BGC Durham • Community Development Council Durham (CDCD) • Christian Faith Outreach Centre (CFOC) – Ajax Hub • Community Living Durham North • Cornerstone Community Association • Dedicated Advocacy Resource Support (DARS) • Durham Community Health Centre • Durham Youth Services • John Howard Society Durham • Mental Health Outreach Program (MHOP) • Muslim Welfare Centre • North House • Oshawa Mission United Hub • Primary Care Outreach Program (PCOP) • Redemption House of Recovery (RHOR)

Community Service Update

	• Region of Durham Outreach Team • The Denise House • The Nourish & Develop Foundation (TNDF) • The Refuge • 1635 Dundas
<u>Town of Ajax</u>	Ajax Food Access Update Following the closure of the Ajax HUB, community partners have implemented an interim food access plan to help ensure continued meal service in Ajax. Effective July 13 – November 30, 2026, in partnership with the Salvation Army and the Town of Ajax, meal distribution has been aligned with the existing community shower program. The Salvation Army food truck will provide meals at: • Mondays 2:00–3:00 p.m. – McLean Community Centre (95 Magill Dr., Ajax) • Fridays 2:00–3:00 p.m. – Ajax Community Centre (75 Centennial Rd., Ajax) Refuge City Pentecostal Church is offering soup, sandwiches, and coffee • Wednesdays and Thursdays 1:00–3:00 p.m. - Ajax Library (55 Harwood Ave S, Ajax) Apostolic Pentecostal Church is offering packaged hot meals. • Mondays, Wednesdays, and Fridays 4:00–5:30 p.m. - Ajax Library (55 Harwood Ave S, Ajax) Partners are actively exploring opportunities to expand meal service by adding three additional days each week. Further updates will be shared as they become available. Shower Program & Hygiene Hubs (For Unsheltered Residents) The Town of Ajax and the Region of Durham offer free drop-in shower access for at-risk individuals at designated locations: • Ajax Community Centre: 75 Centennial Rd. (Fridays, 3:00 p.m. – 4:00 p.m.). • Ajax Memorial Pool: 55 Harwood Ave. S. (Mondays and Wednesdays, 4:15 p.m. – 4:45 p.m.).

Community Service Update

- Audley Recreation Centre: 1955 Audley Rd. N. (Tuesdays, 3:00 p.m. – 4:00 p.m.).
- McLean Community Centre: 95 Magill Dr. (Mondays and Fridays, 3:00 p.m. – 4:00 p.m.).

Ajax Public Library

The Ajax Public Library helps support people who are experiencing homelessness, housing instability, poverty, or social isolation.

The library offers:

- **Access to washrooms:** Public washrooms are available during library hours, which is an important resource for people who may not have consistent access elsewhere.
- **Free internet and computers:** These can be used to look for housing, apply for jobs, access benefits, and stay in touch with family or support workers.
- **A safe and welcoming space:** People can stay in the library during open hours without needing to buy anything. There is seating, washrooms, and heating or air conditioning.
- **Information and referrals:** Staff can help connect people to community services, housing supports, and financial assistance.
- **Support from partner agencies:** Outreach workers from a variety of providers visit the library and provide free, confidential help, including:
 - Crisis counselling
 - Safety planning
 - Help finding housing
 - Referrals to other services
 - Help applying for Ontario Works and ODSP
 - Budgeting support
 - Help with family law issues

Main Branch | 55 Harwood Ave. S. | Phone: 905-683-4000 ext. 8840 | Fax: 905-683-6944

Monday – Friday | 9:00 a.m. to 9:00 p.m.

Saturday – Sunday | 9:00 a.m. to 5:00 p.m.

Audley Branch | 1955 Audley Rd. N. | Phone: 905-683-4000 ext. 8899

Monday – Friday | 9:00 a.m. to 9:00 p.m.

Saturday – Sunday | 9:00 a.m. to 5:00 p.m.

McLean Branch & Makerspace | 95 Magill Dr. | Phone: 905-683-4000 ext. 7550

Monday – Friday | 9:00 a.m. to 9:00 p.m.

Community Service Update

	Saturday – Sunday 9:00 a.m. to 5:00 p.m.
<u>Back Door Mission</u>	Mission United HUB The Back Door Mission facilitates Mission United, a collaborative social service and primary health care HUB for those experiencing homelessness. This program seeks to assist those with high acuity and tri morbidity achieve long term stabilization by providing low barrier, wrap around supports with a point in time model. Through partnerships with various community agencies, we provide specialized person-centered services for our community through a singular access point. Discover free community programs at Back Door Mission designed to support healing, connection, and personal growth. From social groups to wellness-focused groups, there's something for everyone. All programs are welcoming and held on-site at Back Door Mission. Living Well Series: Looking to build confidence, life skills, and emotional wellness? Join Jeff for our Living Well Series, featuring two powerful group workshops designed to support your personal growth. Good Vibes Group – Tuesdays, 1:30–3:00 PM Learn tools to manage emotions and negative thoughts, explore healing from hardship, and build a more balanced mindset. Games Club – Tuesdays, 2:30 – 4:00 PM Looking for a fun way to spend your afternoon? Join Kenydee for Games Club, a laid-back social group where laughter, friendly competition, and connection take center stage. • Play classic board games • Meet new people • Enjoy a relaxed, welcoming vibe Whether you're a strategy master or just in it for fun, there's a seat at the table for you. Foundations of Recovery–Wednesdays, 1:30–3:00 PM Looking for healing, growth, or a fresh start? Join Jeff to explore meaningful topics like: • Healthy thinking & emotional wellness • Mindfulness & balance • Acceptance & self-forgiveness

Community Service Update

Whether you're navigating addiction recovery or healing from life's challenges, this group offers a safe, supportive space to learn and grow together. Let's build a recovery lifestyle rooted in compassion, clarity, and connection.

Craft & Chat – Thursdays 1:30 – 3:00 PM

Looking for a cozy space to unwind, get creative, and connect with others? Join us for Craft & Chat, a relaxed group where conversation flows and creativity shines. Make something with your hands

Housing Readiness Group – Thursdays, 1:30 – 3:00 PM

Discover practical strategies for getting housed and living independently. Topics include tenant rights, budgeting, time management, and accessing community resources.

Sound Healing – Thursdays, 3:00 – 4:00 PM

Join Anne for a calming, restorative group sound healing session. Sound healing is an ancient wellness practice that uses vibrations from instruments like chimes, gongs, and singing bowls to help relax the body and soothe the mind. These sessions — often called sound baths — may support:

- Anxiety & stress relief
- Improved cognition and memory
- Better sleep and digestion
- Emotional and spiritual well-being

Each session is a unique experience. You'll sit or lie down on a yoga mat or meditation carpet, and Anne will guide you through a peaceful journey of sound. Eye masks, cushions, and blankets are available to help you get cozy.

Men's Group– Fridays, 1:30–3:00 PM

Join Terry for a welcoming, supportive space where men come together to share, grow, and connect. This group is all about:

- Deep listening and honest conversation
- Respecting different perspectives
- Navigating challenges with empathy and openness

Whether you're facing personal struggles or simply looking to build stronger connections, this group offers a place to be heard, understood, and supported.

- Address: 66 Simcoe Street South, Oshawa
- Telephone: 905-728-4664
- www.backdoormission.ca Community Programs
- Contact info@backdoormission.ca to learn more

Flyer attached

Community Service Update

<u>Bethesda House</u>	Bethesda House is committed to supporting women, their children, and their pets who are impacted by gender-based violence, including intimate partner violence, human trafficking, sexual assault, elder abuse, family violence, and more. 24 Hour Support & Crisis Line: 905-623-6050 or toll free at 1-800-338-3397 Website: www.bethesdahouse.ca
<u>Blue Door</u>	Blue Door is a leader in preventing and ending homelessness. Founded in 1982 and the largest emergency housing provider in York Region, Blue Door is a registered charity that offers more than 10 innovative and collaborative housing, employment, and health programs aimed at addressing the root causes of homelessness. Blue Door is the operator of our newest transitional housing program in Durham Region, Beaverton Heights! Learn more about Blue Door at their website www.bluedoor.ca. <i>Beaverton Heights</i> <u>Beaverton Transitional Supportive Housing</u> is a 47-unit modular housing development providing accommodation and access to wraparound services. Transitional supportive housing helps residents physically and mentally, providing the life skills necessary to successfully transition into permanent housing.
<u>Municipality of Clarington</u>	Free Shower Program Offering a safe and welcoming space for anyone who needs access to a shower. Clean clothing, towels, soap, snacks, and referrals to other supports will be available as needed. • Garnet B. Rickard Recreation Complex (Pad B): Partners with Durham Region to offer a safe, welcoming space for showers, clean clothing, towels, soap, and snacks.

Community Service Update

Clarington Library, Museums & Archives (CLMA)

Clarington Public Library, Museums and Archives is an important community resource for residents experiencing housing instability, poverty, social isolation, or other challenges.

Key supports include:

- **A safe and welcoming public space** where individuals can spend time during operating hours without needing to purchase anything. Library branches provide seating, washrooms, climate-controlled environments, and a place to connect with others.
- **Free access to computers, Wi-Fi, and technology**, allowing people to search for housing, apply for jobs, access government services and benefits, communicate with support workers, and complete online applications.
- **Information and referrals to community services.** Library staff help connect patrons with local resources, including housing supports, food programs, mental health services, newcomer services, and other community agencies.
- **Partnerships with community organizations.** The library regularly hosts community groups, service providers, and information sessions that help residents access support and navigate available resources.
- **Programs that reduce social isolation and build community connection.** Free programs, workshops, and community events provide opportunities for residents to learn, connect, and engage in community life regardless of income or housing status.
- **Access to government and community information.** For individuals without reliable internet access or a fixed address, libraries can be an essential point of access for forms, applications, and information about available supports.

Bowmanville Library, 163 Church Street | Phone: 905-623-7322

Monday – Thursday | 9:30am - 8:00pm

Friday | 9:30am - 6:00pm

Saturday | 9:30am - 5:00pm

Sunday | 12:30pm - 5:00pm

Courtice Library, 2950 Courtice Road, Phone: 905-404-0707

Monday – Thursday | 10:00am - 8:00pm

Friday | 10:00am - 6:00pm

Saturday | 10:00am - 5:00pm

Sunday | 12:30pm - 5:00pm

Community Service Update

	Newcastle Library, 150 King Ave E. Phone: 905-987-4844 Monday – Thursday 10:00am - 8:00pm Friday 10:00am - 6:00pm Saturday 10:00am - 5:00pm Sunday 12:30pm - 5:00pm Orono Library, 127 Church Street Phone: 905-983-5507 Monday & Wednesday 3:00pm - 7:30pm Tuesday, Thursday, Friday, Saturday 10:00am - 2:30pm Sunday Closed
<u>CFOC - Doors of Compassion</u>	Shelter Program DOC currently operates three accessible and low-barrier emergency shelters in Ajax and Whitby, with 95 beds for unsheltered people 18 and older. Each shelter provides housing-focused support, helping clients achieve their goals of exiting homelessness. • Ajax Shelter: 158 Harwood Ave S, Ajax, ON • Ajax Shelter: 27 Station St, Ajax, ON • Whitby Shelter: 1635 Dundas St E, Whitby, ON 1635 Dundas St E Shelter — Whitby operates under a first-come, first-served intake model. 1635 Dundas operates as an emergency shelter without personal care supports on-site. Intake includes a thorough assessment to ensure the shelter can meet each person's needs. People accessing the shelter should be able to independently manage their own daily living activities, including eating, personal hygiene, and moving around the shelter. Contact information: Shelter intake is open daily from 9:00 AM to 9:00 PM across all CFOC-DOC sites. Intake can be contacted by calling 365-885-3173 or by email at docintake@cfoc.ca. <u>https://www.cfoc.ca/doc</u>

Community Service Update

The Ajax HUB: Effective June 26, 2026, CFOC–Doors of Compassion ceased operations at the Ajax HUB (125 Commercial Avenue, Ajax).

This closure reflects a funding decision by the Region of Durham to redirect resources toward the full regional housing continuum — including transitional, supportive, and permanent housing. The decision was made in collaboration with a broader working group including the Town of Ajax, Durham Region Outreach, Durham Regional Police Services (DRPS), and Lakeridge Health.

Services no longer available at 125 Commercial Ave after June 26:

- Drop-in services: meals, hygiene (showers and washrooms), day supports
- On-site housing navigation and Advocacy
- On-site partner services (Lakeridge Health, Durham CHC, Brain Injury Association Durham, OW, ODSP, and others)
- Clothing and hygiene pantry
- Newcomer supports

Services continuing at other CFOC–DOC locations:

- Emergency shelter: 158 Harwood Ave S, Ajax
- Emergency shelter: 27 Station St, Ajax
- Emergency shelter: 1635 Dundas St E, Whitby
- Housing Attainment & Retention (HARRT) program
- Peer Support Program
- By-Name List and Coordinated Access — Community Access Points at DOC shelters

Referral contacts during the transition period:

- DOC Shelter Intake: 365-885-3173 (8 AM–11 PM)
- Durham Region Outreach: 289-830-2089
| HomelessHelp@durham.ca (24 hours)
- Primary Care Outreach: 289-979-9428 (Mon–Sun, 8 AM–6 PM)
- Mental Health Outreach: 289-927-1979 (Mon–Fri, 8 AM–4 PM)
- Durham Employment and Newcomer Centre: 905-420-3008 (Mon–Fri, 8:30 AM–4:30 PM)

If you are currently working with individuals who access the Ajax HUB, we encourage early transition planning. Patrons with active housing goals will continue to be supported through Durham Region's Coordinated Access system after June 26.

For questions or transition coordination: **Caitlin Rae**, Strategic Communications & Development Officer caitlin@cfoc.ca | 365-885-7363 | doorsofcompassion.ca

Community Service Update

Update May 31 2026

Compassion Community Presentations

CFOC—Doors of Compassion is now offering *free*, tailored presentations for community groups, agencies, workplaces, schools, and faith organizations. These sessions explore the realities of homelessness in Durham Region, current challenges, our programs and impact, and how we can work together to create change.

Booking is simple through our online form:
<https://forms.gle/hgt4yy7nXn1rtPzS9>

Roll-Out The Rack

Roll-Out The Rack is a market-style clothing bank designed to restore dignity and choice to Ajax HUB patrons allowing individuals to browse and select clothing and accessories that reflect their own style and needs. By offering choice, we empower patrons to take control over the small things that can make a big difference—reigniting confidence, restoring hope, and supporting self-worth.

More than just clothing, Roll-Out The Rack creates opportunities for staff to connect meaningfully with patrons, opening up conversations around personal value, self-image, and healing. It's a compassionate, human-centered approach to care—one that reminds every person they are seen, valued, and deserving of respect.

We need your support. To keep the racks stocked and meaningful, we're seeking donations of gently used or new clothing, shoes, and accessories for all genders and sizes. Every item you give helps someone feel seen and supported.

Donations can be dropped off at the Ajax HUB. To schedule a donation, please call 905-619-1918. Thank you for helping us roll out compassion—one outfit at a time.

Telephone : 905.619.1918
Website: <https://www.cfoc.ca/theajaxhub>

[Community Development Council Durham \(CDCD\)](#)

CDCD works to identify regional community development needs and inform relevant policy and programming while supporting and delivering effective services.

Community Service Update

	CDCD offers assistance with housing, utility bills, and eviction prevention. Support is available if you are experiencing homelessness and seeking housing. Additionally, you can access resources if you are facing eviction, concerned about potential eviction, or struggling with overdue utility or rent payments. Services and programs include • Low-Income Energy Assistance Program (LEAP) • Ontario Electricity Support Program (OESP) • Outreach • Landlord Engagement and Support • Opening Doors in Durham Region Telephone: 905 686 2661 https://www.cdcd.org
<u>Community Living Ajax-Pickering and Whitby</u>	Community Living Ajax-Pickering and Whitby (CLAPW) provides supports that promote overall wellness and stability for individuals with developmental disabilities, including those with concurrent mental health needs. CL-APW provides permanent supportive housing and limited transitional-style treatment housing, focused on developmental disability supports. Services include: • Residential Group Living ○ 24-hour staffed group homes (Durham Region) ○ Structured living environments for adults requiring ongoing support ○ Support with daily living, safety, and community integration • Supported Independent Living (SIL) ○ Support for individuals living independently or semi-independently ○ Time-limited or ongoing support based on assessed need ○ Skill development for independent living (budgeting, meals, routines) ○ Small-scale supported settings (including limited-bed SIL models) • Specialized Residential Treatment (Forest View) ○ Short-term residential treatment for individuals with: ○ Dual diagnosis ○ Complex behavioural needs ○ Multidisciplinary assessment and stabilization

Community Service Update

	○ Transition planning back to community or residential placements Supports are individualized and may include collaboration with community partners such as specialized mental health agencies and clinical services. Head Office: 36 Emperor Street, Ajax Telephone: (905) 427-3300 Fax: (905) 427-3310 Email: info@clapw.org Hours of operation: Monday to Friday – 8:30am – 4:30pm Day Services: 177 Dowty Rd, Ajax Telephone: (905) 683-6732 Website: https://www.cl-apw.org/site/home Service Type: Developmental Services Agency (Residential, Community Participation, Employment Supports) Geographic Area Served: Ajax, Pickering, Whitby (Durham Region) Eligibility: Adults (primarily 18+) with developmental disabilities; intake typically through Developmental Services Ontario (DSO)
<u>Community Living Durham North</u>	Community Living Durham North (CLDN) offers quality services and supports built on choice and advocacy, while fostering the community's capacity to value all members. Housing and Homelessness Support Program The Housing and Homelessness Support Program: Housing with Related Supports is a program with a focus on assisting people who are homeless or at risk of becoming homeless to find and/or maintain their housing throughout Uxbridge, Scugog, and Brock townships. We work with individuals and families to ensure safe and sustainable housing support to those in need. • Refer to agency partners to develop a support network that reduces the risk of future homelessness. • Provide advocacy with landlords or the Landlord Tenant Board • Explore and apply for subsidized housing benefits • Informal counseling for clients in financial or housing crisis • Provide access to stability funds for rent arrears, utility arrears and last month's rent • Connect individuals to shelters

Community Service Update

	• Locate and secure affordable housing • Support individuals to access government funded programs • Emergency assistance by providing food and gas cards • Provide a harm reduction program • Operates a winter warming initiative that offers financial supports for winter shelter, food and supplies • Develop working relationships with landlords and many agencies and facilitate open communication to lead to success
<u>Cornerstone</u>	Cornerstone offers individualized support services, food, shelter and transitional housing to men 16+, women and families throughout Durham region. Emergency Shelter Programs The Shelter Program on Simcoe Street provides 24-hour emergency shelter to men aged 16 years and above who are currently homeless. While residing in the shelter, guests are provided with all their basic needs including: a bed and linens, 3 meals a day plus an evening snack, hygiene supplies, laundry services, housing and transportation assistance. Emergency Shelter And Support For Families Households requiring temporary/emergency accommodation may be referred to the emergency shelter and support program for families. Eligibility for this program includes: • Single fathers with dependent children without a “dwelling place” and who cannot be accommodated by area hostel/shelter operators • Couples with dependent children and/or Expecting couples • Two person households/couples who are living together and who cannot be separated due to health or other extenuating circumstances • Single person household with extraordinary medical circumstances, whose confirmed medical condition would place the individual or other hostel residents at risk if referred to a shared living environment (i.e. confirmed contagious health condition) Emergency Shelter And Support For Seniors

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Seniors over the age of 55 without a “dwelling place” with extenuating medical needs that cannot be accommodated within a communal setting. This program provides temporary/emergency accommodations to seniors.

Community Residential Facility

Cornerstone's Community Residential Facility (CRF) has 20 beds for male federal offenders post-incarceration. It offers 24-hour supervision and general counseling, providing rehabilitative care and tailored programming to aid reintegration into the community. Guided by a CRF Coordinator and Senior Case Worker, the facility aims to help residents transition back into their home communities.

Transitional Housing

Transitional Housing is a residential program providing an alternative to traditional living, aimed at helping residents gain autonomy in a safe, recovery-oriented environment. It offers general rehabilitative support with 24-hour on-site staff and lasts for one year.

Phone: 905-433-0254, ext. 3440 or ext. 3490, and after business hours call 905-433-0254 ext. 2280 or 2380.

Community Outreach Program

The Community Outreach Program supports individuals transitioning from homelessness to stable housing. Located at 121 Simcoe St. South, it offers voluntary long-term case management, advocacy, and referrals. Case managers assist clients with self-determined goals, host bi-weekly workshops on chosen topics, and organize monthly social events.

Community Kitchen Program

The Community Kitchen program teaches essential food-related life skills, including shopping, budgeting, cooking, and menu planning. Participants meet weekly in small groups to practice these skills, covering topics like the Canada Food Guide, budget-friendly meals, and safe food handling. This hands-on approach builds confidence and knowledge that extends beyond the program. Additionally, the program fosters socialization, helping individuals who have experienced homelessness connect with others and combat isolation through

Community Service Update

	shared meal preparation, ultimately enhancing community and potentially aiding employment in the food industry. Housing Help Workshop Mondays 2:00 – 3:00 pm 121 Simcoe Street South Contact: Ray Cameron – 289-404-0178 SMART Recovery Tuesdays 2:00 – 3:00 pm 121 Simcoe Street South Contact: Ray Cameron – 289-404-0178
<u>DARS (Dedicated Advocacy Resource Support)</u>	DARS is a grassroots organization helping those residing in West Durham who are experiencing housing, income and food insecurity by providing community outreach: • meals • clothing and other necessities as available • pantry • housing worker on-site; Ontario Works (OW) worker on-site • harm reduction supplies • community visits • transitional housing • pet friendly Support & Outreach Showers The City of Pickering partners with <u>DARS (Dedicated Advocacy Resource Support)</u> to provide unsheltered and vulnerable residents with access to arena dressing room showers. This program typically runs on Wednesdays from 1:00 pm to 3:00 pm, where staff also provide towels and hygiene kits. Telephone: 289-314-2261 Visit the <u>DARS Facebook page</u> to learn more. Facebook page: www.facebook.com/DarsGiftsFromTheHeart/
<u>Region of Durham</u>	Housing and Homeless Help Durham Region is home to more than 650,000 residents. <u>The Regional Municipality of Durham</u> works with various partners on new approaches and

Community Service Update

innovative solutions to encourage the creation of affordable housing in Durham Region.

- [At Home in Durham, the Durham Region Housing Plan 2014-2024](#), reinforces the Region's commitment to ending homelessness in Durham; and ensuring affordable rent and greater housing choice for everyone.
- [Durham Access to Social Housing \(DASH\)](#) runs the wait list for rent-geared-to-income (RGI) and modified units in Durham Region.
- [Ontario Non-Profit Housing Association \(ONPHA\)](#) does annual surveys to learn how many households are waiting for rent-geared-to-income (RGI) housing in Ontario.

[Affordable Housing Rent Program](#)

The DAHR Program is a new program that partners with landlords to provide affordable housing units in the community. These partnerships provide increased availability of affordable housing in Durham. The Region of Durham will bridge the affordability gap between market rent set by the landlord and a more affordable rent for tenants.

This is not a rent-geared-to-income program.

Location of units being offered:

- 80 Bond Street East, Oshawa – Hydro & Water Excluded, Parking & Storage Excluded, Mandatory Internet Charge
- 100 Bond Street East, Oshawa – Hydro & Water Included, Parking & Storage Excluded

Key Features:

Available Units:

- 10 one-bedroom units
- 10 two-bedroom units

Eligibility:

- Must meet Durham Affordable Housing Rent Program income eligibility requirements below
- Must be a resident of Durham Region

Affordability Support:

- This is not a Rent Geared to Income program

Community Service Update

- The Region of Durham only provides the difference between market rent and the affordable rent paid by tenants

Limited Availability:

- Units are offered on a first-come, first-served basis
- Priority is based on the order of registration submission
- Only eligible registrants will be notified

Bedroom size	Affordable monthly rent	Minimum net household income per year	Maximum net household income limit per year
One-bedroom	\$1309	\$45,000	\$64,000
Two-bedroom	\$1357	\$45,000	\$67,000

Register at:

https://forms.office.com/Pages/ResponsePage.aspx?id=wsnXUknVtkGbH52hmNw_FoZH2atqvcFKhFs9rRWioCJUM1NRRlNDRkM4QlgySkxVMTc3UkFNrjJaRy4u

[Contact 311 for questions](#)

updated 22 July 2026

Housing Stability Program

The **Housing Stability Program (HSP)** provides one-time financial assistance to eligible Durham Region residents who are experiencing a temporary financial crisis and need help maintaining or securing stable housing.

Assistance May Include

- Rental arrears
- Utility arrears
- Last month's rent
- Moving costs to more affordable housing

Eligibility

Applicants must:

Community Service Update

- Be a Durham Region resident for at least **3 months**
- Meet the program's low-income eligibility requirements
- Demonstrate they are unable to cover housing-related costs due to unforeseen circumstances

Assistance is generally available **once every three years** for each type of eligible benefit and is subject to funding availability.

How to Apply

Applications can be completed online or by contacting the [Housing Stability Program](#) at **905-666-6239 ext. 3474**. Supporting documentation and proof of income, residency, and expenses are required. Service providers may assist clients with completing the application.

updated 29 July 2026

[Renter's Toolkit – Region of Durham](#)

The **Renter's Toolkit** is a free online resource developed by the Region of Durham to help individuals successfully find, secure, and maintain rental housing. The toolkit provides practical information, worksheets, videos, and links to community resources for every stage of the rental process—from preparing for a housing search to preventing eviction and planning a move.

Resources Include

- Preparing for a housing search (budgeting, identification, references, and housing planning)
- Tips for finding and comparing rental housing
- Guidance on working with landlords and understanding tenant rights and responsibilities
- Information on leases, tenant insurance, and move-in planning
- Resources for preventing eviction, resolving tenancy issues, and maintaining housing
- Information on roommates, shared accommodations, and notice requirements
- Links to housing outreach services, eviction prevention supports, affordable housing programs, and the Housing Stability Program (HSP)

Who Can Access

The toolkit is available to **anyone looking for rental housing or seeking information to maintain their tenancy in Durham Region**, including tenants, prospective renters, service providers, and landlords. It is designed as a self-help resource and includes referrals to housing workers for individuals requiring additional support.

Community Service Update

Visit [Renter's Toolkit | Region of Durham](#) to learn more.

updated 29 July 2026

Durham Region Street Outreach Team

The goal of housing-focused street outreach is to help people accept offers of help with housing while meeting basic needs to ensure people can move from unsheltered homelessness to housing. Operating 24 hours a day, 7 days a week.

Phone: 311 ext 5510 or
905-668-4113 ext 5510 or toll free: 1-800-372-1102 ext 5510

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.

Primary Care Outreach Program (PCOP)

The Primary Care Outreach Program (PCOP) provides outreach services year-round to vulnerable populations in Durham Region. The PCOP is a partnership between Durham's Health and Social Services departments and consists of an advanced care paramedic and social worker. The advanced care paramedic provides physical assessments, vital signs, wound care and blood sugar monitoring, while the social worker provides assessment and service navigation. Together, they coordinate referrals to community supports. Available seven days a week from 8:00 am to 6:00 pm.

Phone: 289-979-9428
Email: RMD.PCOP@durham.ca

Mental Health Outreach Program (MHOP)

Outreach counselling/psychotherapy across Durham, MHOP consists of two Social Workers who provide outreach mental health and addiction assessment and counselling, and service navigation. Available Monday to Friday from 8:00 am to 4:00 pm.

Phone: 289- 927-1979
Email: RMD.MHOP@durham.ca

Community Service Update

<u>Durham Region Non-Profit Housing Corporation</u>	Community Support Pilot Program The mission of Durham Region Non-Profit Housing Corporation (DRNPCH) is to help meet the housing needs of the Region's diverse population through the provision of a practical, well-maintained and affordable housing portfolio integrated within the community. The Corporation assists with related services to support residents in their housing. Are you a service provider looking for more information or a copy of the calendar for a specific location? Contact the DRNPCH Manager of Housing and Tenant Services, Katie Sansom katherine.sansom@durham-housing.com Telephone: 905-668-9200 Website: www.durham-housing.com
<u>Durham Youth Services</u>	Joanne's House Emergency Shelter Since 2008 Durham Youth Service (DYS) has operated Joanne's House to provide safe shelter for youth experiencing homelessness Community members/partners looking to secure a bed for a youth in need should encourage the youth to call. We will need to speak directly to the young person before confirming bed availability. Telephone: 905-239-9477 or email contact@durhamyouth.com. And, while we remain Durham's only youth-focused emergency shelter, today we offer so much more! • Housing Support • Shelter Diversion • Family Reconnect • Community Outreach • Mental Health Supports • Emergency Shelter • Transitional Housing • Housing First For Youth • Fresh Start Kits We are dedicated to preventing youth homelessness and providing rapid rehousing and housing stabilization support. Our goal is to help youth find lasting solutions to their housing crises, as everyone deserves a safe and stable home. Contact Information: Call (905) 239-9477 or email contact@durhamyouth.com. Host Home Program Coming Soon

Community Service Update

DYS is looking for compassionate community members to become Host Home Providers for youth aged 16-24 who are at risk of homelessness.

- Share your home for 12 months
- Help youth build life skills and independence
- Receive training, support, and a monthly stipend

This isn't charity – it's community in action! Be part of the solution. *(Flyer attached)*

Contact Leah Wall 289-387-1373

Durham Youth Services Nightstop Program

This community-driven initiative provides a compassionate and safe alternative to shelters for young people experiencing housing instability. Our program aims to protect youth from the risks associated with street involvement and offers a welcoming, non-institutional space through community engagement.

Program Goals:

- Engage the Community: Encourage individuals to become hosts for youth in crisis.
- Safe Environment: Provide a non-institutional, welcoming space.
- Wrap-Around Support: Assist youth in reconnecting with family or moving towards independent living.
- Accessibility: Connect youth with essential services.
- Positive Mentorship: Offer guidance from trusted adult role models.
- Basic Needs: Supply essentials like food, clothing, and hygiene products.
- Through personalized case management, we help youth navigate their crises, rebuild relationships, and access long-term housing and support.

Who Can Refer?

We welcome referrals from high schools, social services, police, community partners, and youth themselves.

Kinnect Program at Durham Youth Services

Are you a youth aged 16-24 or know someone who is? If reconnecting with estranged family members or building meaningful relationships is on your mind, our Family Search Advocate (FSA) is here to help!

The Kinnect Program is dedicated to supporting youth at risk of or experiencing homelessness, including those aging out of care. We offer a range of

Community Service Update

personalized services to help you find and reconnect with family, and build a supportive network.

Q What We Offer:

- Personalized Support: Tailored assistance in searching for and reconnecting with family.
- DNA Testing & Search Tools: Explore and confirm family connections.
- Counselling & Therapy Referrals: Get the support you need.
- Advocacy & Support: Guidance in early communication with new family contacts.
- Strengthening Ties: Enhance connections with family, natural supports, and the community.

Our Goals:

- Reduce Isolation: Foster a sense of belonging.
- Boost Confidence: Enhance self-esteem and build meaningful relationships.
- Promote Safety: Increase boundary awareness and protective factors.
- Encourage Stability: Support long-term, stable relationships and potential permanency.

This program is voluntary, cost-free, and tailored to your needs. Let's work together to rebuild family ties and empower youth on their journey to adulthood.

Looking for support through the Kinnect Program? Referrals can be made directly to our Family Search Advocate!

Who can refer? High schools, community partners, social service agencies, police services & even youth self-referrals!

Have questions? Contact our Lead Family Search Advocate, Kelly Jackson, at (289) 387-3715 or via email at kelly.jackson@durhamyouth.com.

Contact Information: Call (905) 239-9477 or email contact@durhamyouth.com.

The Gap Committee
***Nothing about us
without us.***

The Gap Committee builds community by bringing together the expertise of people with lived experience of homelessness, service providers, and other caring partners.

Community Service Update

	Together as equal partners we work to fill the gaps in services and find shared solutions to prevent and end homelessness in Durham Region. Join us for our monthly GAP Committee meetings the first Monday of the month. www.gapcommittee.ca
ICONIC	ICONIC (Integrated Community Outreach Network in Clarington) is a vital collaborative effort in Clarington, Ontario, uniting local groups to support people experiencing homelessness, addiction, and poverty, providing essential services like warm meals, clothing, and safe shelter, particularly through its Winter Warming Centre, and building stronger community networks to address complex needs. They partner with the Municipality, the Region of Durham, and local organizations like the Gathering Place to offer resources, host educational events (like film screenings on homelessness), and foster understanding and compassion for vulnerable resident <u>Clarington Library Museums & Archives (CLMA)</u>: Bowmanville Library 163 Church St, nonperishable food cupboard stocked by Feed the Need, free computers, Wi-Fi, climate controlled space, washrooms. 9:30-8pm M-Th, Fri 9:30-6pm, Sat 9:30-5, Sun 12:30-5pm,
<u>John Howard Society Durham</u>	The John Howard Society of Durham is a not-for-profit organization dedicated to just, humane, and effective responses to crime. For over 90 years, we've supported individuals and communities affected by the justice system through more than 80 prevention, intervention, and reintegration programs. • Oshawa (Main Office), 75 Richmond St. West, Oshawa, On L1G 1E3 t: 905-579-8482 Email: jhsd@jhsd.ca • Whitby Office, #200-114 Dundas St. East, Whitby, ON L1N 2H7 t: 905-666-8847 • Clarington Office, 132 Church Street, Bowmanville, ON L1C 1T5 t: 905-623-6814 • The Loft (Youth Centre), 1595 Prestonvale Road, Courtice, ON L1E 2P1 t: 905-623-6814 ext. 452 • Newcastle Youth Centre, 1780 Rudell Rd, Newcastle, ON L1B 1G8 t: 905-623-6814 ext. 454 Our services include: • Counselling • Employment

Community Service Update

	• Extrajudicial Measures (EJM) • Housing Services • On Point Program • Ontario Electricity Support Program • Record Suspensions • Women's Drop-In • Youth in Transition (YIT) • Youth Residence Programs For more information visit their website https://johnhoward.on.ca/durham/us/
Lakeridge Health	<u>Durham Mental Health Services Residential Program</u> Durham Mental Health Services Residential Programs provide supportive housing for adults (16+) living with serious and persistent mental illness who require varying levels of support to live successfully in the community. Programs are designed to promote recovery, independence, and life skills while offering safe, affordable housing in a supportive environment. Programs and Services DMHS offers a continuum of supportive housing options based on individual needs: • High Support Housing – 24-hour staffed supportive housing with intensive assistance for daily living, problem-solving, coping skills, and accessing community services. • Medium Support Housing – 24-hour staffed housing that promotes greater independence through shared household responsibilities and skill development. • Minimal Support Housing – Independent supportive housing with scheduled on-site support, life skills assistance, and after-hours crisis support. • Rent Supplement Program – Financial assistance and housing support to help individuals secure and maintain safe, affordable housing in the community. Eligibility Applicants must: • Be 16 years of age or older. • Have a serious, long-standing mental illness. • Be willing and able to live cooperatively with others. • Require supportive housing services to live successfully in the community.

Community Service Update

	The program is not intended for individuals whose primary diagnosis is a significant cognitive/intellectual impairment or who require ongoing medical care. Referrals Referrals are accepted through Durham Mental Health Services intake and other healthcare or community service providers. Eligibility is determined through an assessment of housing and support needs.
<u>Muslim Welfare Canada (MWC)</u>	MWC Emergency Shelter MCW Homes helps women of all backgrounds and their children make the transition from experiencing homelessness and marginalization to safety and peace. We offer shelter, food, support and more for women. Phone: 905-665-0424 MWC Transitional Housing MWC Residences is located in Whitby, Ontario and is open to lodging for women of all backgrounds facing homelessness, offering shelter for up to three years. Each room is fully equipped with modern amenities. Residents benefit from three daily meals, comprehensive support services like mental health counseling, and life skills training. Phone: 905 668-3860 or Toll Free: 1-866-666-1115 https://mwcanada.org/
<u>Nijkiwendidaa Anishnaabekwewag Services Circle (NASC)</u>	Indigenous Housing Support Program NASC offers healing support to Indigenous Peoples in all life stages. Beginning with the healthy development of infants and children, youth who are experiencing the Canadian child welfare system, and through to adulthood. NASC also supports those experiencing housing troubles, homelessness, and provides counselling services through the Indigenous Housing Support Program. For more information visit the website http://www.nijki.com/
<u>North House</u>	From providing access to affordable housing to ID replacement, income tax assistance and more, North House offers a wide array of critical services to help our neighbours and friends make ends meet. Services offered include:

Community Service Update

	• Housing Supports • Landlord and Tenant Board Support • Low-income Energy Assistance Program (LEAP) • Shower and Laundry Facilities • Harm Reduction • ID Replacement • Ontario Electricity Support Program • Income Tax • North Toy box • Rent Smart Address: 2 Elgin Park Dr. Unit B, Uxbridge Telephone: 289-640-1929 Website: https://northhouse.ca/
<u>City of Oshawa</u>	Oshawa Public Libraries Oshawa Public Libraries has developed partnerships and programs that help connect community members with housing, social, and community supports while maintaining a welcoming environment for all patrons. Like all public spaces, library users are expected to follow the Library Use Guidelines to ensure the library remains safe, respectful, and accessible for everyone. Key supports include: • Free access to computers, Wi-Fi, printing, and technology, enabling people to search for housing, apply for jobs, access benefits, communicate with support workers, and complete government forms. • Community and social service outreach through partnerships with local agencies that provide access to support workers and community resources. These partnerships have included housing support, income assistance navigation, mental health and social service referrals, and assistance accessing community programs. • Social Worker in the Library initiatives that bring social service expertise into library settings, helping patrons connect with housing, income, health, and community supports. • Community resource navigation, with library staff assisting patrons in locating information about shelters, food programs, housing resources, crisis services, and other community supports. • Inclusive programming and community-building opportunities that reduce social isolation and foster a sense of belonging, particularly for people who may be marginalized or experiencing housing instability. • A safe and welcoming indoor space where people can spend time without needing to make a purchase. The library provides seating,

Community Service Update

	washrooms, climate-controlled space, and opportunities for social connection. Delpark Homes Centre Branch, 1661 Harmony Road N. (905) 579-6111 ext. 5800 Monday – Friday 9:30AM - 8:00PM Saturday – Sunday 9:30AM - 5:00PM Jess Hann Branch, 199 Wentworth Street W. (905) 579-6111 ext. 5861 Monday 9:30AM - 5:00PM Tuesday – Wednesday 9:30AM - 8:00PM Thursday – Saturday 9:30AM - 5:00PM Sunday Closed John Aker Northview Branch Phone, 250 Beatrice Street E. (905) 579-6111 ext. 5871 Monday – Thursday 9:30AM - 8:00PM Friday – Saturday 9:30AM - 5:00PM Sunday 12:00PM - 5:00PM MCLAUGHLIN BRANCH, 65 Debwewin Miikan (formerly Bagot Street) Phone: (905) 579-6111 ext. 5200 Monday 9:30AM - 5:00PM Tuesday – Thursday 9:30AM - 8:00PM Friday – Saturday 9:30AM - 5:00PM Sunday Closed
<u>City of Pickering</u>	Support & Outreach Showers The City partners with DARS (Dedicated Advocacy Resource Support) to provide unsheltered and vulnerable residents with access to arena dressing room showers. This program typically runs on Wednesdays from 1:00 pm to 3:00 pm, where staff also provide towels and hygiene kits. Pickering Public Library The Pickering Public Library helps support people who are experiencing homelessness, housing instability, poverty, or social isolation.

Community Service Update

	The library offers: • Access to washrooms: Public washrooms are available during library hours, which is an important service for people who may not have regular access elsewhere. • Free internet and computers: These can be used to look for housing, apply for jobs, access benefits, complete online forms, and stay in touch with family or support workers. • A safe and welcoming space: People can stay in the library during open hours without needing to buy anything. There is seating, washrooms, and heating or air conditioning. • Information and referrals: Staff can help connect people to housing supports, financial assistance, food programs, counselling, children's services, and other community resources. • On-site outreach support: At the Central Branch, service providers are able to help with ○ Housing support ○ Financial assistance ○ Food security resources ○ Counselling referrals ○ Children's services ○ Replacing government-issued ID ○ Completing online government applications ○ Connecting to community agencies ○ Partner programs (e.g., DARS): Community partners provide additional supports, including: ○ A safe and inclusive space ○ Social connection opportunities ○ Warm meals and pantry items ○ Clothing ○ Access to showers ○ Help with housing and income applications • Programs and activities: These help reduce isolation and give people opportunities to connect with others and community services. Central Library One the Esplanade 905-831-6265 Monday – Friday 9:30AM - 9:00PM Saturday 9:30AM - 5:00PM Sunday 12:00PM - 5:00PM Claremont Library 4941 Old Brock Road Monday – Friday 10:00AM - 8:00PM Saturday 10:00AM - 5:00PM Sunday CLOSED
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Community Service Update

	George Ashe Library 470 Kingston Road Monday – Friday 9:30AM - 9:00PM Saturday 9:30AM - 5:00PM Sunday 12:00PM - 5:00PM Greenwood Heritage Library & Dorsay Community and Heritage Centre 2365 Sixth Concession Road 905.420.4660 Monday – Friday 9:00AM - 9:00PM Saturday – Sunday 9:00AM - 5:00 PM
<u>The Refuge</u>	At The Refuge you will find access to food, housing help, laundry facilities, and fun activities. Our services are for youth aged 16-26. We hope that you will find a non-judgemental, warm and caring place. Check out some of the ways below that we can help you. • Housing Help • Housing First for Youth • Meals ○ Breakfast (Monday – Friday) ○ Lunch Monday – Friday ○ Dinner Friday during Family Night • 2nd Chance Drop In • Wellness • Kaleidoscope Art • Wilderness Rocks • Rec Room • Family Night Address: 357 Simcoe Street South, Oshawa, ON L1H 4J2 Telephone: 905-404-2420 www.refugeoutreach.com/for-youth/
<u>The Salvation Army</u>	TSA HOPE TSA Hope provides practical supports for individuals experiencing housing instability and homelessness in Ajax, Pickering, and Uxbridge. Through its Client Advocacy program, staff assist individuals in accessing housing referrals and connecting with local housing services and supports throughout Durham Region. In partnership with the Town of Ajax, TSA Hope also administers a Lockers Program that offers secure storage for personal belongings, important documents, mail delivery, and cell phone charging for individuals who have not secured permanent housing. The program operates 12 lockers located on municipal property across from the TSA Hope building.

Community Service Update

	Monday – Thursday 10am – 12pm and 1pm – 3pm (<i>closed for lunch between 12noon – 1pm</i>) 35 Kings Crescent, Ajax, ON Phone: 905-427-7123 Community Services Coordinator, James Dark at 905-427-7123 or email: james.dark@salvationarmy.ca
<u>Town of Whitby</u>	Whitby Public Library The Whitby Public Library helps people who are experiencing homelessness, housing instability, poverty, or social isolation. The library offers: • Access to washrooms: Public washrooms are available during library hours, which is an important service for people who may not have regular access elsewhere. • Free internet and computers: These can be used to look for housing, apply for jobs, access benefits, complete forms, and stay in touch with support workers and family. • Information and referrals: The library provides information about community services, including housing, food, health, and social supports. Staff can help connect people to resources such as 211 and other local services. • A safe and welcoming space: People can stay in the library during open hours without needing to buy anything. There is seating, washrooms, and heating or air conditioning. • Community outreach and programs: The library works with local organizations to offer programs and services that help people feel connected and supported. • Support from partner agencies: The library works with community partners, such as the Community Development Council Durham providing support services such as: ○ Housing support ○ Government applications ○ Employment support ○ Connecting to community services Central Library, 405 Dundas Street West 905-668-6531 Monday–Friday 9:30 a.m.–9:00 p.m. Saturday 9:00 a.m.–5:00 p.m. Sunday 1:00 p.m.–5:00 p.m.

Community Service Update

	Brooklin Branch, 8 Vipond Road 905-655-3191 Monday–Thursday 10:00 a.m.–9:00 p.m. Friday 10:00 a.m.–6:00 p.m. Saturday 9:00 a.m.–5:00 p.m. Sunday 1:00 p.m.–5:00 p.m. Rossland Branch 701 Rossland Road East 905-668-1886 Tuesday - Thursday 10:00 a.m.–8:00 p.m. Friday 10:00 a.m.–6:00 p.m. Saturday 9:00 a.m.–5:00 p.m. Sunday, Monday Closed
People Experiencing or Fleeing Violence or Abuse	
<u>Durham Rape Crisis Centre</u> DRCC	Sex Trafficking and Sexual Exploitation Counselling Support Services (STECSS) The Durham Rape Crisis Centre’s <u>Sex Trafficking and Sexual Exploitation Counselling Support Services</u> (STECSS) is dedicated to providing support to recent and historical survivors of sex trafficking and/or sexual exploitation, aged 16 and above. STECSS offers two distinct counselling options tailored to meet the diverse needs of survivors: the Guided Support Stream and the Quick Access Stream. Currently, there is no wait time to access STECSS services, though this is subject to change based on service demand. If you would like any more information, or would like to send over a referral, you can reach out to Kelsey at kelsey@drcc.ca or by calling 905-904-2981 for more information About DRCC 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. • 24/7 crisis and support line • free and confidential service • individual and group counselling - by phone and secure video (Zoom) and in-person

Community Service Update

	• accompaniment (police, legal, and medical, etc.) • advocacy • public education • volunteer opportunities and crisis line training Wait time for individual counselling is currently 6-9 months DRCC has a great newsletter as well! 211: Durham Rape Crisis Centre - Durham Rape Crisis Centre 211 Central Website: www.drcc.ca
<u>Bethesda House</u>	Bethesda House is committed to supporting women, their children, and their pets who are impacted by gender-based violence, including intimate partner violence, human trafficking, sexual assault, elder abuse, family violence, and more. Phone 1-800-338-3397 or visit https://www.bethesdahouse.ca/home
<u>The Denise House</u>	The Denise House provides a safe shelter and supportive programs for women, with or without children, experiencing gender-based violence. 24 Hour Support and Crisis Line – Counsellors are available 24 hours a day/7 days a week. Phone 905-728-7311 or toll free: 1-800-263-3725 https://thedenisehouse.com/
<u>Herizon House</u>	Herizon House is a 30-bed shelter for women and children fleeing abuse and violence. Offering free confidential services 24 hours a day and provide a place of safety, support and empowerment for abused women and their children. • Secure emergency shelter for women and children • Transportation can be provided to get to the shelter in emergency situations • 24 hour staff available for support • Basic needs, some personal items and food are all provided during stay • Children's program available • Interpreters can be provided on site and over the phone Phone Help Line: 866-437-4066 <u>Herizon House Outreach Support</u>

Community Service Update

	Staff from Herizon House will be onsite at the Main Branch of the Ajax Public Library, 55 Harwood Street, Ajax on a monthly basis to offer services to women including: • Crisis counselling • Safety planning • Referrals to community agencies • Support with securing and maintaining safe housing • Assistance applying for Ontario Works, ODSP, and budgeting • Support navigating the family law system All services are free and confidential. To book an appointment, please contact Julia Campbell at 905-683-4000 x8809 or Julia.Campbell@ajaxlibrary.ca. https://www.herizonhouse.com/
<u>Y's WISH Shelter</u>	Y's WISH Shelter offers a safe and secure temporary home in our 15 bed shelter. Women and their children are welcome regardless of age, ethnicity or sexual orientation. They provide healthy meals and snacks, a comfortable room to sleep, clean washrooms, play room and family room – all in a secure setting. Phone 905-576-2997 or 1-888-576-2997 or visit https://ywcadurham.org/services/wish-shelter/
<u>Safety Network Durham</u>	Safety Network Durham is a centralized, trauma-informed service that supports women experiencing gender-based violence by providing confidential access to multiple community services through one coordinated point of contact. The program helps clients navigate the system, develop personalized safety plans, and connect with the services they choose—all at no cost. Programs and Services • Community Coordination – One-on-one support to assess needs, develop safety plans, coordinate services, and connect clients with partner agencies. • Counselling and Emotional Support – Access to counselling and trauma-informed support through on-site partner agencies. • Family Law and Legal Supports – Information on family law, Legal Aid Ontario certificates, and referrals to legal services. • Housing and Emergency Shelter – Connections to emergency shelter, housing support, safety planning, and exit planning. • Financial and Practical Assistance – Support accessing government financial assistance, emergency funding (where eligible), food supports, clothing, hygiene essentials, and transportation assistance.

Community Service Update

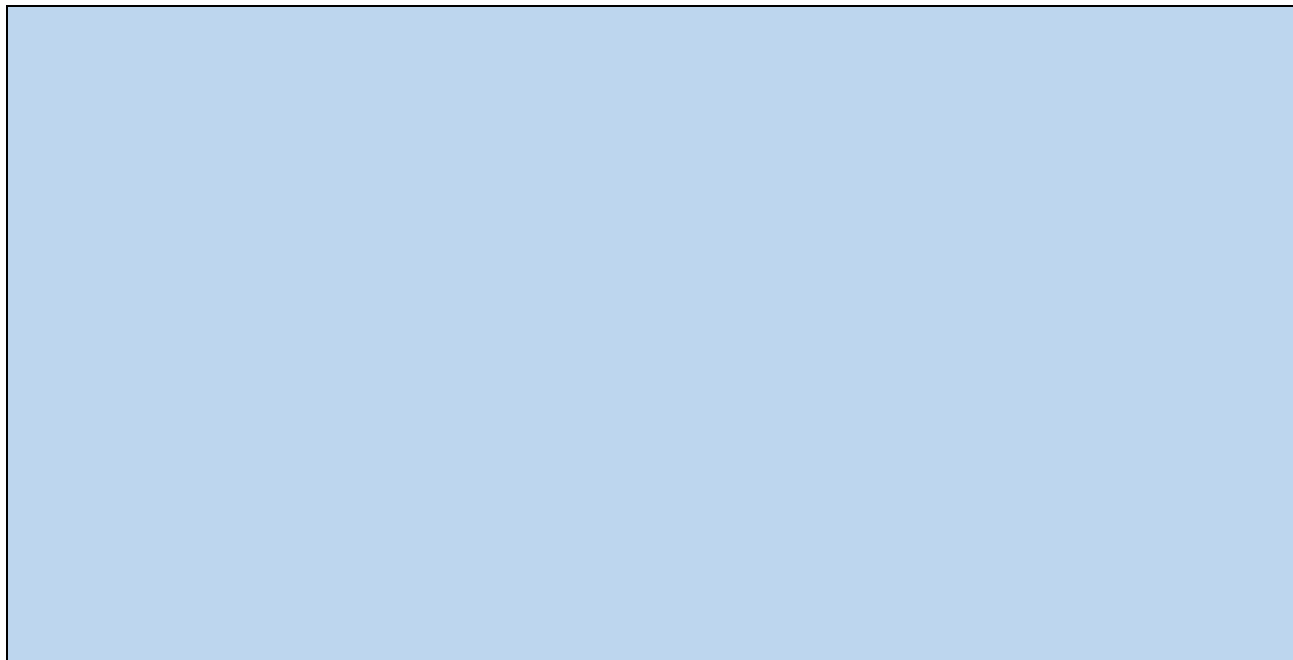
	• Health and Community Connections – Referrals to settlement services, employment supports, parenting services, sexual health and addictions services, children's services, and community policing. • Interpretation Services – Language interpreters are available to improve access to services. Who Can Access Services Services are available to women experiencing any form of gender-based violence in Durham Region. All services are free, confidential, client-directed, and available in person, virtually, or by telephone. Childcare and transportation assistance may also be available for eligible clients. Referral Information • Self-referrals and professional referrals accepted • Hours: Monday–Friday, 9:00 a.m.–5:00 p.m. • Location: 707 Simcoe Street South, Oshawa • Phone: 1-877-723-3905 • Email: info@safetynetworkdurham.ca • Website: www.safetynetworkdurham.ca
<u>Victim Services of Durham Region</u>	Victim Services of Durham Region (VSDR) provides free, confidential, trauma-informed support to individuals affected by crime, sudden tragedy, abuse, exploitation, and historical victimization. Services are available regardless of whether the incident has been reported to police and are offered in over 300 languages. VSDR provides community-based support Monday to Friday (8:00 a.m.–5:00 p.m.) and 24/7 on-call crisis response through police referrals. Programs and Services Crisis Response – Immediate emotional support, safety planning, practical assistance, and crisis intervention following crime or tragedy. Available by self-referral during business hours and 24/7 through police referrals. System Navigation – Emotional support, advocacy, referrals, assistance accessing financial supports, and help navigating services such as housing, social assistance, healthcare, and the justice system.

Community Service Update

	Victim Quick Response Program+ (VQRP+) – Assistance applying for emergency financial supports, including counselling, funeral expenses for homicide victims, transportation to safety, home security measures, and basic necessities. Prevention Programming – Education and awareness sessions for youth, educators, caregivers, and service providers on topics including healthy relationships, consent, intimate partner violence, human trafficking, cyber safety, bullying, and gang awareness. Human Trafficking Prevention and Intervention – Prevention workshops for youth and specialized training for service providers, educators, law enforcement, Crown Attorneys, and hotel staff. Missing Persons Project – Trauma-informed support for missing persons and their families, including emotional support, safety planning, and system navigation. Police involvement is not required to access services. Child and Youth Advocacy Centre (CYAC) – A multidisciplinary, child-friendly service for children and youth who have experienced abuse or violence, providing coordinated support through disclosure, medical care, mental health services, and the court process. Referrals are made through police or child protection services. Who Can Access Services Services are available to anyone in Durham Region who identifies as a victim or survivor of crime, abuse, exploitation, or sudden tragedy. Police involvement or a police report is not required to receive support. Contact Address: 605 Rossland Rd. E., Box 911 Whitby ON L1N 0B8 Phone: (905) 721-4226 1 (888) 579-1520 ext. 3400 Email: victimservices@drps.ca Website: www.victimservicesdurham.ca
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Supportive Housing	Supported In BIAD's Supporte support for indiv assistance to live Supports may in Grocery
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Community Service Update



- Help with
- Establish
- Goal set
- Appoint

The program focuses on enhancing daily living skills, promoting independence, and improving overall quality of life.

Application Process

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Website: www.b

[BIAD \(Brain Injury Association of Durham Region\)](#)

Supported Independent Living Program

BIAD's **Supported Independent Living Program** provides tailored, non-medical support for individuals living with an acquired brain injury who require assistance to live independently.

Supports may include:

- Grocery shopping and budgeting assistance
- Help with driver's license reinstatement
- Establishing and maintaining daily routines
- Goal setting and life-skills coaching
- Appointment reminders and organization support

The program focuses on enhancing daily living skills, promoting independence, and improving overall quality of life.

Application Process:

- Open to self-referrals and professional referrals.
- Complete the [Application for Services Form \(PDF\)](#).
- Applications are accepted **by fax, mail, or in-person** (not by email, to protect confidentiality).
- For a paper copy or assistance, contact intake@ceabi.ca or call **905-723-2732**.

Community Service Update

	Website: www.biad.ca/sil/
CMHA	Community Homes for Opportunity (CHO) CHO is a recovery-oriented, person-centered supportive housing program for adults with serious mental illness who may require up to 24-hour support. The program offers both in-home and community-based services tailored to individual needs and schedules. Eligibility: • Adults (16+) diagnosed with a serious mental illness • Experiencing or at risk of homelessness • Require housing and supports to live independently Access Details: Offered through CMHA Durham with housing located across Durham Region and the GTA. Next Steps: • Complete the Community Homes for Opportunity Application Form (available on the CMHA Durham website). • ID, income verification, housing information, and medical history are required. For more information or assistance with the application, contact: Phone: 905-666-0483 Email: info@cmhadurham.ca Website & Application: cmhadurham.ca Office: 905 King Street West, Oshawa, ON L1J 2K5
<u>Community Living Ajax-Pickering and Whitby</u>	Community Living Ajax-Pickering and Whitby (CLAPW) provides supports that promote overall wellness and stability for individuals with developmental disabilities, including those with concurrent mental health needs. CL-APW provides permanent supportive housing and limited transitional-style treatment housing, focused on developmental disability supports. Services include:

Community Service Update

- **Residential Group Living**
 - 24-hour staffed group homes (Durham Region)
 - Structured living environments for adults requiring ongoing support
 - Support with daily living, safety, and community integration
- **Supported Independent Living (SIL)**
 - Support for individuals living independently or semi-independently
 - Time-limited or ongoing support based on assessed need
 - Skill development for independent living (budgeting, meals, routines)
 - Small-scale supported settings (including limited-bed SIL models)
- **Specialized Residential Treatment (Forest View)**
 - Short-term residential treatment for individuals with:
 - Dual diagnosis
 - Complex behavioural needs
 - Multidisciplinary assessment and stabilization
 - Transition planning back to community or residential placements

Supports are individualized and may include collaboration with community partners such as specialized mental health agencies and clinical services.

Head Office: 36 Emperor Street, Ajax

Telephone: (905) 427-3300

Fax: (905) 427-3310

Email: info@clapw.org

Hours of operation: Monday to Friday – 8:30am – 4:30pm

Day Services: 177 Dowty Rd, Ajax

Telephone: (905) 683-6732

Website: <https://www.cl-apw.org/site/home>

Service Type: Developmental Services Agency (Residential, Community Participation, Employment Supports)

Geographic Area Served: Ajax, Pickering, Whitby (Durham Region)

Eligibility: Adults (primarily 18+) with developmental disabilities; intake typically through Developmental Services Ontario (DSO)

Community Service Update

DMHS (Durham Mental Health Services)	Residential and Supportive Housing Programs DMHS provides residential and supportive housing programs for adults living with long-term mental health challenges. Programs offer varying levels of support, including high, medium, and minimal assistance, tailored to individual needs. Eligibility: • Adults (18+) with long-term mental health conditions • Require supportive housing to maintain independence Access Details: • Housing and supports are available at multiple locations across Durham Region. Next Steps: Contact DMHS directly for intake, waitlist status, and referral procedures. • Phone: 905-576-8700 • Email: info@dmhs.ca • Website: dmhs.ca • Office: 905 King Street West, Oshawa, ON L1J 2K5
Participation House	Supported Residential And Independent Living Options Participation House provides a spectrum of supported residential and independent living options tailored to individual needs. Supports are designed to promote independence, life skills, and community inclusion. Participation House emphasizes independence, personal growth, and empowerment, supporting individuals to become active members of their communities. Models of Support: • 24-hour / weekly Group Living – fully accessible homes with 24-hour support for varying independence levels • Community-Based Residential Support – up to 24 hours/week

Community Service Update

	• Supported Independent Living (SIL) – up to 16 hours/week, focusing on self-directed support and skill development • Transitional Support – short-term (up to 3 months) to support moving to independent living • Long-term customized fee-for-service options Supported Transition to Independent Living: • Participants progress through the Up-Skills Learning Continuum to acquire skills for healthy, independent living. • In-class group learning includes meal planning, budgeting, banking, home maintenance, safety, and transit orientation. • Residential Life Coaches provide daily house visits that gradually decrease, helping participants apply skills and build community support networks. Key Supports: • Health & Daily Living: meal preparation, personal care, hygiene, medical appointments, household maintenance • Financial: banking, budgeting, bill management, goal tracking • Community & Social Inclusion: access to agency vehicles, transit training, volunteering, and social events • Lifestyle Planning / Person-Centered Planning: individualized annual plans to set and track personal goals, assess support needs, and promote independence • Safety & Security: 24-hour support, emergency management, regular safety inspections, fire drills, and staff training. Friendly Neighbour Program The program supports inclusive community living by matching a tenant with a person with a developmental disability to encourage companionship, community connection, and a supportive home environment. This opportunity is designed to foster meaningful relationships, shared learning, and increased community involvement for both individuals. Individuals interested in learning more or determining suitability for this opportunity are encouraged to contact Participation House Project Durham Region directly.
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Community Service Update

	Contact: • Lisa Johnson, Service Manager – Community Outreach & Service Coordination • Email: ljohnson@phdurham.com • Website: www.phdurham.com/independent-living
	Employment & Income Supports
<u>Community Employment Services</u>	Community Employment Services (CES) provide job seekers and employers a variety of free services related to: • Employment research and support • Job development • Training and community planning

Community Employment Services (CES) provide a variety of free services related to:

- Employment research and support
- Job development
- Training and community planning

Each CES location provides employment and job search information, including computers and internet access, and job search machines necessary for job seekers.

CES also offers a variety of services including Better Jobs Ontario and Youth Job Connection.

Locations:

- **Oshawa**
- **Bowmanville**
- **Port Perry**
Perry, ON
- **Beaverton**
705.426.1234
- **Uxbridge**

Website: www.phdurham.com

Community Service Update

	Each CES location has a collection of local, regional and provincial employment and job search information; workshops, computers, photocopiers and fax machines necessary for job search. CES also offers assistance with the application process to programs such as Better Jobs Ontario; Career and Employment counseling, Youth Job Connection and Youth Job Connection Summer. Locations: • Oshawa: 300 Taunton Road, East, Unit 18, Oshawa, ON 905.438.1041 • Bowmanville: 219 King St East, Unit 4, Bowmanville, ON 905.697.4472 • Port Perry: Scugog Memorial Public Library, 231 Water Street, Port Perry, ON • Beaverton: Old Town Hall – 397 Simcoe St., Beaverton, ON 705.426.1587 • Uxbridge: 29 Toronto St., Unit #2, Uxbridge, ON 905.852.7848 Website: www.employmenthelp.ca
<u>Community Living Ajax-Pickering and Whitby</u>	Community Living Ajax-Pickering and Whitby (CLAPW) provides supports that promote overall wellness and stability for individuals with developmental disabilities, including those with concurrent mental health needs. CL-APW provides structured vocational and employment supports designed to increase independence and community participation. Employment Supports • Job development and placement assistance • Job coaching and workplace retention supports • Employer engagement and community-based job matching • Supported Employment Program Community Participation / Pre-Employment • Day programs and structured community activities • Volunteer placements and skill-building opportunities • Work readiness training (attendance, communication, routines) Financial Literacy / Income Support Navigation • Budgeting and money management supports

Community Service Update

	- Assistance with accessing ODSP and developmental funding programs (e.g., Passport funding) - Financial skill-building within residential and SIL programs Head Office: 36 Emperor Street, Ajax Telephone: (905) 427-3300 Fax: (905) 427-3310 Email: info@clapw.org Hours of operation: Monday to Friday – 8:30am – 4:30pm Day Services: 177 Dowty Rd, Ajax Telephone: (905) 683-6732 Website: https://www.cl-apw.org/site/home Service Type: Developmental Services Agency (Residential, Community Participation, Employment Supports) Geographic Area Served: Ajax, Pickering, Whitby (Durham Region) Eligibility: Adults (primarily 18+) with developmental disabilities; intake typically through Developmental Services Ontario (DSO)
<u>Durham College</u>	Essential Skills Training Durham College’s Essential Skills training is short-term targeted training to assist you in gaining the necessary skills to obtain employment for jobs in demand in Durham Region. This training is flexible, personalized, and supportive to help you prepare to meet the needs and challenges of your future employment goals. Funded by the Ministry of Labour, Immigration, Training and Skills Development of Ontario (MLITSD) as part of Employment Ontario’s Literacy and Basic Skills (LBS) program, all training is completely free of charge and designed to align with the Ontario Adult Literacy Curriculum Framework (OALCF) while providing learning opportunities that are task-based and applicable to real-world situations. To apply, participants must: - Be 18 years of age or older. - Canadian Citizens, Permanent Residents, or Refugees, residing in Ontario. - Have a valid Social Insurance Number. - Have the necessary English Literacy & Numeracy skills to succeed in a classroom learning environment.

Community Service Update

	To Apply to a Workshop: People who are interested in taking one of the workshops are required to apply by filling out the application at this link: Essential Skills Application Form. To Book a Workshop: If you would like us to bring one of our workshops to your location, please send us an e-mail and let us know by July 31, 2025. Feel free to contact either Kelly.Hayes@durhamcollege.ca or Mike.Brannan@durhamcollege.ca to book a workshop. To Find Out More: Find out more information about the workshops we offer and current training schedule, please go to this link: Essential Skills Training Durham College.
<u>Durham Region Unemployed Help Centre</u>	The Durham Region Unemployed Help Centre (DRUHC) is a non-profit organization established in 1983 with locations in Oshawa and Pickering. DRUHC is dedicated to assisting unemployed or underemployed individuals to meet their employment goals, and assisting employers in meeting their hiring and training needs. Three locations to serve you: • Oshawa 272 King St. E, Oshawa ON 905-579-1821 • Pickering Unit 4 – 1410 Bayly St., Pickering ON 905-420-4010 • Pickering Welcome Centre Unit 3 – 1410 Bayly St., Pickering ON 905-420-3008 Or visit the website: https://unemployedhelp.on.ca/
<u>Durham Workforce Authority</u>	The Durham Workforce Authority (DWA) aims to bring together the perspectives of various sectors while delivering dependable research centered on local labor market information. The DWA collaborates with community stakeholders, including businesses, labor organizations, educational and training institutions, community services, and municipal, provincial, and federal governments. Address: 27-1300 King Street, East, PMB #114, Oshawa, ON Telephone: 905-438 – 8916 Website: https://durhamworkforceauthority.ca/
<u>John Howard Society Durham</u>	

Community Service Update

	The John Howard Society of Durham is a not-for-profit organization dedicated to just, humane, and effective responses to crime. For over 90 years, we've supported individuals and communities affected by the justice system through more than 80 prevention, intervention, and reintegration programs. Our services include: - Anger Management - Clarington Youth Centres - The Loft, The Firehouse and Newcastle Youth Centre - Community Alternatives to School Suspension (CASS) - Counselling - Dads Aiming for Direction & Support (DADS) - Direct Accountability Program (DAP) - Employment - Extrajudicial Measures (EJM) - Housing Services - John School - Learning Alternatives - On Point Program - Ontario Electricity Support Program - Parenting Programs - Project X-Change - Record Suspensions - Women's Drop-In - Youth in Transition (YIT) - Youth Residence Programs For more information visit their website https://johnhoward.on.ca/durham/us/
<u>The Lakeview Hub</u>	The Lakeview Hub is dedicated to empowering the community by providing accessible support services that address employment, personal development, and emotional well-being. We know that real support means more than just helping with job searches—it's about helping people thrive in every part of their lives. Our vision is simple: a Lakeview where everyone has access to the support, services and opportunities they need to grow. It's a welcoming space where residents could access employment assistance, personal development, and emotional well-being resources. Services and events include:

Community Service Update

	• Employment Assistance • Housing Support • VR Skills Training • Assistance filling in forms • Kitchen Safety Workshop • Smart Shopping & Easy Cooking • Save Money, Waste Less • Hygiene Kits Join us as we create a stronger Lakeview—a place where everyone has the chance to succeed and feel at home. We are open Wednesdays from 10 until 3 at Harmon Park Community Centre 799 Douglas St., Oshawa. Please check out https://www.lakeviewhub.ca for more information.
<u>New Life Neighbourhood Centre (NLNC)</u>	The New Life Neighbourhood Centre (NLNC) aims to pursue its mission of advocating for the community’s economically vulnerable by providing wrap-around and sustained support services to individuals who aim to rebuild their lives. The NLNC Productivity HUB Helping individuals in our community move from survival to stability and self-sufficiency. Productivity HUB offers integrated, wrap-around supports to help individuals facing economic hardship gain the skills, confidence, and resources they need to move forward in life. Available Supports at the Productivity HUB: We invite service agencies across Durham Region to connect with us and refer clients who may benefit from the following supports: • Self-Empowerment Workshop (FRESH START) - An 8-week group workshop designed to help participants rebuild confidence, identify life goals, and develop a renewed sense of purpose. • One-on-One Coaching & Life Planning- Individualized coaching that supports goal setting, action planning, and navigating resources for employment, education, and wellness. • Skills & Employability Training- In partnership with Durham College and other local agencies and service providers, participants receive essential training in employment readiness.

Community Service Update

	• Entrepreneurship Support- In collaboration with the Business Advisory Centre Durham (BACD), participants explore small business development through training and mentorship. • Community Resource Navigation- Participants receive help accessing vital community resources, including mental health services, housing support, and financial assistance. Who We Serve Adults in Durham Region who are facing or recovering from poverty and are ready to take the next step toward stability, employment, or personal development. For program info or client referral, contact: Eduardo Flores at 365-873-0347 or eduardorflores.ca@gmail.com https://neighbourhoodcentre.newlifeadventistchurch.com
<u>Region of Durham</u>	Employment Services The Region of Durham has a list of all the employment services providers in the region. Look at our Durham Region Employment Services for more information: https://www.durham.ca/en/employment-services/index Income Employment and Homeless Supports Durham (IEHSD) Workshops The <u>IEHSD workshops</u> 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. Visit the calendar to see what is offered this month at https://calendar.durham.ca/IEHSDWorkshops
Financial and Legal Services	

Community Service Update

[Durham Community Legal Clinic \(DCLC\)](#)

The Durham Community Legal Clinic provides free legal services to Durham Region residents. We promote social justice through advocacy, partnerships, outreach, and public legal education.

Intake Process

To access services, contact the Clinic by phone, referral, walk-in, or appointment. After intake, clients may receive:

- Summary advice
- A self-help kit
- Full client representation
- A referral to a community partner

Areas of Law

- Tenant Rights (tenants only)
- ODSP, OW, CPP
- Employment Law (temporarily suspended)
- Human Rights (temporarily suspended)
- Notarizing & Commissioning Services
- Sexual Harassment in the Workplace
- Legal Aid Certificates (Domestic Violence)
- Intimate Partner Violence & Sexual Assault
- Provincial Offences
- Immigration
- Power of Attorney & Guardianship

Note: DCLC does not handle criminal or family law. Referrals are available on our Partners & Projects page on our website.

Summary advice is available to all. Full services are for Durham residents funded by Legal Aid Ontario.

Automatic eligibility applies if income comes from OW, ODSP, OAS + GIS, War Veterans' Allowance, CPP (primary income), or temporary/threatened WSIB.

To qualify, bring:

- Proof of income
- Photo ID

Community Service Update

	Most recent claim letter and any related documents Website: www.durhamcommunitylegalclinic.ca
<u>John Howard Society Durham</u>	The John Howard Society of Durham is a not-for-profit organization dedicated to just, humane, and effective responses to crime. For over 90 years, we've supported individuals and communities affected by the justice system through more than 80 prevention, intervention, and reintegration programs. Our services include: Community Alternatives to School Suspension (CASS) Counselling Dads Aiming for Direction & Support (DADS) Direct Accountability Program (DAP) Extrajudicial Measures (EJM) John School On Point Program Parenting Programs Project X-Change Record Suspensions Women's Drop-In For more information visit their website https://johnhoward.on.ca/durham/us/
<u>Luke's Place</u>	Luke's Place envisions a family law system that promotes healthy, safe families, living free from abuse and the threat of abuse. Luke's Place works with women who have been subjected to abuse to support them and their children through the family law process. We provide women, their children and their communities with specialized services, resources and information about family law and woman abuse. Legal services & intake: intake@lukesplace.ca Telephone: 905-728-0978 Toll Free: 1-866-516-3116 website: www.lukesplace.ca
<u>Region of Durham</u>	Tax Clinics

Community Service Update

	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: https://www.durham.ca/en/living-here/file-your-taxes.aspx
<u>The Salvation Army</u>	TSA HOPE Through its Client Advocacy program, TSA Hope assists individuals in navigating community systems and accessing legal, medical, housing, and other essential supports. While not providing direct legal representation or financial counselling, staff help connect individuals to appropriate community resources and services that can address financial, legal, and related challenges. Monday – Thursday 10am – 12pm and 1pm – 3pm (<i>closed for lunch between 12noon – 1pm</i>) 35 Kings Crescent, Ajax Phone: 905-427-7123 Community Services Coordinator, James Dark at 905-427-7123 or email: james.dark@salvationarmy.ca
<u>Victim Services of Durham Region</u>	Victim Services of Durham Region (VSDR) provides free, confidential, trauma-informed support to individuals affected by crime, sudden tragedy, abuse, exploitation, and historical victimization. Services are available regardless of whether the incident has been reported to police and are offered in over 300 languages. VSDR provides community-based support Monday to Friday (8:00 a.m.–5:00 p.m.) and 24/7 on-call crisis response through police referrals.

Community Service Update

Programs and Services

Crisis Response – Immediate emotional support, safety planning, practical assistance, and crisis intervention following crime or tragedy. Available by self-referral during business hours and 24/7 through police referrals.

System Navigation – Emotional support, advocacy, referrals, assistance accessing financial supports, and help navigating services such as housing, social assistance, healthcare, and the justice system.

Victim Quick Response Program+ (VQRP+) – Assistance applying for emergency financial supports, including counselling, funeral expenses for homicide victims, transportation to safety, home security measures, and basic necessities.

Prevention Programming – Education and awareness sessions for youth, educators, caregivers, and service providers on topics including healthy relationships, consent, intimate partner violence, human trafficking, cyber safety, bullying, and gang awareness.

Human Trafficking Prevention and Intervention – Prevention workshops for youth and specialized training for service providers, educators, law enforcement, Crown Attorneys, and hotel staff.

Missing Persons Project – Trauma-informed support for missing persons and their families, including emotional support, safety planning, and system navigation. Police involvement is not required to access services.

Child and Youth Advocacy Centre (CYAC) – A multidisciplinary, child-friendly service for children and youth who have experienced abuse or violence, providing coordinated support through disclosure, medical care, mental health services, and the court process. Referrals are made through police or child protection services.

Who Can Access Services

Services are available to anyone in Durham Region who identifies as a victim or survivor of crime, abuse, exploitation, or sudden tragedy. Police involvement or a police report is not required to receive support.

Contact

Address: 605 Rossland Rd. E., Box 911 Whitby ON L1N 0B8
Phone: (905) 721-4226 | 1 (888) 579-1520 ext. 3400
Email: victimservices@drps.ca

Community Service Update

	Website: www.victimservicesdurham.ca
Food Services	
<u>The Nourish and Develop Foundation</u>	The Nourish and Develop Foundation connects people to nourishing food and supportive resources, empowering the community to come together to develop lasting change. Rooted in curiosity, connection, advocacy, responsiveness, and equity, we are a multi-service agency with two pivotal branches—<u>food services</u> and <u>social services</u>. The Food Services programs include: • The Nourish House Food Bank • Mobile Food Market • Community Lunch • Community Breakfast • Food Literacy Workshops Social Services programs include: • Life Skills Workshops • Social Service Access Points • Transitional Housing Across these two service branches, in deep collaboration, we provide low-barrier support to those in need, working toward our vision of a thriving community where everyone is food secure, safely housed, and well supported. Family Services Durham Interested in accessing individual, couple, or family counselling? You can meet with a counsellor from Family Services Durham at The Nourish and Develop Foundation on Tuesdays. Our counselling services are provided by registered psychotherapists and/or social workers, and are provincially regulated and accredited. We support children 6 to 11 years old in a family therapy context. You will complete an intake by phone and be scheduled to meet with a counsellor at The Nourish and Develop Foundation. Please contact Tierney Scott, (705)-432-2444, tierney.scott@tndf.ca, for more information about counselling services.

Community Service Update

	Hours of Operation Hub: Monday to Friday 9:00 to 4:00 Foodbank: (SUBJECT TO HOLIDAY HOURS!) • Mondays: 10 AM - 4PM • Wednesdays: 3 PM - 7 PM • Thursdays: 10 AM - 4 PM • Fridays: 10 AM - 4 PM Address: 16 York Street, Cannington, ON Telephone: 705-432-2444 Website: https://tndf.ca/
<u>Salvation Army Ajax</u>	TOA HOPE Our Community Services programs exist to provide a safe place for those in the Ajax and Pickering communities to access emergency food and other assistance, receive a hot meal and engage in the many programs and services offered by TSAHope at 35 Kings Cres in Ajax. Services and programs include: • Food Bank & Seasonal Assistance • Client Advocacy • Kitchen Connections • Community Meals • Café Church • Hope on Wheels • Lockers Program For more information, including partnerships and donations, please call our Community Services Coordinator, James Dark at 905-427-7123 or email: james.dark@salvationarmy.ca Address: 35 Kings Cres, Ajax Telephone: 905-427-7123
<u>Simcoe Hall</u>	Simcoe Hall is home to the largest food bank in Durham Region, providing food and essential hygiene products to thousands of people in need annually. Our team offers information on healthy eating, easy to make recipes and facilitates referrals to other community supports.

Community Service Update

	The Food Bank is open • Tuesday 10:00 – 11:30 am and 1:00 – 3:00 pm • Wednesday 9:00 – 11:30 am (seniors 55+ only) and 1:00 – 3:00 pm • Friday 9:00 – 11:30 am and 1:00 – 3:00 pm Address: 387 Simcoe Street South, Oshawa, ON Telephone: 905-728-7525 Website: www.simcoehall.com/
St. Paul's On-the-Hill	Community Food Bank 1535 Pickering Parkway Pickering, ON L1V 7E9 905-839-9537 www.stpaulsonthehillfoodbank.ca In the heart of Pickering, St. Paul's on-the-Hill Community Food Bank stands as a beacon of hope and support for low-income families in Ajax and Pickering. Founded in 1990 as an outreach initiative of St. Paul's on-the-Hill Church, it has grown into the largest food bank in Pickering, now serving an average of 3,000 individuals each month. Our mission is simple yet profound: to alleviate hunger and provide essential food support to those in need. With the cost of living soaring and new client registrations hitting record highs, our role in the community has never been more critical. We operate solely on donations from our generous community and are powered by a dedicated team of volunteers. At St. Paul's on-the-Hill Community Food Bank, we serve low-income families who can visit us twice a month to receive assistance with their groceries. Our offerings include: • Canned food items and non-perishables • Fresh produce, milk, and eggs • Baby food and diapers for families with infants • Frozen meats, dairy, and other perishable items through partnerships with local grocery stores like Derek's Your Independent Grocer, Sobeys Ajax, Food Basics and Metro. Client Food Pick Up Hours: • Tuesday 10:00am - 12:00pm • Tuesday 4:00pm - 6:00pm • Friday 10:00am - 12:00pm Donation Hours: Donations can be dropped off at 1535 Pickering Parkway (in the Parkway Storage Facility)

Community Service Update

	- Monday 9:00am - 12:00pm - Tuesday 9:00am - 5:00pm - Wednesday 9:00am - 12:00pm - Friday 9:00am - 1:00pm
Community Services	
<u>Brain Injury Association Durham (BIAD)</u>	<u>Brain Injury Association of Durham Region</u> (BIAD) is a registered, not-for-profit charitable organization, whose members are people who have experienced brain injuries and their caregivers. We serve the Durham Region by providing <u>non-medical resources and supports</u>. Stay connected with us on our website or social media for updates on our latest events and activities! Telephone: 905 723 2732 Website: <u>www.biad.ca</u>
<u>Community Development Council Durham (CDCD)</u>	CDCD works to identify regional community development needs and inform relevant policy and programming while supporting and delivering effective services. Services and programs include <u>housing</u>, <u>research</u>, and <u>newcomer services</u>. Telephone: 905 686 2661 <u>https://www.cdcd.org</u>
<u>Durham Community Health Centre (DCHC)</u>	Indigenous Health & Wellness DCHC works with leaders in the Indigenous Community to guide in hosting workshops, events and activities that bring community members together and promote hope, belonging, meaning and purpose for Indigenous Peoples. Activities, Events & Workshops The Indigenous Team at DCHC hosts a wide variety of activities, events, and workshops for community members from the quarterly Big Drum Socials to Family Nights, Youth Groups, and Full Moon and Sunrise Ceremonies. Visit their website for current and upcoming activities and events for Indigenous Health & Wellness Program. Telephone: 905-723-0036 ext. 1072 Website: <u>www.durhamchc.ca</u>

Community Service Update

<u>Durham Deaf Services (DDS)</u>	<u>Durham Deaf Services</u> is a non-profit organization that offers services and programs that promote self-reliance within the Deaf, Deafened, and Hard of Hearing Community. DDS hosts various workshops throughout the year. These workshops are made available to the Deaf community through ASL interpretation. <i>Long-Term Volunteers Needed</i> Durham Deaf Services is looking for long-term volunteers! This requires a Vulnerable Sector Check (VSC) to be completed before starting, but we sign off for volunteer hours as needed. If volunteers need a letter from DDS indicating the reason for the VSC please email info@durhamdeaf.org. Address: 900 King St E, Oshawa Telephone: 905-579-3328 Website: www.durhamdeaf.org
<u>Durham Immigration Portal</u>	Navigating the housing market in a new country can be overwhelming, which is why this tool has been created. The <u>Newcomer Housing Journey Map</u> is a guide 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. Learn about: • 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. <u>New Comer Housing Journey Map (durhamimmigration.ca)</u> Learn more at: www.DurhamImmigration.ca/NewcomerHousingJourney
<u>Durham Region Transit</u>	Durham Region Transit (DRT) is proud to share that their recently launched a FREE Travel Training Program for all Durham Region residents and community groups. This program is for individuals and/or groups who want to

Community Service Update

	learn how to use and navigate DRT, which can enhance independence and confidence! DRT can provide 1-on-1 and group presentations and training on how reliability and conveniently use transit, that increases residents' ability to participate in community programs/activities and provide flexibility in their lives. For more information please contact Deborah Daniel, Program Manager, Community Engagement and Change Management at 289-404-5490 or deborah.daniel@durham.ca.
<u>John Howard Society Durham</u>	The John Howard Society of Durham is a not-for-profit organization dedicated to just, humane, and effective responses to crime. For over 90 years, we've supported individuals and communities affected by the justice system through more than 80 prevention, intervention, and reintegration programs. Our services include: • Anger Management • Clarington Youth Centres • The Loft, The Firehouse and Newcastle Youth Centre • Community Alternatives to School Suspension (CASS) • Counselling • Dads Aiming for Direction & Support (DADS) • Direct Accountability Program (DAP) • Employment • Extrajudicial Measures (EJM) • Housing Services • John School • Learning Alternatives • On Point Program • Ontario Electricity Support Program • Parenting Programs • Project X-Change • Record Suspensions • Women's Drop-In • Youth in Transition (YIT) • Youth Residence Programs For more information visit their website https://johnhoward.on.ca/durham/us/

Community Service Update

<i>The King Street Cooperative Community Garden</i>	The KSCCG is incorporated into a parkette at 390 King Street in Whitby, ON. This parkette is just south of the former R.A. Sennett Public School, which is now the headquarters of tech company 360insights. 360insights has granted the KSCCG access to their water supply. KSCCG is a place to grow, learn, create and connect.
<u>Laundry Haven</u>	<i>Two-Fifty Thursday Laundry Day</i> Laundry Haven, located at 217 Nonquon Rd. Oshawa, hosts Two-Fifty Thursday! That means that all of their 35lb washers are set to \$2.50 all day! They welcome any questions or suggestions. They have a Facebook account, and you can call them! https://laundryhaven.ca/index.php/services/
<u>New Life Neighbourhood Centre (NLNC)</u>	The New Life Neighbourhood Centre (NLNC) aims to pursue its mission of advocating for the community's economically vulnerable by providing wrap-around and sustained support services to individuals who aim to rebuild their lives. Healthy Happy Adults Project (HHAP) The Healthy Happy Adults Project (HHAP) is a community initiative under the NLNC Productivity HUB, designed to enhance the well-being of seniors across Durham Region. By fostering social connection, intergenerational exchange, and community engagement, the program combats isolation and abuse while celebrating the unique contributions of older adults. Held every third Sunday of the month, HHAP offers a vibrant space where seniors are empowered through interactive activities and educational sessions, including targeted workshops to raise awareness and resilience against financial fraud and other forms of elder abuse. HHAP activities start on Sunday May 18, 2025, from 10 a.m. to 12 pm in the Fellowship Hall at 33 Olive Avenue Street, Oshawa, L1H2N7 Please Contact Monica at monica.efrancis1@gmail.com with any questions or to register via email at happyhealthyadultplace@gmail.com or via phone at 647 239-1509. https://neighbourhoodcentre.newlifeadventistchurch.com

Community Service Update

<u>Niijkiwendidaa Anishnaabekwewag Services Circle (NASC)</u>	NASC offers healing support to Indigenous Peoples in all life stages. Beginning with the healthy development of infants and children, youth who are experiencing the Canadian child welfare system, and through to adulthood. NASC is dedicated to the development and delivery of healing services for Anishnaabe'ikawag (Indigenous women) and their families who have experienced violence or are at risk of experiencing violence. Therapeutic healing work is conducted through the use of Anishnaabe cultural practices, blended with community-centred and client-centred methods of healing. Programs Offered • Indigenous Healthy Babies Health Children Support Program • Indigenous Counselling for Women Support Program • Indigenous Child Witness to Violence Support Program • Indigenous Housing Support Program • Indigenous Youth in Transition Support Program For more information on these programs, see the website below http://www.niijki.com/
<u>North Durham Social Development Council</u>	North Durham Social Development Council (NDSDC) is a network of service organizations that collaborate to identify social issues, service delivery gaps, develop strategies and take action for advocacy, education and knowledge sharing to improve the quality of life for residents in North Durham. NDSDC's signature program is our Inter-agency meetings, where Northern service providers share experiences and programs with Southern-based agencies that focus on rural issues in our communities. For more information, please contact proberts@cdcd.org.
<u>The Ontario Caregiver Organization</u>	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.

Community Service Update

	Support line for caregivers 1-833-416-2273. www.ontariocaregiver.ca
<u>Oshawa Public Libraries</u>	Oshawa Public Libraries (OPL) is the public library system serving the city of Oshawa, Ontario with four branches providing a full range of library services. - McLaughlin Branch 65 Debwewin Miikan - John Aker Northview 250 Beatrice St. E. - Jess Hann Branch 199 Wentworth St. W. - Delpark Homes Centre 1661 Harmony Rd. N. www.oshawalibrary.ca
<u>Region of Durham</u>	Guide to Community Resources for Seniors and Older Adults The Region of Durham has released its 2025 version of the Guide to Community Resources for Seniors and Older Adults. The online version is available on the Region of Durham's Age-Friendly webpage at durham.ca/AgeFriendly. 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. Download your copy here Guide to Community Resources for Seniors and Older Adults If you require this information in an accessible format, please contact the Accessibility Coordinator at accessibility@durham.ca or 905-668-4113 extension 2009. Age-Friendly Durham Age-friendly is a concept developed by the World Health Organization, which created a framework to measure how effectively a community supports quality of life as people age. The goal of age-friendly planning is to build communities that encourage good health and allow people to participate fully throughout

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	their lives. Learn more at the website https://www.durham.ca/en/living-here/age-friendly-durham.aspx.
<u>Revitalized Reintegration Services</u>	Revitalized Reintegration Services is a non-profit organization committed to building healthy communities inclusive of marginalized populations through interdependent care, education and advocacy. In 2024, the team at Revitalized Reintegration Services turned stories into change through our nationally recognized storytelling program, Your Story Matters. Your Story Matters gave Black youth in Durham Region the space to share their truths through comic creation, and the impact has been incredible. • 🌟 Hundreds have downloaded our youth-created comic book. • 🌟 Our comic book is being used nationally to advocate for safer communities and better youth supports We're excited to share that registration is officially open for Your Story Matters 2025, a free and empowering summer program for Black and racialized youth in Durham Region and the Greater Toronto Area, and we'd love your support in spreading the word. From July 7–25, 2025, youth ages 10–17 will come together to: • 📝 Write and publish their own comic book • 🗣️ Share their lived experiences through multiple forms of creative storytelling • 🍽️ Enjoy free dinner at every session • 🎁 Receive a printed comic, certificate of completion, and custom camp t-shirt This unique opportunity supports literacy, identity development, and self-expression in a safe, culturally-informed, and uplifting space. The program runs Monday, Wednesday, and Friday evenings from 6:00–7:30 PM at the Ajax Public Library (55 Harwood Ave S). We kindly ask you to help us reach youth and families by sharing this opportunity with your networks, communities, and social platforms. 🔗 Registration Form: https://forms.gle/fWqKsibtPK49ufVP6 📅 Deadline to register: June 30, 2025 📖 Read the 2024 comic here: https://revitalized.ca/wp-content/uploads/2024/11/your-story-matters-2024_final-c-version.pdf

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	For more information, please feel free to connect with us directly: email info@revitalized.ca or call (289) 302-4094 Thank you for standing with us in creating spaces where youth feel seen, heard, and celebrated.
<u>Rogers</u>	Program Updates and New Offerings As a quick reminder, the <u>Rogers Connected for Success program</u> is dedicated to bridging the digital divide by providing affordable rates on wireless and internet services for eligible individuals and families. Our goal is to ensure that everyone has access to reliable connectivity, empowering them to thrive in an increasingly digital world. <i>Expanded Wireless Plan Benefits:</i> As a reminder, our Connected for Success Wireless Plan now allows for up to 4 lines per household. This includes two lines eligible for the Moto G 5G at \$0 on a two-year hardware agreement, and two additional Bring Your Own Device (BYOD) lines. This flexibility helps families stay connected with options tailored to their needs. <i>Introducing 5G Home Internet:</i> We're thrilled to announce the launch of our 5G Home Internet plan at the same affordable price as our traditional Wireline Internet plan. This new service is designed for households outside our standard coverage footprint, providing a dependable internet connection powered by our cellular towers. If you have tenants or clients outside our footprint that are interested and already a Connected for Success customer or are residing in one of your RGI units, they can connect with our team at our direct number 1-866-689-0758 to take advantage. <i>Materials for Your Organization:</i> If you need additional flyers or promotional materials to share with your community, please feel free to reply to this email—we're happy to provide whatever you need. <i>Updated Hours of Operation in the East:</i> To better serve our Eastern provinces, we've modified our Hours of Operation to 9:00 AM - 7:00 PM, adjusted to local time. [This is specific to ON, QC, NB, NS, PEI + NL – Hours of Operations for BC, AB, MB + SK remain the same] <i>Help Us Connect:</i>

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	Lastly, if you know of any other organizations that could benefit from our program, we would greatly appreciate any referrals. We're always looking to connect with new potential partners to extend our reach and impact. CFS.General@rci.rogers.com <i>Does this require a credit check and a home address?</i> Only the Wireless service, if a device is taken, requires a credit check. Now that being said, we still do require 2 pieces of ID to set up the account – we just do not perform a credit check against the IDs provided. For our products to be activated in the system, we do require a billing address. What some who are unhoused have done is worked with their case worker to make use of their address, and then once housed, they updated their account to their new address. For the Internet, however, we do require a fixed address, just based on the nature of the technology.
<u>Salvation Army Ajax</u>	TOA HOPE TSA Hope serves as a community hub offering a range of programs designed to meet immediate needs while fostering connection and inclusion. Services include community meals, Kitchen Connections cooking and life-skills programming, client advocacy, seasonal assistance programs, volunteer opportunities, spiritual care, and community food drives. Programs are designed to provide a safe and welcoming environment where individuals and families can access support, build relationships, and strengthen community connections. For more information, including partnerships and donations, please call our Community Services Coordinator, James Dark at 905-427-7123 or email: james.dark@salvationarmy.ca Monday – Thursday 10am – 12pm and 1pm – 3pm (<i>closed for lunch between 12noon – 1pm</i>) 35 Kings Crescent, Ajax Phone: 905-427-7123 Community Services Coordinator, James Dark at 905-427-7123 or email: james.dark@salvationarmy.ca
<u>Service Canada</u>	New Online Tool – What to do when someone dies

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As part of an effort to improve the online experience, work is underway to offer organizations and individuals online tools based on life events.

The new '[What to do when someone dies](#)' online tool has been added to Canada.ca as of October 23, 2024.

The 'What to do when someone dies' hub is a new online tool on Canada.ca, where families, caregivers, friends, veterans, First Nations, Métis and Inuit Peoples, legal and administrative representatives, estate trustees and executors can learn about Canada's death benefit system and the digital tools to help locate services and benefits available based on their specific situation.

With user-friendly navigation, the tool provides individuals with simplified guidance on what to do when someone dies, mental health support information and the option to start a 'Guidance after death questionnaire'.

The tool offers information on:

- The steps to take for those preparing for death,
- Services relevant to navigating a death,
- Survivor benefits and how to access them in a timely manner,
- How to notify the federal government of a death.
- To help raise awareness about the new tool, Service Canada, can provide more information to your staff/volunteers or to your clients.

Information Sessions on Service Canada by Outreach Services

As part of outreach services, we offer Information sessions (virtual or in person):

- Customized presentations for your organization's staff/volunteers to provide them with information on the new tool as well as information on Canada Pension Plan Survivor Benefits, Canada Pension Plan Death Benefits and Canada Pension Plan Children's Benefits, as well as information on other Service Canada programs and benefits, and how to access them.
- Tailored presentations for your clients, to provide them with information on the tool and on other Government of Canada programs, services, and benefits that they may be eligible for, and how to access them.

If you have any questions, would like more information on Service Canada programs, services and benefits, or if you would like to plan an outreach activity with us, please contact Geoff James, Citizen Services Specialist / Citizen Services Branch (CSB) / Ontario Region, Service Canada / Government of Canada

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	geoff.james@servicecanada.gc.ca
Pet Services	
<u>City of Pickering</u>	Pickering Animal Services recognizes that a deep connection with pets transcends socio-economic, racial and geographic boundaries and that no one should be denied the opportunity to experience the benefits and joy that come from the human-animal bond. The Community Pet Support Services Program consists of 4 major components all with a goal to help keep the people and pets of Pickering together: Community Pet Pantry for Pet Food and Pet Supplies • Safe Pets Victim Support • Accessible Veterinary Care • Petcademy – Free Online Behavioural Support for Pet Owners https://www.pickering.ca/property-roads-safety/animal-services/pet-support-services/
<u>SafePet Ontario</u>	<u>SafePet Ontario</u> helps people escape violence by providing a safe haven for the animals they love. 47% of domestic abuse survivors delay leaving, or will not leave at all, if they can't take their pet with them. But most shelters do not accept pets. This critical gap leaves families in harm's way. SafePet bridges the gap, placing pets with carefully chosen foster families while survivors access the safe housing and support they need, sooner. Safe pets mean safe families. It's that simple. https://www.safepet.ca/
<u>Spay Neuter Initiatives Association</u>	<i>Spay/Neuter Clinic (SNIP)</i> 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 <u>Spay Neuter Initiatives Association</u> to offer our accessible, low-cost spay/neuter veterinary program. Our volunteer-driven program proudly

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	provides low-cost and/or subsidized spaying and neutering services for the beloved animals of our lower-income residents.

Drug Alerts	
Durham Region Public Health	Drug Alert Update Alert Updated: May 6, 2026 Issued By: Durham Region Health Department Drug Alert: From April 26 to May 2, 2026, paramedics responded to 44 suspected overdose calls. This is the highest number in one week so far. During the same time, 20 people went to Durham Region hospitals for suspected overdoses. Drug Description: No mention of any unusual substances or colours Other Information: Fentanyl was mentioned most often. We request that the attached updated drug alert be posted for clients. <u>Report an overdose or an unexpected drug reaction</u> 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. <u>Opioids and Overdose Prevention</u> Visit for access to information on • Opioids • Overdose prevention and response • Naloxone Kits <u>Durham Region Opioid Information System</u> Subscribe to this webpage for access to local statistics, including paramedic data regarding suspected opioid overdoses, Emergency Department visits, and opioid overdose deaths. Alert Updated May 6, 2026.
Durham Region Health Department	Drug Alert Date Issued: Feb 27, 2026 Issued By: Durham Region Health Department

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	On February 27, 2026, DRHD was informed by first responders of a sharp rise in suspected overdose calls, currently totaling approximately 25 in a single day. Drug Description: No details available on substances or colours. Other Information: Majority of suspected overdose calls occurred in Oshawa, with clusters noted near Midtown Mall on John Street and in Ajax on Commercial Ave. <i>flyer attached</i>
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