

DPNCHC Adult Services Programs March 2019








1900 Davenport Rd (416) – 656-8025



Join us for a place to socialize, volunteer, make friends and locate community resources. Access settlement services, crisis intervention and harm reduction support.

Enjoy nutritious meals at our community dining program.

Continue learning at any age by upgrading your reading, writing, math and basic computer skills.

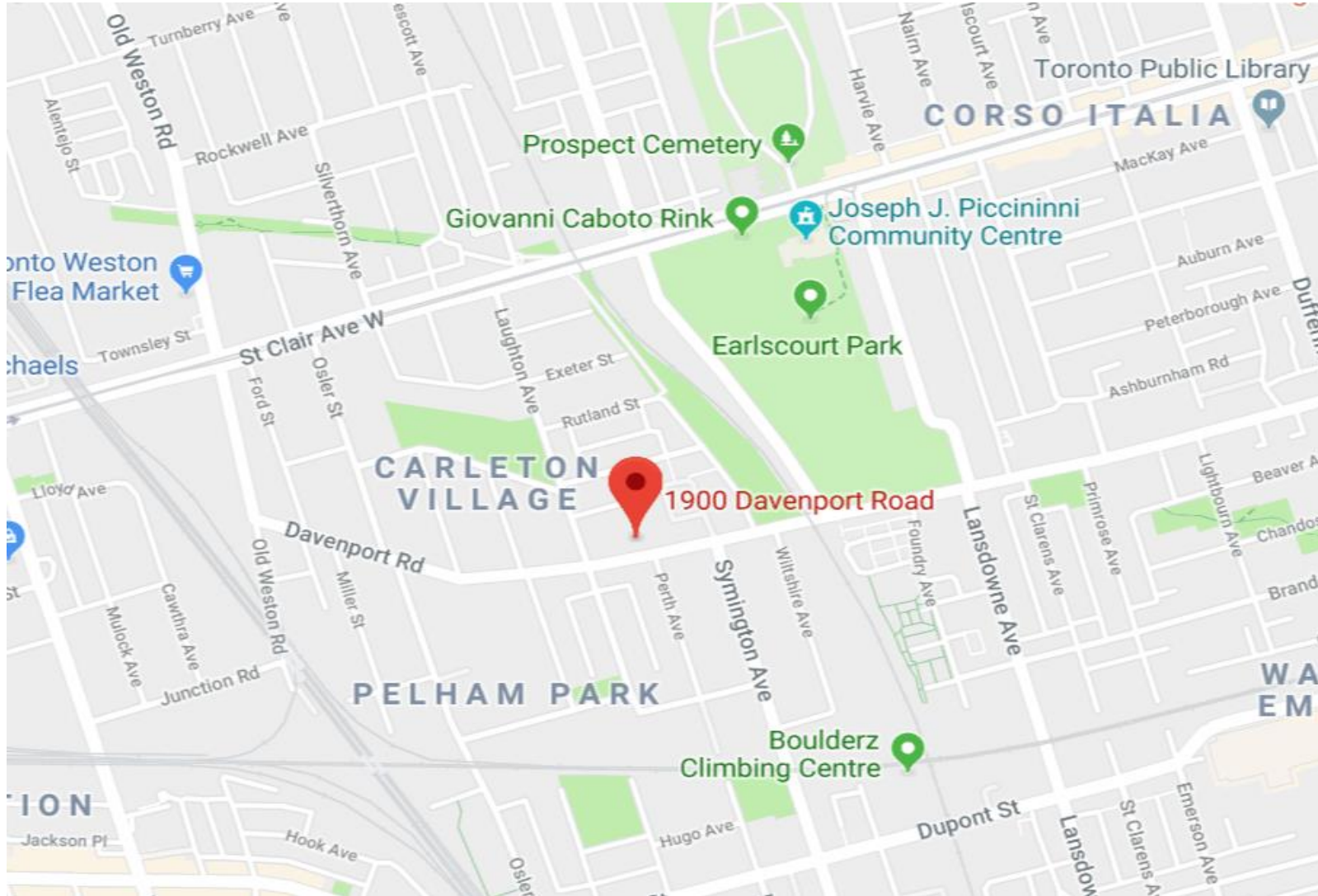
<p><u>Community Dining/ DROP IN</u> Come and enjoy a free meal with friends and meet others in the community!</p> <p>Dates : Monday & Wednesdays – 4:30-6:00 DINNER</p> <p>Contact Information: Eileen at 416-656-8025 ext. 370</p> 	<p><u>Adult Literacy</u> The Literacy Program offers adults the opportunity to upgrade their reading, writing, math and basic computer skills. Program staff will meet with you to develop plans. You will work in small groups.</p> <p><u>Registration is required</u></p> <p>Contact: Michele or Wanda at (416) 656-8025</p> 	<p><u>Volunteer Services</u> Give your time and talents to DPNCHC. You can develop your leadership skills, get active in local issues that are important to you, learn new skills, gain experience, meet new friends and have fun! Students welcome.</p> <p>Contact: Sanchia at 416-656-8025 x 377 or send an email to volunteer@dpnchc.ca, indicating area of interest (Include a resume if available).</p> 
<p><u>Pelham Adult DROP IN Program/Socials</u> Join us for a variety of social, recreational and educational activities. It's a great opportunity to meet others who live in the area and get information on the community.</p> <p>Contact information: Eileen at 416-656-8025 ext. 370 Please ask for information on other recreational activities (such as swimming and summer events not posted here)</p>	<p><u>Harm Reduction</u> Harm reduction kits (needles, stem kits, syringe kits and condoms) are available at our main site, as well as other information and supports.</p> <p>Contact Information: Eileen at 416-656-8025 ext. 370</p> <p>AA Open Meetings every Monday 2:00- 3:00 in the Garden Room.</p> 	<p><u>Family Connections</u> Is someone in your family dealing with Emotion Dysregulation problems? (Substance Use, Depression, Self-Injury, Anger, Anxiety, Impulsivity, Suicide Ideation)</p> <p>The Family Connections® program is for family members of someone with emotional and behavioural dysregulation, to provide a foundation for better understanding. It is designed to help families gain knowledge and skills that will be helpful for their own well-being, and to help better manage the relationship.</p> <p>This 12-session skills-based group is free of charge. To contact or register please email: info@sashbear.org or call Gabrielle at (416) 656-8025 ext.204</p>
<p><u>Breathing and Stretching / Yoga DROP-IN</u> Learn simple practices to take care of yourself, increase energy, flexibility, reduce stress and promote better rest. All abilities welcome. Best to wear loose comfortable clothing. Dates: Tuesdays and Fridays: 10:30-11:40 am Mondays: March 25- May 6, 6:15pm-7:30pm</p> <p><u>COMMUNITY Singing DROP - IN</u> All voices ages and levels welcome. Join us to sing with others and have fun!</p> <p>Date: Thursdays Mar 21- May 9, 6:00-7:30pm</p> <p>All programs will be in the Sanctuary/2nd floor.</p> 	<p><u>Community Supports and Crisis</u> If you need short term, one-on-one crisis support please contact our CSCI worker. This service helps provide information on community resources, OW, ODSP, shelter and housing, emergency needs and health related supports.</p> <p><u>By Appointment</u></p> <p>Contact Information: Information: Ingrid at (416) 656-8025</p> <p>FREE PHONE AVAILABLE FOR LOCAL CALLS in the Main Lobby of the Centre</p> 	<p><u>Settlement/ Newcomer Supports</u> Our Settlement Counsellors provide assistance and referrals to all newcomers. Services include: information on immigration process, housing, health, education, ESL and other resources in the community.</p> <p><u>By Appointment</u> Service is available in English and Spanish.</p> <p>Contact Information: Erika Garcia at (416) 656-8025 ext.238, or visit the Centre.</p> 



Reasonable accommodation or any other special needs will be provided upon request.
If you require accommodation please contact us by phone, email or in person.

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