

Life Happens Here

Winter 2015



Meet Karen
and Charmaine

Plan your
holiday giving

DPNCHC News

EdgeWest: Healthcare for Youth

Our new drop-in clinic for youth 13-29 continues to grow. Adding to its medical, mental and sexual health care services, the clinic is now partnering with St. Stephen's Community House to offer job training and employment opportunities for youth. Visit EdgeWest.ca for more information.

A visit from the Premier

On August 20th, DPNCHC was excited to welcome Premier Kathleen Wynne and Davenport MPP Cristina Martins to tour our Centre. Wynne and Martins spent the afternoon visiting our programs and chatting with staff and program participants. Afterwards, Premier Wynne and MPP Martins sat down with a group of local community services organizations, including DPNCHC, Planned Parenthood Toronto, and the Stop to discuss our area's unique strengths and needs.

Share your DPNCHC story

In celebration of our 30th anniversary, DPNCHC is collecting stories from past staff, volunteers, donors, service users, and anyone else who's stepped through our doors over the past three decades. Has the Centre had a positive effect on your life? Contact Kate Fane at kfane@dpnchc.ca



Kim Fraser
Executive Director, DPNCHC

Seasons Greetings

There's a lot to be thankful for this holiday season.

Here at Davenport-Perth Neighbourhood and Community Health Centre, we're thankful for new opportunities.

In the past year alone, we opened the EdgeWest youth clinic, received the Toronto Foundation's "Vital Innovations" award, and welcomed new physiotherapist Janet Cheng into our Health Centre team. It's been a busy year, and I'm so excited to build upon this momentum in 2016.

We're also thankful for the contributions of our dedicated volunteers, who are so crucial to the work we do here at DPNCHC. Last year, our volunteers gave an incredible 5120 hours of service to the community.

The holidays are a time to be grateful for our blessings. But they're also a time to remember those who don't have as much to be thankful for.

Thanks to donors like you, we're able to support our most vulnerable neighbours to live healthier lives, make strong friendships, and get connected to the resources and supports they need to succeed.

In this newsletter, you'll hear from just a handful of the amazing people you've helped in the past year. I urge you to give generously, and keep supporting those who need it most.

Thank you for reading, and have a warm and wonderful holiday season.

Our Year

At a glance.

The Adult Literacy Department's **Community Reporters Project** gave learners the tools to document their lives and their community. **88% of the 30 participants** felt more confident after finishing the program.

See their powerful work at www.communityreporters.com.

Our **Settlement Department** worked with **569** newcomer clients, helping them to access supports and reunite their families.

100% of parents who participated in our **Child Mental Health Workshops** told us the program helped them to understand their child's growth and development.

The Seniors' Department organized off-site fitness classes in the community to make exercise more accessible for seniors with mobility issues. **182 seniors** took part at our **5 new program sites**.

Our harm reduction program is a vital service that helps keep community members who use drugs safe from overdose and disease. In the last quarter, we gave out **849 stem kits** and **197 needle kits** to **246 people**.

Karen (left) and Sharon MacKinnon



Meet Karen.

Finding her footing.

Last year, Karen suffered a devastating loss. After the sudden death of her son, she struggled to find the supports she needed to process her feelings, to manage the associated costs, and to find the strength to keep going.

Karen brought her concerns to Sharon MacKinnon, DPNCHC's Community Support & Crisis Intervention Worker. Together, they were able to work through Karen's grief and locate resources that could help her get back on her feet.

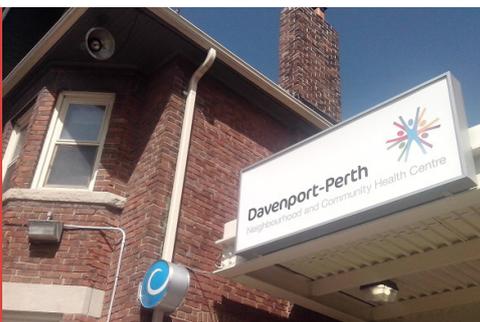
Thanks to Sharon's guidance, Karen applied for and received support from the Criminal Justice Board. This was a great help to Karen, allowing her to reclaim her independence.

Karen is still dealing with the emotional turmoil from what she experienced. But with a safe environment and an attentive community worker to turn to, Karen is now able to focus on the day to day while working towards the future.

“ Sometimes I'm in the dark, especially from loss, and even if I know the thing I can't concentrate. But Sharon is my right hand, and eyes, and brains. She helps me so much.

100%

of our counselling clients reported stronger interpersonal and life skills.



“ I'm very thankful to DPNCHC. Fills my life with so many things, friendship, art, love..



Charmaine Frado



Meet Charmaine.

Creating community.

For Charmaine Frado, donating to DPNCHC has nothing to do with charity. As the owner of local restaurant Charmaine's Place, she feels it's simply her responsibility as a community member.

"I know from my past work in mental health [at the Parkdale Activity-Rec-creation Centre] how important it is for people to identify with their local community...to have places where they can meet one another off the street. That's the reason I opened the business here, seven houses from my house and next to this Centre."

"I feel that if you want change to happen, you have to be in the heart of it."

Charmaine's been a strong supporter of DPNCHC since she launched her restaurant, contributing financial donations and gifts of her home-cooked meals to our program participants.

She describes it as "give and take," since supporting local businesses and organizations benefits everyone who lives or works in the neighbourhood.

“I believe in what you do at DPNCHC, and I believe that I'm a part of that.”

Why is supporting DPNCHC important to you?

Tell us at kfane@dpnchc.ca

Connect
with your community



DPNCHC is now on Twitter!

Follow @DPNCHC to

- Learn about our latest programs, news, and events
- Read about the issues facing Davenport and the city of Toronto
- Share your insights about how we can build a strong community together



Monthly Newsletter

In our monthly email newsletter, you'll have access to event invitations, volunteer opportunities, and client success stories.

Visit www.dpnchc.ca to subscribe

“Without DPNCHC I would not have been able to access or afford the help I needed. I was jobless and hopeless, now I am employed and happy.”



“Your heart is more open when you come to Davenport-Perth. It's like coming into a family!”



Making Spirits Bright

It's the time of year when we need a strong support network.

During the winter, DPNCHC is a safe space for our community members. It's a place where they can stay warm, eat a healthy meal, access vital services, and make new friendships.

Your donation will help us provide for our community's most vulnerable residents, including those who might not have a safe place to go during the cold winter months.

Donate to DPNCHC, and you'll help bring your neighbours in from the cold.

Choose your gift

Your generous support goes a long way. See where you can have the most impact.

\$25

A week's worth of learning materials (like pencils, paper and art supplies) for our Adult Literacy department.

\$100

Nutritious snacks for 75 preschool children in community drop-in locations around Davenport.

\$195

TTC fare for the 24 attendees of our Youth Leadership Project, where they access supports, learn skills, and give back to their community.

\$225

Two healthy meals for 100 under-housed and low-income people at our Community Dining program.

Planning your gift is easy. Online, by phone, or in person, we make it simple.

Online

Visit dpnchc.ca

Donate to DPNCHC securely through our website. All major credit cards are accepted.

By phone

(416) 656-8025

Call us with any questions on how to best direct your donation.

In person

Visit 1900 Davenport

Stop by the Centre to see your donation in action. Cash and cheques accepted at the front desk.

Davenport-Perth
Neighbourhood and Community Health Centre



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