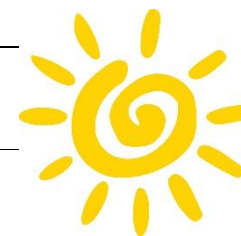
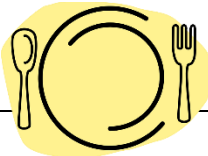









# DPNCHC Adult Services Programs Summer 2021

1900 Davenport Rd (416) – 656-8025



Access settlement services, crisis intervention and harm reduction support and meals.  
Continue learning at any age by upgrading your reading, writing, math and basic computer skills.

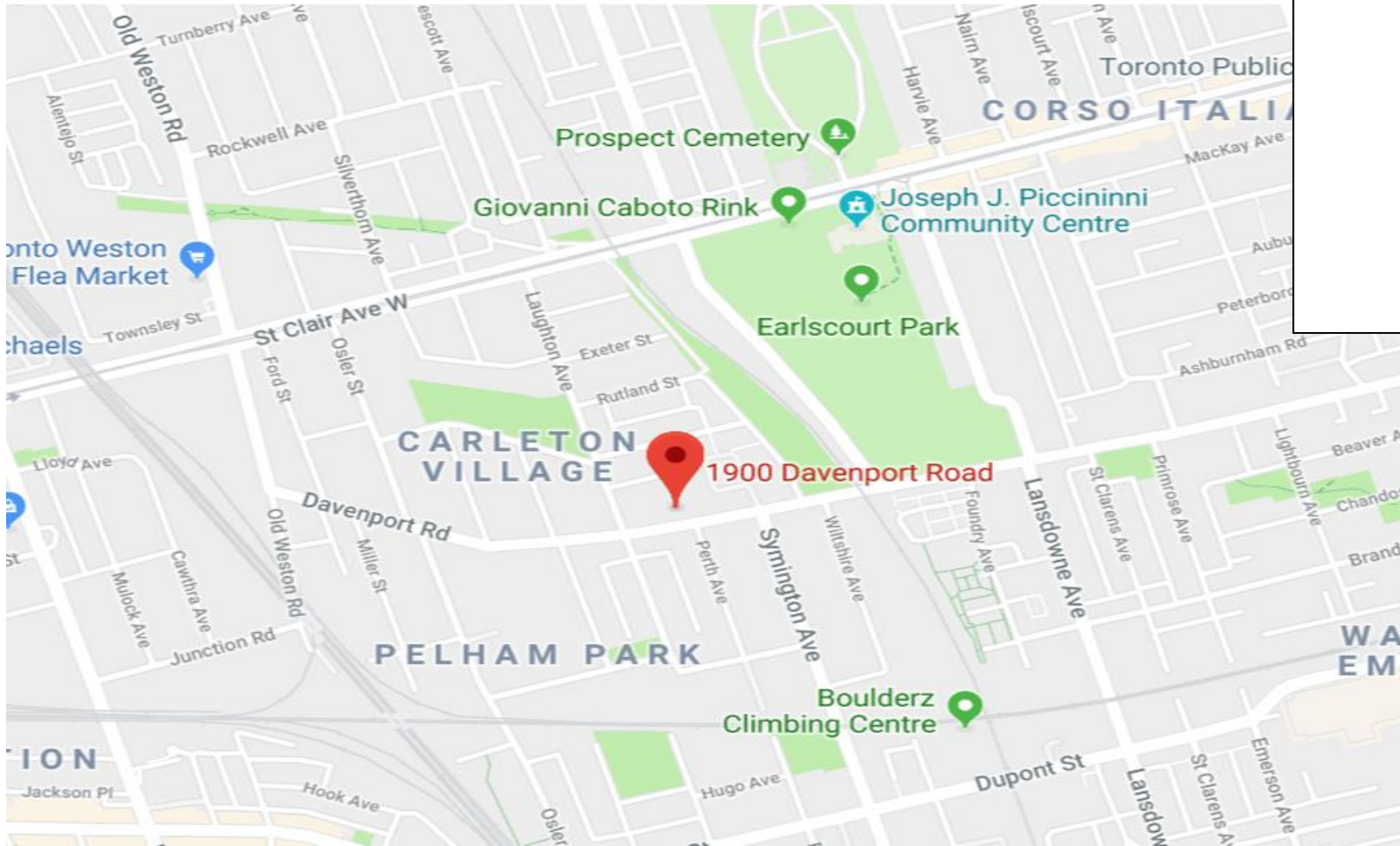
<p><b><u>DPNCHC Community MEALS To GO...</u></b></p> <p>Free meals are offered for pick up at DPNCHC twice weekly.</p> <p><b>Dates:</b> Monday &amp; Wednesdays – 5:00 pm – 5:30 pm</p> <p><b>Contact Information:</b> Rachael at 416-656-8025 ext. 266</p> 	<p><b><u>Adult Literacy</u></b></p> <p>The Literacy Program offers adults (+19) the opportunity to upgrade their reading, writing, math and basic computer skills. All classes are currently remote via Zoom (online) Or phone.</p> <p><b><u>Registration is required</u></b></p> <p><b>Contact:</b> Wanda at (416) 656-8025 x 421 or wtse@dpnchc.ca</p> 	<p><b><u>Volunteer Services</u></b></p> <p>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!</p> <p><b>Contact:</b> Sanchia at 416-656-8025 x 377 or send an email to volunteer@dpnchc.ca, indicating area of interest. Some limitations due to COVID 19 – please call for more information</p> <p>(Include a resume if available).</p> 
<p><b><u>PELHAM Park Gardens Community MEALS TO GO</u></b></p> <p><b>Dates:</b> Mondays at 1:30pm and Wednesdays at 1:00</p> <p><b>Contact Information:</b> Gabrielle at 416-656-8025 ext. 204</p> <p>Information about COVID safety available</p>	<p><b><u>POP IN – Drop In</u></b></p> <p>Grab a coffee and snack, use the free telephone or have a washroom break. Ask questions about community services.</p> <p>Monday – Friday 10:00- 1:00</p> <p><b>Contact:</b> Rachael (416) 656-8025 ext. 266</p>  	<p><b><u>Family Connections</u></b></p> <p><b>Is someone in your family dealing with Emotion Dysregulation problems? (Substance Use, Depression, Self-Injury, Anger, Anxiety, Impulsivity, Suicide Ideation)</b></p> <p>The <b>Family Connections</b>® 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><b>This 12-session skills-based group is free of charge.</b> To contact or register please email: <a href="mailto:info@sashbear.org">info@sashbear.org</a> for virtual programs.</p>
<p><b><u>Harm Reduction</u></b></p> <p>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><b>Contact Information:</b> 416-656-8025</p> 	<p><b><u>Community Supports and Crisis</u></b></p> <p>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><b><u>By Appointment</u></b></p> <p><b>Contact Information:</b> Ingrid Moreno (416) 656-8025 x401</p> 	<p><b><u>Settlement/ Newcomer Supports</u></b></p> <p>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. <b><u>By Appointment</u></b></p>  <p><b>COVID 19:</b> Services are being provided by telephone or video call</p> <p><b>Contact Information:</b> Erika Garcia at (416) 656-8025 ext.238 Leon Liberman ext. 223 Service is available in English. Spanish, Portuguese, French</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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## **Contact Information:**

416-656-8025



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