

# DPNCHC Adult Services Programs Winter 2024

1900 Davenport Rd. – Phone: 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.

## DPNCHC Community Dining - MEALS TO GO...

Free take-out meals are offered for pick up at DPNCHC – Perth Hall Entrance.



**Wednesdays 5:00 pm – 6:00 pm**

### Contact Information:

Ashley at (416) 656-8025 ext. 266

Dining will be closed on December 26 and January 1<sup>st</sup>. We will re-open on Wednesday January 8<sup>th</sup>, 2025

## Adult Literacy



The Literacy Program offers adults (+19) the opportunity to upgrade their reading, writing, math and basic computer skills. **Registration is required.**

### Contact Information:

Wanda at (416) 656-8025 ext. 421 – or by email [wtse@dpnchc.ca](mailto:wtse@dpnchc.ca)

## Pop-In (Drop-In)

A place to socialize and connect with community members and DPNCHC staff.

**Mondays and Fridays 10:00am to 12:30pm**

### Contact Information:

Ashley (416) 656-8025 ext. 266



Pop-in will be closed December 23-January 3. We will re-open on Monday January 6<sup>th</sup>, 2025.

## Settlement/ Newcomer Supports

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. **By Appointment only.**

### Contact Information:

Ingrid at (416) 656-8025 ext. 238



*Service is available in English and Spanish*

## Community Supports and Crisis Intervention

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.

### By Appointment Only.

### Contact Information:

Licet at (416) 656-8025 ext. 401



## Volunteer Services



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!

**Contact Information:** Sanchia at (416) 656-8025 x 377 or send an email to [volunteer@dpnchc.ca](mailto:volunteer@dpnchc.ca) indicating area of interest and include a resume (if available).

## Harm Reduction



Harm reduction kits (syringe kits, stem kits and substance use & addiction support) are available at our main site.

### Contact Information:

Main Reception at (416) 656-8025

## Upcoming Events

Please join us for adult services indoor Christmas celebration dinner  
**Wednesday December 11<sup>th</sup> 5:00pm-6:00pm**

### Contact Information:

Licet or Ashley at (416) 656-8025

Please join us for our African History dinner celebration  
**Thursday February 27<sup>th</sup> 5:00pm-8:00pm**

### Contact Information:

Erika (416) 656-8025

## Family Connections – The Sashbear Foundation

**Is someone in your family dealing with Emotion Dysregulation problems? (Substance Use, Depression, Self-Injury, Anger, Anxiety, Impulsivity, Suicide Ideation)**

The **Family Connections**© program is for family members of someone with emotional and behavioural dysregulation, it is designed to help families gain knowledge and skills that will be helpful for their own well-being, and to help better manage relationships. For more information or to register for programs please email:

[info@sashbear.org](mailto:info@sashbear.org) or call 416-523-0495.

