

DPNCHC Adult Services Programs Fall/ Winter 2023

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

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

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

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

Stephanie (416) 656-8025 ext. 223

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:

Victoria at (416) 656-8025 ext. 519



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 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

Social Prescribing

The program helps provide information on community resources pertaining to mental health.

By Appointment Only.

Contact Information:

Licet at (416) 656-8025 ext. 401



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 or call 416-523-0495.

