

DPNCHC Adult Services Programs 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.



Mondays & Wednesdays
from 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

MEN'S PING PONG AND GAMES

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

Wednesdays
from 4:00pm to 5:30 pm



Contact Information:

Neil or Monica at (416) 656-8025 ext. 264

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:

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 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

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, 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.

To contact or register please email: info@sashbear.org for virtual programs.



<https://sashbear.org/en/>