



# THE SPARK

kindling the way to healthier relationships

WINTER 2012

## PHILOSOPHY

This newsletter was developed and is sponsored by Oshawa Community Health Centre. Our mission is to build a strong healthy community: a community in which violence has **no** place. This newsletter promotes violence prevention initiatives and community resources that may be a catalyst, a **SPARK**, to encourage relationships that are *positive, healthy* and *non-violent*. Feel free to access and distribute copies of our newsletter from our web site [www.ochc.ca](http://www.ochc.ca) (under Communications-Newsletters)

## WORRY WORKSHOP

*Do you worry a lot?  
Try to avoid things that cause you distress?  
Feel worry controls your life?*

Join the three session Worry Workshop where participants will learn about and practice three proven theories and techniques to reduce worry and not let it run your life:

- cognitive behavioural therapy,
- mindfulness
- acceptance and commitment therapy (ACT)

The workshop will be held Tuesday mornings in June.

**Call Danielle at Oshawa Community Health Centre for more information and to register  
905-723-0036 x 216**

## NEW PARENT SUPPORT GROUP

*When no one else seems to understand,  
when blame seems to be coming from all sides, and  
when you need information and ideas from families;  
a support group can provide a safe harbor  
in the midst of the storm.*

Parents for Children's Mental Health (PCMH) and Kinark Child and Family Services, in partnership with Oshawa Community Health Centre, have developed a support group for families who are raising children and youth with mental health challenges. The group meets monthly at Oshawa Community Health Centre.

The group is facilitated by Bev Sirrs, who is a mother of two adolescent boys and knows first hand how programs such as SNAP-ORP can make a significant difference. Bev has experience with schools, doctors, and services, and is a great resource for other parents.

Bev is the chair of the Parent Advisory Committee for Kinark Child and Family Services (Durham Program), a member of PCMH, and committed to helping parents deal with the big and little issues in raising children and teens. Some of the topics the group plans to cover are depression, ADHD, ODD, asperger's, bipolar, and resources dealing at the school level.

**For more information please contact Bev Sirrs at [durham@pcmh.ca](mailto:durham@pcmh.ca).**



115 Grassmere Ave., Oshawa, Ontario L1H 3X7  
T 905.723.0036 F 905.723.3391 E [info@ochc.ca](mailto:info@ochc.ca) [www.ochc.ca](http://www.ochc.ca)  
Charitable Registration # 119158137 RR0001

**"your wellness,  
our mission"**

*COMING UP AT OSHAWA COMMUNITY HEALTH CENTRE***OUR WELLNESS GROUP**

This women's group focuses on practical ways to create a healthy lifestyle. Guest presenters share their wisdom and expertise while providing helpful information for day-to-day healthy living. This is a free drop-in program offered to women in the community. Our Wellness runs most Thursday mornings from 9:30 am until 11:30 am.

Childcare and snacks will be provided.

For an updated schedule visit [www.ochc.ca](http://www.ochc.ca) or call Katerina at 905-723-0036 ext. 215

**ACTIVE PARENTING GROUP**

The Active Parenting Group is a group for parents and caregivers with children ages five through twelve years of age. This group is divided into seven sessions. These sessions will include the following themes:

- Introduction to The Active Parenting Program
- What is an Active Parent and How To Become One
- Winning Cooperation With Your Children: how to encourage positive communication.
- Responsibility and Discipline: encouraging your child to be responsible.
- Understanding and Redirecting Misbehaviour.
- Building Courage, Character and Self-Esteem in Your Children.
- What is an Active Family and How to Build One?

**Where:** Oshawa Community Health Centre  
115 Grassmere Ave. Oshawa

**When:** Tuesdays for seven weeks beginning Tuesday March 6<sup>th</sup> until April 17<sup>th</sup>

**Time:** 9:30am-11:30am

To register please contact  
Cheryl at 905-723-0036 ext. 223  
or Louisa at 905-723-0036 ext. 224

**LEAD YOUR LIFE  
WOMEN'S GROUP**

Lead Your Life is a group for women who are interested in:

- Participating and learning easy take home ways to become physically fit through the guidance of a Certified Personal Trainer
- Achieving a healthier more balanced diet through hands-on activities with a Certified Nutritionist
- Building more confidence and skills to lead groups and discussions on some of life's challenges

**What is it:** A free 10 week health, life skills and leadership program for women of all ages

**Where:** Oshawa Community Health Centre  
115 Grassmere Ave. Oshawa

**When:** Friday, February 10<sup>th</sup> until Friday, April 20<sup>th</sup> 2012 (10 Fridays)

**Time:** 9:30am until 12:00pm

Childcare and snacks will be provided

To register please contact:  
Cheryl at 905-723-0036 ext. 223  
or Louisa at 905-723-0036 ext. 224

**NEXT EDITION**

**THE SPARK** will be distributed in Spring 2012 with a forward look to violence prevention initiatives to be offered in the Spring of 2012. To be on our mailing list, or to make a submission:

Oshawa Community Health Centre,  
115 Grassmere Ave.,  
Oshawa, Ontario L1H 3X7  
Phone: 905-723-0036 x.215 Fax: 905-432-3902

**shel·ter (shel'tər)***noun*

- 1) something that covers or protects; protection, or place affording protection, as from the elements or danger
- 2) the state of being covered or protected; protection; refuge
- 3) any of various places for providing food and lodging on a temporary or emergency basis...

(as defined by www.yourdictionary.com)**BETHESDA HOUSE SHELTER & OUTREACH SERVICES***"Building hope,...Changing lives"*

Bethesda House offers both shelter and Outreach supports to women, youth and children dealing with issues of relationship / domestic abuse throughout the Durham Region. Based in Bowmanville, services include one-to-one and group support both in the shelter and in the community. Clients are provided with professional, compassionate assistance to begin recovery and to identify and take whatever steps necessary to make the transition to a safer life. Women and youth can access support by:

**24 hour Crisis Line (905-623-6050)**

**Community Outreach Services (905-623-6045)** or by dropping by the **DRIVEN Walk-In Clinic** any Monday (except on statutory holidays), 8:30am-4:30pm, at **1320 Airport Blvd.** Oshawa. General inquiries can be made to 905-623-6045.

**HERIZON HOUSE**

Herizon House is a shelter for abused women and their children, located in the Ajax/Pickering area. Free services include: emergency shelter, crisis and sexual assault counselling, children's programs, housing and legal support, referrals and community advocacy.

**Transitional Worker:** 905-426-1064

**Crisis Line:** 1-866-437-4066 (1-866-HERIZON)  
administration@herizonhouse.com

905-426-1064

**THE DENISE HOUSE**

*A Safe Place for Abused Women and their Children*  
The Denise House is a shelter for abused women and their children, offering safety and protection, emergency accommodation, a 24 hour crisis line, supportive counselling, children's services, housing support, information, community resources and referrals. Services are available to women and their children of any age or gender. Services are available to women and children residing in the shelter or in the community. Interpretation services are available in a number of languages. All services at the Denise House are confidential.

**Phone:** 905-728-7311

**Toll Free:** 1-800-263-3725

www.thedenisehouse.com

**Y's WISH SHELTER**

The Y's WISH Shelter operates from a feminist perspective that empowers women through positive strategies for change. They offer a variety of programs for women and their children who reside at the shelter and who use shelter services. The shelter itself provides safety, security and support in the form of short-term crisis counselling, safety planning, in-house support groups, information, referrals and advocacy. Transitional and Housing Support Program helps women establish new lives, free from abuse, for themselves and their families. Services are available to women and their children of any age or gender provided that they are dependent on their mother and are non-violent. Services are available to women and children residing in the shelter or in the community and are available in English or in French.

**Shelter and Crisis Line:** 905-576-2997

shelter@ywcadurham.org

**Transitional and Housing Support/Child**

**Advocate:** 905-432-2490

www.ywcadurham.org

**cri·sis (krī'sis)***noun*

- 1) a turning point in the course of anything; decisive or crucial time, stage, or event
- 2) a time of great danger or trouble, often one which threatens to result in unpleasant consequences

(as defined by www.yourdictionary.com)**DURHAM REGION DOMESTIC VIOLENCE/  
SEXUAL ASSAULT CARE CENTRE**

The Domestic Violence/Sexual Assault Response team at Lakeridge Health Oshawa is a team of specially trained nurses and physicians that provide assistance to victims of domestic violence and sexual assault. For victims of sexual assault, 24 hour emergency medical services are available at Lakeridge Health Oshawa. Individual counselling is available for males or females, of any age who have been sexually assaulted in the past year.

**Information and Referrals** 905-721-6128 x2787  
www.dvsacc.com dvsacc@lakeridgehealth.on.ca

**DURHAM RAPE CRISIS CENTRE**

The Durham Rape Crisis Centre is a non-profit charitable agency that offers support to women in Durham Region who are sixteen (16) years of age and older and who have experienced childhood sexual abuse and/or a recent sexual assault. These services include free individual counselling, advocacy, and accompaniment to the hospital, police department and/or court proceedings, resource library, children's programming, education and support services in the workplace, individual counselling and group counselling and art therapy. Representatives are available to do presentations to schools and other community agencies. Group counselling is provided continuously throughout the year and takes a focus on preventing further sexual assaults, and encouraging healthy relationships and sexuality.

**Direct Line** 905-444-9674

**Crisis Line** 905-668-9200

www.durhamrapecrisiscentre.com

**DISTRESS CENTRE DURHAM**

Distress Centre Durham offers a 24 hour help line where anyone can call to talk about any issue that is of concern in their lives. Caring, compassionate, trained volunteers are available to listen while respecting confidentiality. Community referrals can be offered for further assistance. Distress Centre Durham offers the following services: resource centre, suicide/homicide support services, adolescent suicide awareness school programs, community contact and crisis call-out programs, community training and education.

**Help Line** 905-430-2522 24 hours a day

**Office:** 905-430-3511

**Fax:** 905-430-1381

**DURHAM REGIONAL POLICE SERVICE  
VICTIM SERVICES UNIT**

The Victim Services Unit provides victims of crime and tragic circumstances with emotional support, assistance, information and referrals. This service is involved in situations of homicides or attempted homicides, serious physical assaults, serious traffic collisions or fatalities, robbery, sexual assault where no charges have been laid, major fraud, sudden death or suicide, criminal harassment and stalking, elder and vulnerable adult abuse and all spousal incidences and assaults. The Victim Services Unit initiates contact with a victim after a 911 call or when a police report is filed. Victim Services Unit encourages inquiries from the general public regardless of any police involvement. Referrals, options and support are provided.

**Victims Services Unit:** 905-579-1520 x5616

**HERIZON HOUSE**

Herizon House offers Outreach Crisis Counselling services for women who are experiencing or have experienced abuse. Counsellors are available 7 days a week for short term counselling, safety planning, community referrals and advocacy. Free and confidential. Two workers are available:

**Sat-Sun 10-6 / Mon-Fri 9-5** 905-426-1064 x2243

**Mon-Fri 9-5** 905-391-1803

**sup·port** (sə pòrt')*transitive verb*

- 1) to carry or bear the weight of; keep from falling, slipping or sinking; hold up
- 2) to give courage, faith, or confidence to; help or comfort
- 3) to give approval or to be in favour of

(as defined by [www.yourdictionary.com](http://www.yourdictionary.com))**NIJIKIWENDIDAA ANISHNAABE-KWEWAG SERVICES CIRCLE**

Nijikiwendidaa Anishinaabe Kwe-wag Services Circle offers counselling and groups to First Nations Women who have been abused, are being abused or who are at risk of being abused. The main office is in Peterborough, but Outreach counselling is available to women (ages 16 and up) in Durham Region and beyond.

**Contact Kim:** 1-705-741-0900 x 229

**VICTIM/WITNESS ASSISTANCE PROGRAM**

The Victim/Witness Assistance Program is offered throughout the Ministry of the Attorney General. This program provides support and information to victims and witnesses who are involved in the criminal justice process. Services include access to essential information such as the status of each case, bail and probation conditions, assistance with Victim Impact Statements, and referrals to community services, court orientation and accompaniment.

**For Information:** 905-4743-2790

**COPE MENTAL HEALTH SERVICES**

COPE community mental health program offers support to adults with emotional or mental health problems. Support is offered by trained, caring volunteers. COPE services are flexible to best meet the vast variety of needs in the local communities. COPE services include individual and group support for family, women, caregivers, social recreation, depression, anxiety and loss, and stress management.

**Brock** 705-432-3044 **Oshawa** 905-666-0689

**Uxbridge** 905-852-9560 **Scugog** 905-985-8461

**Whitby** 905-668-6223 **Clarington** 905-623-4123

**Ajax/Pickering** 905-837-0017

[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

**LUKE'S PLACE SUPPORT AND RESOURCE CENTRE FOR WOMEN AND CHILDREN**

Luke's Place provides support to women and their children who have experienced abuse and are addressing family law issues. Luke's place offers information, support, referral as well as accompaniment to court and lawyers appointments. New to their services, is a Pro Bono Legal Clinic available to those who qualify. In addition to individual support, Luke's Place has a Family Law Networking Group which is a 10 week group program that takes an in-depth look at the family law process. Volunteers are welcome. All services are free and confidential.

905-728-0978

[admin@lukesplace.ca](mailto:admin@lukesplace.ca)

<http://www.lukesplace.ca>

**PINEWOOD CENTRE**

The Pinewood Centre for Alcohol, Drug and Gambling concerns offers a daily drop-in group.

All groups begin at 2:00 p.m. and focus on supportive topics and presentations. Telephone support is available 24 hours a day, and drop-in services are available from 9:00 a.m. to 5:00 p.m., seven days/week including holidays. Pinewood also offers acupuncture throughout the week. Services are confidential and anonymous.

905-723-8195 or 1-888-881-8878

[www.pinewoodcentre.org](http://www.pinewoodcentre.org)

**INTERACT****COMMUNITY MENTAL HEALTH PROGRAM**

Interact offers a variety of group programs for clients with a range of psychological problems designed to help people regain their former skills, to improve their coping abilities, to address their problems in constructive ways and to enhance their enjoyment of life. Follow-up and support groups are provided. Referrals are welcomed from all professionals and clients. Clients are invited to an orientation group where the client and therapist collaborate to establish therapeutic goals. The client is then matched to the most appropriate group program.

905-576-8711 Ext. 6029

**COUNSELLING AND  
SUPPORT SERVICES  
FOR WOMEN,  
CHILDREN AND FAMILIES**

**FAMILY SERVICES DURHAM**

Family Services Durham is a division of Social Services that offers a confidential counselling and support service in nine office locations throughout the Durham Region. Day or evening appointments are available Monday through Friday. Their philosophy is that financial issues should not be a barrier to service; therefore the fees vary by program and are based on a sliding fee scale.

Family Services of Durham also offers a number of education programs for parents. These include:  
**Parenting Teens and Preteens:** An 8-week evening series to provide parents with the necessary tools to improve communication with their children and build healthy relationships.

**Helping Children Cope with Separation and Divorce:** A 2 hour evening workshop for parents with children of any age. This workshop will give parents an understanding of how children grieve and react to separation and divorce, and provide parenting strategies to support their child's successful adjustment.

**Growing Great Kids! Growing as Parents:** A nine-week workshop series geared to parents of children under eight years of age that is designed to encourage social well-being in children, while allowing parents to grow and nurture themselves.

**Bully Proofing Your Child:** A 2-hour evening workshop for parents with children of any age.

To access the counselling services or education programs or for additional information, call 905-666-6240.

**WOMEN'S MULTICULTURAL RESOURCE &  
COUNSELLING CENTRE OF DURHAM**

WMRCC of Durham is an agency dedicated to the eradication of violence against women, youth and children. Counselling, referrals, advocacy and court accompaniments are provided within a feminist and anti-oppression framework. Self-help groups, youth workshops and anti-oppression and leadership training is available for community groups and organizations. Support groups for women who have experienced violence are offered including childcare and transportation. The Women's Multicultural Resource and Counselling Centre also welcomes volunteers for their Personal Support and Mentorship Program.

**For information:** 905-427-7849 / 1-877-454-4035

**DURHAM REGION DOMESTIC VIOLENCE/  
SEXUAL ASSAULT CARE CENTRE**

The Domestic Violence/Sexual Assault Care Centre provides counselling for children who have been sexually assaulted in the past year. Support is also available for their primary care-givers.

**For information:** 905-721-6128 x 2787

**ROSE OF DURHAM  
YOUNG PARENTS SUPPORT SERVICES**

Rose of Durham offers prenatal classes (in cooperation with the Durham Public Health Department), parenting groups, Teen Mom School program (in cooperation with the Durham District School Board), BAC2Basics (Basic Attachment Connection in partnership with Durham Public Health Department and Durham Children's Aid Society), Mommy and Me (a parent support group), Nobody's Perfect group, book club, a nursing mom's program and a variety of one-time workshops e.g. CPR, income tax information. There is an Early Years Drop-In Centre and individual supportive counselling. Satellite services are available in Ajax/Pickering and North Durham. All programs and services are for expectant/parenting young people and are free and confidential.

**For information:** 905-432-3622

**DURHAM MENTAL HEALTH SERVICES**

Durham Mental Health Services offers crisis supports to assist individuals who are experiencing a personal or situational crisis.

Services are free, confidential and offered to all.

**Crisis Services:** Phone support is available toll free, 24 hrs/day, to support the individual in crisis and/or their supports. A community visit by our mobile crisis team can be arranged to support the individual in their preferred environment. Follow-up support and short-term case management, including linkage and referral to other community supports, are also available.

**Crisis Beds:** Short-term stays are available for individuals experiencing a crisis who are in need of individualized support in a safe, supportive setting away from their present situation.

**Mental Health Safe Beds:** Provides short-term residential crisis beds for individuals living with mental health problems, who are in contact with the justice system. The program offers a safe alternative to incarceration or hospitalization.

**Mental Health Support Unit:** In partnership with Durham Regional Police and Ontario Shore for Mental Health Sciences, the MHSU provides an enhanced mobile crisis team consisting of a police officer and a mental health nurse. Outreach and follow-up services are provided by Crisis Services. This program is accessed through DRPS.

**Child and Youth Crisis Response:** In partnership with Kinark, Frontenac, and Chimo, Crisis Services provides 24 hour telephone support to children, youth and families in crisis. Child and youth crisis workers are available Monday to Friday to provide immediate crisis telephone and mobile response and linkage with services.

**call: 905-666-0483 or 1-800-742-1890**

**Y.W.C.A. OF DURHAM REGION**

The Y.W.C.A. provides opportunities for women, children and youth to improve their lives through safe, supportive housing, education, and volunteerism in a non-judgemental environment.

**Ontario Early Years Centre** offers free early learning parenting programs, referrals and resources for parents and caregivers and their children 0 to 6 years of age.

**For information: 905-723-9922**

**SIMCOE HALL SETTLEMENT HOUSE**

Simcoe Hall Settlement House offers beneficial programs and services for adults, children and the community including after school programs, back to school supplies, Rainbows for All Children group for grief and loss, food bank and winter clothing, Life Skills and Parent Coaching programs, seniors lunch and leisure activities, and community information and referral services.

**For information: 905-728-7525**

[www.simcoehall.com](http://www.simcoehall.com)

**DURHAM RAPE CRISIS CENTRE**

DRCC offers "**Communication and Healing About Teen Sexual Abuse**" (CHATS) for female youth ages 12-15 who have experienced recent or past sexual abuse or assault. Services available through this program include: individual counseling, court and/or hospital accompaniment, public education workshops and crisis counselling on school premises.

**905-444-9672 ext. 28**

**MY SISTER'S VOICE**

My Sister's Voice is a charitable non profit organization which provides mentoring, support, counselling and education services to women who have been marginalized by abuse, violence, poverty, hate crimes or sexual orientation. Services are provided to foster self-esteem and confidence and are founded on the core values of equity, diversity, unity, and empowerment. *The Phoenix Project* aims to increase awareness, resources and support for LBT women experiencing Intimate Relationship Abuse in Durham Region. These goals are achieved through individual counselling sessions, group support and community and agency outreach. All services are confidential and are offered throughout Durham Region.

**For Information: 905 668-5578**

**KIDS HELP PHONE**

A free, bilingual, phone and web counselling, referral and information service for children and youth. Immediate. Anonymous. Confidential. 24 hours a day, 365 days a year.

**1-800-668-6868**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**CATHOLIC FAMILY SERVICES OF DURHAM**

Catholic Family Services offers counselling for those in abusive situations on an emergency basis as well as a number of groups for women. Family Services provides individual and group counselling for French speaking abused women, their children and teens who have witnessed abuse. Counselling, advocacy and transitional planning are available.

**Services en français :** Catholic Family Services of Durham offre des services de counseling et d'appui transitoire en situation d'urgence pour les femmes qui ont vécues des relations abusives, ainsi que des programmes de groupes thérapeutiques pour les femmes et les enfants témoin de violence. Ces services sont aussi disponibles en anglais.

**Ateliers et programmes de groupes :**

- Femmes unies contre la violence – Parties un et deux
- Femmes unies contre la violence – Pour les femmes 50 ans et plus
- Reprendre le dessus après la violence familiale et séances de groupes pour enfants témoins de violence
- Familles en sécurité
- Séances de groupe pour enfants témoins de violence
- Communication et relations interpersonnelles pour adolescents
- Cœurs en guérison

**Groups and workshops include:**

- WAVE: Women Against Violence Everywhere Part One and Two
- W.O.M.E.N.(WAVE) Violence Against Women for Women +50
- Parenting After Violence and Children Exposed to Violence
- Safer Families Program
- Children Exposed To Violence
- CART: Communication and Relationships for Teens

**Catholic Family Services locations:**

Oshawa 905-725-3513 Port Perry 905-985-4221  
Ajax 905-428-1984 Uxbridge 1-877-282-8932

[www.cfsdurham.com](http://www.cfsdurham.com)

**CMHA DURHAM**

Canadian Mental Health Association Durham is part of a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The Agency has been serving the Durham community since 1959, with a multi-disciplinary staff providing specialized mental health services in the community. Programs include:

- Community Access (Centralized Intake )
- Housing and Case Management
- Nurse Practitioner Led Clinic
- Criminal Justice Case Management
- Older Adults Mental Health and Wellness Program
- Rehabilitation Services
- Healthy Living Program
- Public Education & Public Relations
- CMHA ACT Team and CTO
- Public Trustee Program for Transitional Youth age 16-18

In order to better accommodate families, we also provide information, referrals to services and supports, and education. Individuals can contact CMHA themselves, or be referred by: hospitals, family, justice system, community agencies, doctors, and social services.

Contact CMHA Durham @ 60 Bond Street,  
Oshawa Ontario L1G 1A5. 905 436 8760  
Website: [www.durham.cmha.ca](http://www.durham.cmha.ca)  
Email: [cmha@cmhadurham.org](mailto:cmha@cmhadurham.org)

**DRIVEN**

DRIVEN provides victims of intimate-relationship violence with an efficient and effective system of co-located services to facilitate the individual's access to needed supports and to enhance service quality.

DRIVEN is open every Monday (except on statutory holidays) at 1320 Airport Blvd. in Oshawa from 8:30am to 4:30pm.

Walk-ins are welcome and appointments can be made at 905-432-SAFE [7233]. All services are free and childcare is available. Call or email at [info@durhamdriven.com](mailto:info@durhamdriven.com) to learn more.

**sup•port (səpôrt')****SUPPORT FOR MEN****NIIJKIWENDIDAA ANISHNAABE-KWEWAG SERVICES CIRCLE**

Nijkiwendidaa is now also offering counselling to males age 16 and over of First Nations descent. This counselling is available in Peterborough and outreach counselling is available to those residing in the Durham Region.

**For Information:** 705-775-0383

**P.A.R. PROGRAM**

The Partner Assault Response Program is a 16 week court-ordered, psycho-educational program available for those who have been convicted of domestic assault towards their partner. The program works to hold offenders accountable for their behaviour and enhances victim safety. Throughout the group, beliefs and attitudes toward domestic violence are examined, and non-abusive conflict resolution skills are taught. This mandated program is funded by the Ministry of Attorney General's Office. Family Services Durham facilitates eight ongoing groups running in Durham Region. A fee for service is based on a sliding scale.

**For Information:**

Dawn Hopps: 905-668-4113 ext. 3994

**MALE SEXUAL ABUSE SURVIVOR GROUP SHONIKER CLINIC**

Rouge Valley Health System's Shoniker Clinic offers a therapeutic support group to men who have experienced sexual abuse. The group is primarily made up of non-offending childhood sexual abuse survivors. This two hour group runs for fifteen weeks, and is offered both during the day and in the evening. Participants may self-refer. This free group is offered at the Shoniker Clinic's Scarborough location.

**For Information:**

Jim: 416-281-7300 Ext. 4160

Caleb: 416-281-7300 Ext. 4157

**SEXUAL ASSAULT CARE CENTRE**

Individual counselling is available to men who have experienced sexual assault within the last year. There is no fee for participation in counselling services. All services are confidential.

**For Information:** 905-721-6128.

**CATHOLIC FAMILY SERVICES**

Catholic Family Services offers individual group and family counselling.

**Dads Under Construction** is a 4-week workshop, designed to help fathers sharpen existing tools and build up new skills and strategies for parenting. Workshops are filled with ideas aimed to strengthen parenting skills, improve communication, learn effective discipline and conflict management techniques, and how to build and maintain a healthy relationship with their children."

**For Information:** 905-725-3513

**ROSE OF DURHAM**

The **What A Difference A Dad Makes** program is designed for pre and post natal fathers under the age of 30. The group runs for 10 weeks. The group focuses on the importance of father involvement in a child's life and teaches effective communication and parenting skills which are based on character and virtues.

**For Information:** 905-432-3622

**OSHAWA COMMUNITY HEALTH CENTRE**

**Dad's VIP Group** is an interactive drop-in program where Dads can attend with or without their children for free play time in the gym, crafts, discussion and dinner. This program runs once per week. Dads and children will have access to the gym and its equipment. Parenting discussion may be available as well as guest speakers and various projects to work on. This group will provide positive modeling, opportunities for discussion and growth, referrals and links to community resources as requested.

**For Information:** 905-723-0036 x 241

[www.ochc.ca](http://www.ochc.ca)

**sup·port** (sə pòrt')

## SUPPORT FOR MEN

### CORNERSTONE COMMUNITY ASSOCIATION

*Providing Support Services, Housing and Hope as a Stepping Stone to Stability*

Cornerstone's **Shelter Program** provides emergency lodging, meals and support to men over 16 years of age. This program focuses on effective case management, support and referrals to outside community agencies where appropriate. The shelter facility is located on the lower floor of 133 Simcoe St. South building and is staffed 24/7 by community health and mental health workers. Daily admission into the Shelter Program is available after 4:00 p.m. 7 days a week.

Cornerstone **Housing Program** offers housing to homeless individuals. The agency has 56 affordable housing units at two separate locations, which offer a number of options for tenants to move into once they are stabilized.

Cornerstone's Federal Corrections (Parole) Program offers a halfway house program. **The Community Residential Facility** offers services to men over the age of eighteen who are eligible for Day Parole. Two distinct core values of the Community Residential Facility are the need to protect the community and the dignity of having a "second chance". Other important values include recognition of individual worth; respect for confidentiality; genuineness; non-judgmental attitude; reasonable limits to behaviours, and responsibility for individual actions. It is also clear that there is a strong, viable need to appreciate the trauma/pain of victims of crime, and emphasis is directed towards this goal.

For information on any of Cornerstone Community Associations services please contact:  
905-433-0254

### JOHN HOWARD SOCIETY OF DURHAM REGION

The John Howard Society provides a wide range of services to men, women and youth. Services include individual and group counselling, employment counselling, parenting groups, pardon facilitation, housing assistance and eviction prevention.

**Anger Management Program:** This ten week group provides 25 hours of group process to help individuals better understand their anger. Participants will also become aware of productive anger management techniques and how to enter into conflict resolution in a positive manner. This program is offered in a safe and confidential environment.

**DADS Program:** Dads Aiming for Direction and Support is a free program for men experiencing limited or no access to their child(ren), increased stress levels, changes in sleep patterns and other factors associated with divorce and separation. If you are a dad who is depressed, frustrated, lonely, confused, angry or just need someone to talk with, please consider this support group.

**Active Parenting Program:** This eight session group teaches communication skills, how to eliminate power struggles with discipline skills that really work, developing your child's inner strength, teaching your child responsibility, and more. A number of program formats are available including co-operative parenting and divorce.

#### Oshawa

75 Richmond St. W.  
905-579-8482

#### Ajax

136 Commercial Ave.  
905-427-8165

#### Whitby

105 Consumers Dr.  
905-666-8847

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