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Our Vision

We are instrumental in the creation of a caring and respecting community in which all people have dignity and an optimum quality of life with access to a broad range of programs and services.

Our Mission

As a leader in community health services and programs, we empower residents to improve their physical, emotional and social well-being. We are dedicated to building a strong and healthy Oshawa. –
"Your Wellness, Our Mission".

Our Values

In our daily effort we will:

- Strive for excellence.
- Remove barriers and improve access.
- Demonstrate fairness, respect and dignity.
- Have integrity and be open, honest and trustworthy.
- Work cooperatively and collaboratively.



Charitable Registration Number:
11915 8137 RR0001

History of Oshawa Community Health Centre

South Oshawa Community Development Project, now operating as Oshawa Community Health Centre, was founded by the Reverend Bill Percy in 1982. This organization was developed to address the high needs of those living in the area of South Oshawa. A grant from the United Church of Canada, provided a community worker who initiated necessary social programs within the local neighbourhood where few community resources were available.

In 1987, after submitting a proposal to the Durham Region District Health Council, the South Oshawa Community Development Project opened a Community Health Centre under its auspices. Funding from the City of Oshawa, the United Way, and the Ministry of Community and Social Services permitted the acquisition of personnel to bring forth increased programming and community development for an area devoid of resources and opportunity. By 1989, the Centre had moved from the basement of an old church and into its present facilities at 777 Simcoe Street South in Oshawa. The Ministry of Health had confirmed funding for the Community Health Centre and medical personnel began to join the social programs already in place.

In the years following, local residents were encouraged to get involved in the programs at the centre and to volunteer for the elected Board of Directors. Community Health Centres are in essence, organizations that offer a range of coordinated primary health care and related services with an emphasis on one or more priority group(s). The services are provided in a multi-disciplinary manner and are specifically designed to meet the health needs of distinct priority groups. For example, in 1996, a satellite office was opened in the heart of the south Oshawa community, with a particular emphasis on programs and support for young people (at risk youth).

Over the years our FREE services have greatly expanded and now include family medicine, counselling, and a variety of health promotion and community development groups, many focusing on our priority populations: children, youth and women.



1989



1998



Our new Logo—2008

Fun Facts About 1982...

Entertainment:

E.T. Tops the box office with \$310 million dollars. Late Night with David Letterman premieres. Atari introduces home version of Pac Man. Michael Jackson's Thriller is released selling more than 25 million copies. Gandhi wins the Oscar for best Picture. Cats opens on Broadway.

Sports:

The New York Islanders win the Stanley Cup. The San Francisco 49'ers are Super Bowl Champions. The St. Louis Cardinals win the World Series, the Los Angeles Lakers are crowned NBA Champions and Italy defeats Germany in the World Cup.

Economics:

A stamp cost .20¢, a gallon of gas cost .91¢, the average new car cost \$7,983, the average new house cost \$82,200 and a VIC 20 computer cost \$299.95.



"They let kids just have fun and that's what I like about it. It's a great place to be."
- Damien



Marian Van Pelt

Executive Assistant

Marian has been with Oshawa Community Health Centre since 1988.

It is hard to believe that so much time and so many things have passed by since I first started with this agency. The first change would be that when I started in March of 1988 we were known as the South Oshawa Community Development Project from the basement of Southminster United Church and 20 years later we are Oshawa Community Health Centre soon to be located in a new 38,000 square foot building on the old location of Conant Public School- now that's "moving on up in the south end".

Gone are the days of the manual typewriter, the one line telephone system with 9 staff attached and chasing dust bunnies in the basement of the church on cleaning day. As a two person organization when I first started, I have done and seen just about everything including teaching cooking classes at Stop 46, organizing tax clinics, helping to run the VIK Day Camp to being VIK the Day Camp Skunk mascot. And who could forget the Thursday morning Ladies Exercise Group that thumped to the beat above our heads each and every week until we moved to our new location on Simcoe Street in January 1990.

It has been very rewarding to see this agency grow from a grass roots organization in the basement of a church to the organization it has become today. An organization that has always been aware of and lives its Vision, Mission and Values statement each time it opens its door in the morning to greet our clients. This organization truly does put the client first and lives up to "Your Wellness, Our Mission" as a daily routine. It has been a honor to be associated with Oshawa Community Health Centre these many years and I look forward to more great things in the future.

Lisa Laflamme

Counsellor

Lisa has been with Oshawa Community Health Centre since 1995.



Oshawa Community Health Centre is celebrating 25 Years of commitment to the community of South Oshawa and beyond. My history at the centre is not as old as the centre itself but I have witnessed much of our evolution. There were times when we shared the main office with Tony's Pizza and we lived and breathed the campaign of "Love south Oshawa." We considered the idea of a Satellite office only after we had grown beyond room dividers and office space. Now, as we anticipate a move to our new building, both the main office and the Satellite office brim to overflowing. I remember moments of catastrophe; moments of celebration and miracles; moments of challenge and loss.

I have been honoured to know many clients and patients over the years, and their faces and stories remain part of my life, and the life of this agency. We have learned from and benefited from many wonderful and competent people, many of whom have left or moved on too soon. They continue to be part of the history and fabric of who we are. While our future and new beginnings are part of our focus and current excitement, let us never forget our history and the dedicated 25 years that nurtured our present dreams and realities. I have been proud to be part of the process .

Please meet Mary, an Oshawa Community Health Centre client:



"Over 6 years ago I found myself as a single mother with three young children. My doctor at the time transferred her practice to the Oshawa Community Health Centre and I followed. I started to enjoy the health programs that were offered and the babysitting. I realized that I had been in an abusive situation and had no confidence in myself. I reached out and asked for help and Oshawa Community Health Centre was there for me. I am now working and will be forever thankful to all those at the centre for seeing how important it is to the community.

Meet Damien, Youth to Youth

Hi, my name is Damien Shields. I am 13 years old and I have been going to Oshawa Community Health Centre's free programs for 8 years.

I have been to Youth-to-Youth, Drop-In, Sports Night and on many field trips. It has helped me in so many ways because they help you stay out of trouble and they treat you with lots of respect by helping us with our problems, keeping us safe and just being kind. I also think this has helped me because they let kids just have fun and that's what I like about it. It's a great place to be.



Shaniko - No School, No Drop In!

Hi, my name is Shaniko Josey. My children have been involved with Oshawa Community Health Centre, since 1997. They have been in a variety of programs, starting with preschool all the way up. In pre-school Teacher Susan was a great help on getting the children ready for the big world of kindergarten.

Everything involved with the children is free, pre-school to the teen programs. The children love to go and feel safe being there and most of all, they can be themselves. I know that if I had to pay for all the programs that the children attend, they would not be attending all they do. Most of these costs are just out of reach for us. (They take the children on little trips) My children have been to a Raptor's Game ~ Centre court seats that were donated to the health centre and they had a blast! Would I been able to afford this? No, definitely not the seats they had.

Oshawa Community Health Centre benefits many low-income families. Giving our children many learning opportunities without them knowing they are learning. They make their programs fun and safe and give parents a piece of mind. I know in my house the After School Drop In program has magically cures for the "I don't feel good mommy can I stay home from school" I tell them No School ~ No Drop In, and off to school they go!

I know that our family and many other families in Oshawa will benefit greatly from the "Hands Up for Hope" campaign. With a new health center they will be able to offer even more services and programs to the community.

Join us
August 7, 2008
For the

Mayor's 6th Annual Golf Classic

You will enjoy:



- Door Prizes
- Team Photos
- Golf Clinic
- BBQ lunch on the patio
- Driving Range/Putting Greens
- Course snacks /refreshments
- Dinner in the Dining Room
- Silent and Live Auctions
- 2 Top Team Prizes
- Continental Breakfast
- Welcome and parting gifts
- One complimentary cocktail
- FREE interactive contests

Register online at
www.ochc.ca



"I reached out and asked for help and Oshawa Community Health Centre was there for me. I will be forever thankful" - Client Survey



Oshawa
Community
Health Centre



Our Future Address Summer 2008

115 Grassmere Ave

Please visit our website for
more information at

www.ochc.ca

Watch for Updates

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**Oshawa Community
Health Centre**

Towards The Future...

Oshawa Community Health Centre 2007 – 2010 Strategic Plan

Building on the achievements stemming from our 2004 Strategic Plan, including the funding and establishment of a new facility, increased capacity to serve, and the development of a communications strategy to raise organizational awareness, Oshawa Community Health Centre has recently completed a strategic planning process that will guide the organization's efforts over the next few years.

The climate of health care and Community Health Centres is much different in 2007 than it was in 2004. Ontario's health care transformation agenda and the advent of the Local Health Integration Networks (LHINs) present Oshawa Community Health Centre with many new challenges and opportunities. As an organization, Oshawa CHC is responding by adapting and changing to meet the demands of this shifting environment.

As a leader in community health programs and services, Oshawa Community Health Centre wants to be an integral part of the new innovative and creative approach to health care delivery. It is our strategic intent to seek opportunities to take an integrated leadership role within this new environment, and to enhance the organization's capacity to leverage those opportunities. This is a time to build new relationships, explore new partnerships, and seek new innovative collaborative approaches to deliver the best care possible to our community.

To achieve our strategic directions, the board, management and staff of Oshawa Community Health Centre will undertake the following four projects:

- Review programs and service delivery to ensure we best align with the needs of the community
- Evaluate and enhance organizational efficiencies and client outcomes through evidence based systems and practices.
- Develop new and strengthen existing partnerships across the Central East LHIN.
- Develop innovative and collaborative initiatives which serve the community.

This is Oshawa Community Health Centre's direction for the next three years – and these four projects will be the focal point of our efforts. We look forward to working with our partners, stakeholders and the community at-large to achieve our goals and provide the best possible care for the clients we serve .

On the Move...

A new home for Oshawa Community Health Centre will be opening its doors this summer, thanks to the support from the City of Oshawa, the Ministry of Health and Long Term Care and the Hands Up for Hope Campaign donors.

The new facility will triple our current space encompassing over 38,000 square feet for program rooms, medical examination rooms, child and youth activity rooms, a shared gymnasium, parking and outdoor play areas covering over 4 acres.

The "Dr. Bryce. A. Brown Wellness Centre" will be the new name of the centre located at the Conant Complex, formerly Conant Public School (115 Grassmere Ave.). A longtime resident of Oshawa, Dr. Brown served the community from 1918 until his retirement in 1981. With a full practice in place for 64 years he also fulfilled many other community roles including past Chief of Staff at Oshawa General Hospital. "There is a real correlation between the service and support that Dr. Bryce A. Brown provided to our city and our health centre's mission. We are honoured to have our new facility named after such a remarkable community leader." stated Lee Kierstead, Executive Director, Oshawa Community Health Centre.

We welcome all questions and concerns, please call us at (905) 723-0036 or email at info@ochc.ca.