



THE SPARK

kindling the way to healthier relationships

WINTER 2010

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 (under Communications-Newsletters)

LUKE'S PLACE

Luke's Place has a 10 week Family Law Networking Group which takes an in-depth look at the family law process. The next Family Law Networking Group begins in February.

To register call: 905-728-0978
<http://www.lukesplace.ca> admin@lukesplace.ca

OSHAWA COMMUNITY HEALTH CENTRE OUR WELLNESS GROUP

Our Wellness drop-in group for women encourages health and wellness through the companionship of women of all ages and the teaching of wellness related topics by informed speakers. Snacks and childcare are provided. Upcoming topics include: Dealing with Anger, Hypnotherapy, Qi Gong, Beauty on a Budget, Credit Counselling, and more.

Detailed schedule at www.ochc.ca
For information: (905) 723-0036 ext. 215

UPCOMING EVENTS

CATHOLIC FAMILY SERVICES OF DURHAM *Heart to Heart Fundraising Ball*

The Fifth Annual Heart to Heart Ball will take place on February 20, 2010 at the Oshawa Golf Club. The proceeds will be allocated to support Catholic Family Services of Durham's educational and counselling services which are provided to clients across the Durham Region. Each year Catholic Family Services of Durham helps over 2,000 individuals, including women and children, who have been subject to domestic abuse and violence.

Saturday February 20, 2010

Cocktails- 6:00 p.m.

Dinner-7:00 p.m.

Oshawa Golf Club

Tickets : \$75.00

For information and ticket purchase
please contact Natacha Ward at

n.ward@cfsdurham.com

905-725-3513 ext 155

IT STARTS WITH YOU. IT STAYS WITH HIM.

It Starts with you. It stays with him. is a new website resource for fathers, teachers, coaches and family members. It includes tips, links and stories to help and encourage to men talk with boys about how to hold and maintain healthy and equal relationships, with the goal of ending violence against women.

www.itstartswithyou.ca



Oshawa
Community
Health Centre

115 Grassmere Ave., Oshawa, Ontario L1H 3X7
T 905.723.0036 F 905.723.3391 E info@ochc.ca www.ochc.ca
Charitable Registration # 119158137 RR0001

"your wellness,
our mission"

DISTRESS CENTRE DURHAM LOOKING FOR VOLUNTEERS

“Volunteers are the heart and soul of Distress Centre Durham”, says Director of Community Resources, Jennifer Tedford. “We carefully select: empathetic, non-judgemental, responsible individuals 17 and over to answer our helpline”. Distress Centre Durham has been a part of the Durham Region for over 37 years and provides an invaluable service to its community. The Centre operates 24 hours a day – seven days a week and offers callers emotional support, crisis de-escalation, community referrals and emergency intervention when necessary. “We handle approximately 7500 calls a year”, says Tedford, “We also support people through our community contact call-out program.” Individuals who can benefit from ongoing emotional support on a regular basis can be scheduled to receive calls from DCD as a way to promote emotional health and connection to his / her community, thereby preventing many types of crisis.

The process to become a helpline volunteer begins with visiting www.distresscentresurham.com and following the link to volunteer. There you can fill out and submit an online application package. Once your application is received, a telephone interview will be scheduled, followed by a face to face registration meeting to pick up your training manual. The next step is a mandatory 2-part training workshop taking place on Sunday January 17 and 24, 2010 or an accelerated training on Monday March 22 and Wednesday March 24, 2010. TRAINING REGISTRATION IS LIMITED, so please have completed applications submitted as early as possible.

For information please call
Jennifer Tedford at 905-430-3511
www.distresscentredurham.com

D.R.I.V.E.N

As part of their goal to broaden the awareness of services in the region that are available to victims of intimate-relationship violence, DRIVEN is delighted to have leaders in their field of expertise present at their monthly community meetings. Agencies are invited to come learn and explore more about other agencies and how to collaborate to strengthen services for the community.

Meetings are held on the second Tuesday of each month (unless otherwise noted) at the Westminster United Church (1850 Rossland Road East) in Whitby from 9 am to noon with snacks and refreshments served.

January 8: Crime Prevention
Internet Safety

February 12: Services to Men
P.A.R. Program, Probation and Parole,
Caring DADS Program

March 18: Mental and Health Addiction
Mobile Crisis Unit, Pinewood Center, Renascent

For information

905-432-7233

www.durhamdriven.com

NEXT EDITION

THE SPARK will be distributed in the Spring of 2010 with a forward look to violence prevention initiatives to be offered in the Spring/Summer of 2010. 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
kalexopoulos@ochc.ca

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 safe, short term shelter, support and advocacy to women, with and without children, who are dealing with issues of abuse. Based in Bowmanville, services include one-to-one and group support both in the shelter and in the community. Women and their children are provided with assistance to begin recovery and to identify and take whatever steps necessary to make the transition to a safer life.

General Info: 905-623-6045

bethesdahouse1@rogers.com

24 hour Crisis Line: 905-623-6050

outreach_bethesda@rogers.com

Community Crisis Outreach Program:

905-623-6045

HERIZON HOUSE

Herizon House is a shelter for abused women and their children, located in the Ajax/Pickering area. This organization offers free and confidential services within a safe and non-judgmental setting. 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 905-444-9672

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)**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: 905-430-4170

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** 905-434-1693
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

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

lukeplace@bellnet.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

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

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.

To register for a program call: 905-683-3451

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

Durham Mental Health Services 905-666-0483, 1-800-742-1890
Assaulted Women's Help Line 1-866-863-0511
Kids Help Phone 1-800-668-6868
Durham Region Children's Aid Society 905-433-1551

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.

WMRCC offers the **Women's Economic Advancement and Leadership Skills Project** (Project WEAL), where participants learn tools to enhance self-esteem, economic self-sufficiency and independence. The four components are: Life Skills Training (6 weeks), Leadership Training (8 weeks), Career Workshops (8 weeks), and Financial Literacy (5 weeks).

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

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

OSHAWA COMMUNITY HEALTH CENTRE

Oshawa Community Health Centre offers a number of free services and programs. Free childcare is available for most programs.

Our Wellness Program teaches 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. Childcare is provided. The **Body Beautiful Group** is an 8-week health promotion group for up to 15 women, which explores all aspects of body image, how it is created, and ways to develop and maintain a healthy image. The program's goal is to increase women's self-acceptance and decrease preoccupation with food and weight. Intended outcomes will be improved self-esteem and awareness of proper diet. Body Beautiful Group is accepting referrals.

Challenge, Change and Choices is a 20-week women's therapy group aimed at women experiencing difficulties in their lives. Currently they may be struggling with low self-esteem depression or anxiety. This program will provide an opportunity for acknowledging the impact of past trauma and other difficulties in an atmosphere of understanding and support.

The Creative Circle offers an informal and welcoming gathering place for those who enjoy quilting and other creative work. Together, participants work on a quilting project that is later donated towards a raffle or another charitable cause. Stitching instructions are provided along with the sharing of friendly conversation, innovative craft ideas, and a weekly show-and-tell.

Nobody's Perfect Parenting Group is for parents with children up to age 6. This group focuses on the needs of children, development of body, mind, behaviour, and safety.

Positive Parenting provides parents and caregivers opportunity to share child rearing experiences, learn from one another and increase their parenting capacity.

For information: 905-723-0036

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

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, personal growth and development and volunteerism in a non-judgemental environment.

Family Program Centre provides affordable recreational programs and summer camps.

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

www.ywcadurham.org

DURHAM FAMILY MEDIATION

The Parent Information Program is a free 2.5 hour information session for adults who are going through a separation or divorce. General information is provided about the impact of separation and divorce on children and adults; how to help children cope; how to co-parent with an ex-partner; and options for resolving issues. The program is free and is held twice a month on either a Tuesday or Thursday evening, from 7:00 to 9:30 pm. in either Whitby or Oshawa. Every participant receives a Certificate of Participation and other resources. Please register in advance.

For information: 905-579-1988 or 1-877-294-6529

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

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.

WAVE: Women Against Violence Everywhere

Part One: a 12 week psycho-educational group for women who have experienced abuse in an intimate relationship.

Part Two: A group for women who have attended Part One, with a focus on stress management, assertiveness skills and self-esteem.

W.O.M.E.N.(WAVE) Violence Against Women for Women +50: a 12 week daytime psycho-educational group for women ages 50+ exploring the unique issues and challenges experienced by older women who have been abused.

Parenting After Violence and Children Exposed to Violence: an evening program that is a concurrent program for women who have been abused in partner relationships and for their children who have witnessed the violence. The mother's group explores strategies for parenting with a focus on strengthening parenting skills and sharing and supporting one another. Transportation and childcare is available. Please call to determine the date of the next group.

Safer Families Program: The Durham Children's Aid Society, Durham Family Counselling and Catholic Family Services work collaboratively to assist families who are at risk of being involved with child protection services due to children witnessing violence. Joint in-house assessments and ongoing clinical services will be offered to families where woman abuse has occurred. This program seeks to increase the family's safety while agencies work together to provide the services necessary to reach this goal.

www.cfsdurham.com

CATHOLIC FAMILY SERVICES OF DURHAM

Les Services En Francais: Notre agence peut offrir la consultation individuelle, ou par Groupe, et le support de transition aux femmes abusées et à leurs enfants et les jeunes et jeunes femmes francophones. Les services sont disponible aux femmes et leurs enfants qui ont été exposées à la violence familiale. Pour des renseignements concernant nos services, veuillez appeler Diane 905-725-3513. L'agence peut aussi offrir la consultation aux clients/clientes francophone qui ont d'autres difficultés personnelles.

Children Exposed To Violence: This 10 week after school group is for children ages 8 to 12 who have been exposed to violence in the home. Group topics include understanding violence, anger management, self-esteem, separation and divorce.

CART: Communication And Relationships for

Teens: This is a 10 session after school group for teens ages 13-17 who have been exposed to violence. The group focuses on communication skills, self-esteem, healthy relationships, dating violence, stress management.

Centre For Worker's Families: Various workshops have been created to support families in this area who are dealing with job loss and financial stress. The workshops are psycho-educational and are intended to re-stabilize the family while dealing with uncertainty and stress. Consideration has been given to the impact of stress upon children, couples and those in the role of parent.

For information on any of Catholic Family Services of Durham's programs, call 905-725-5315
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

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.

Dad's Under Construction is designed to help fathers sharpen their parenting tools. The program is targeted toward fathers who have abused or neglected their children and/or exposed them to abuse of their mothers. This group will focus on fathers' accountability for abuse, countering the attitudes linked to abusive and neglectful behaviors and on promoting healthy and nurturing relationships between fathers and their child and the child's mother.

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

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.

For Information

Oshawa	Ajax
75 Richmond St. W.	136 Commercial Ave.
905-579-8484	905-427-8165

Whitby	Bowmanville
105 Consumers Dr.	132 Church St.
905-666-8847	905-623-6814
	www.jhsdurham.on.ca