



# AJAX Community News

## Community Connections Program

### Self Care Workshop Series for Seniors



Join us for a 2-part workshop series and learn about the benefits of reflexology and essential oils with Registered Reflexologist Colleen Dyer

**Essential Oils: Thursday, May 13, 2021 6:00 pm**

**Reflexology: Thursday, June 3, 2021 6:00 pm**

To register contact Alana  
905-686-2661 Ext. 121 or aandrews@cdcd.org



### Navigating Services during COVID - Vaccination, Wellness, Resources, Services, and Events



**A Word From  
WELCOME  
CENTRE  
Management**

Although COVID has changed how we deliver our services from in-person to virtual supports, here are some additional resources that are available in the Durham Region.

- Residents **18 to 44** years, and living in hot spot postal codes can book appointments at designated **hot spot clinics**.
- Residents **45 years and over**, who live in hot spot postal codes, are eligible to book appointments in Ajax, Pickering, and Whitby's **mass immunization clinics**.

During these times, we must give attention to our mental health, stress management, and overall wellness. In May, the **Ajax Welcome Centre** offers Self-care for Seniors, Durham Mental Health Services, and the Nutrition Workshop - Eating for Energy. The Ajax Welcome Centre and our partners continue to provide all services, through phones, the internet, and curb-side exchanges. For more information visit [welcomecentre.ca](http://welcomecentre.ca).

**Wosen Yitna Beyene**

## Durham Mental Health Services (DMHS)



A Mental Health Worker is available to speak with you via telephone. DMHS in-person services offered at the Welcome Centre have been suspended until further notice due to COVID-19.

Mental Health Worker is available at **905-439-0920** (8.30 a.m. to 4.30 p.m., week days)  
Access crisis phone line **905-666-0483** (available 24/7 )

### The Community Mental Health Worker can:

- Provide information about DMHS services.
- Make referrals to other community resources.
- Provide information and education about mental health and the mental health system.
- Assist with identifying areas of need and goal development.
- Assist with wellness planning.



## Job Search Workshops - Online Only



**LEARN WHAT CANADIAN EMPLOYERS WANT NEWCOMERS TO KNOW ABOUT GETTING A JOB IN CANADA!**

**Job Search Workshop (JSW)**  
**Module 1: May 03 to May 06, 2021**  
**Module 2: May 17 to May 20, 2021**

**The Job Search Workshop Program helps you gain an in-depth understanding of how Canadian employers hire, proven job search strategies, and insights on Canadian workplace culture and hiring practices.**

**Are you an Immigrant Professional looking for work within your chosen field?**

- Pre-employment workshops offered online each month  
 - 1 on 1 job search coaching following workshops  
 ...AND MORE!

Intake appointments are available online or over the phone.

For information and to register call 1-877-761-1155 or 905-420-3008 or email [jswinfo@unemployedhelp.on.ca](mailto:jswinfo@unemployedhelp.on.ca)



# ON-GOING PROGRAMS

- **English and French Language Assessment:** Call for more information
- **English Language Classes:** Visit [www.con-ed.ca](http://www.con-ed.ca)
- **Fully Accessible Resource Centre:** Suspended until further notice
- **Job Search Workshops (JSW):** Available [online](#) only
- **Triec Mentoring Partnership:** Available [online](#) only
- **Settlement Services:** [Available](#) daily by telephone, online and in-person appointments when applicable.
- **DRIVEN Intimate Violence Counselling Services for Women:** Available by telephone and video chat
- **Toastmasters Public Speaking Club (Adults):** Available [online](#) only
- **Herizon House: Transitional Housing for Abused Women and Children, Support, Safety Planning and Counselling:** Available by telephone and email
- **Durham Mental Health Services:** Available [online](#) only
- **AIDS Committee of Durham Region (ACDR/MSM):** Available [online](#) only
- **English Conversation Circles:** Available [online](#) only
- **Newcomer Seniors Group:** Wednesdays at 3 p.m. Available [online](#) only
- **Virtual Ladies Social for Newcomers:** Available [online](#) only, Wednesday, May 19 at 6 p.m.
- **Newcomer Kitchen:** Available [online](#) only, Tuesday, May 25 at 11 a.m.

All immigrant settlement services are free, confidential, and culturally sensitive. For more information please contact us at [welcomecentre.ca](http://welcomecentre.ca), call 1-877-761-1155 or email us at [awc@welcomecentre.ca](mailto:awc@welcomecentre.ca).

Learn about upcoming digital trends for the future, the power of video for social media marketing, managing your online reputation and more.

**PLEASE NOTE:** All BACD events/workshops will be held virtually until further notice. A Zoom link will be included in the event information, so you can join at the scheduled time.

For more information or to register visit [bacd.ca](http://bacd.ca) or call 905 668 4949.

## Mark Your Calendar!

**May 3 to 9 Mental Health Week**  
**May 15 International Day of Families**  
**May 24 Victoria Day - Centre closed**



**Welcome Centre - Ajax**  
 458 Fairall Street, Unit 5  
 Ajax, ON L1S 1R6  
 Toll-Free: 1-877-761-1155  
[www.welcomecentre.ca](http://www.welcomecentre.ca)

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