

## DURHAM MENTAL HEALTH SERVICES (DMHS)

Durham Mental Health Services (DMHS) is pleased to provide timely community mental health support to newcomers accessing the Ajax Welcome Centre.

**every Wednesday morning.**

**10 a.m. to 12 p.m.**

### 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.



**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)

- ◇ **The services offered at the Welcome Centre are free and confidential.**
  - ◇ **Please drop-in at the Welcome Centre to meet the Community Mental Health Worker.**