

APRIL 2026 EDITION

CHATHAM-KENT DRUG AWARENESS COUNCIL MONTHLY NEWSLETTER

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Upcoming Events

- House of Sophrosyne - Pajama Party
- CK Hospice - Hike for Hospice

Awareness

- April is Alcohol Awareness Month



The Chatham-Kent Drug Awareness Council (CKDAC) was formed in April of 1988 when passionate community members saw the potential in building a Drug Awareness Council. The council has been actively working in our community since that time and is focused on bringing people together to raise awareness and reduce the harms associated with substance misuse and abuse.

The Chatham-Kent Drug Awareness Council works together with community partners, concerned citizens, and those who live with or are affected by drug addiction,.

Meetings are held the last Friday of every month: Next meeting is May 1 at 9:45 am. (virtual and in person options for attendance).

New Members welcome - please reach out to info@ckdac.net for more information.

Thank you for reading our monthly newsletters. Each month, we look forward to bringing you important community alerts, updates and upcoming events.

if you would like to contribute to our newsletter and help keep our community informed, please send information to jacquies@sophrosyne.ca.

Thank you to everyone who contributed to this newsletter!



www.ckdac.net



Free Training:

The Chatham-Kent Drug Strategy is holding a Free Community Wound Care Training to support people experiencing houselessness and using substances with wound and skin issues on Apr 8 & 9 from 12 to 4 pm. For more information or to register contact jordynne.lindsay@ckoht.ca.



MOBILE ADDICTIONS RESPONSE TEAM:

C-K Police Services and the CK Health Alliance have partnered and are operating the Mobile Addictions Response Team (MART).

- consists of a plain clothes police officer and an addiction therapist from R.A.A.M
- aims to respond to calls for services involving mental health and addiction issues, ensuring that individuals receive timely care and support
- goal of program is to reduce resources that may be called for incidents including overdoses and well-being checks (prior a call for these incidents would result in 2 officers, ems and fire to respond) - now Brittany and Mike can respond and if needed, would determine if additional support would be needed and make that call
- another important impact of this project is the reception received from a vulnerable person to this team vs police and other services - this team has the time and expertise to be supportive and responsive to the needs of this vulnerable population with a trauma-informed response while also having a less intimidating presence than a uniformed service member
- this team drives around the community to focused areas to locate individuals in need in efforts to provide support before a 9-1-1 call is made
- this is proving to be a very important service for lowering demands on police, ems and fire while also increasing care by using trauma-informed responses to those in need



CHATHAM-KENT

APRIL 2026

MobileCare

Community Health Outreach

A team of healthcare providers travelling across Chatham-Kent in a clinic on wheels to provide care in your community.

No appointment needed.

Free services include:

- Mental Health First Response
- Primary Care
- Community Referrals

In the event of a service disruption, we will post an update on social media @mobilecareck.



More Information

1-866-299-7447
www.mobilecareclinic.ca
 @mobilecareCK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chatham W.I.S.H Centre 117 King St E, 9:30am - 3:00pm Walpole Island Arena 770 Tecumseh Rd 9:30am - 2:30pm *Sarnia MobileCare Team	31	1	2	3 Easter Weekend Please Note Services Unavailable
6 Easter Weekend Please Note Services Unavailable	7	8	9	10 Wallaceburg Community Living 1100 Dufferin Ave. 9:30am - 3:00pm
13 Chatham WISH Centre 117 King St E, 9:30am - 3:00pm Walpole Island Arena 1212 North St. 9:30am - 2:30pm	14	15	16	17 Dresden Arena 1212 North St. 9:30am - 3:00pm
20 North Buxton 21975 AD Shadd Rd, 9:30am - 3:00pm Walpole Island Arena 1212 North St. 9:30am - 2:30pm	21	22	23	24 Blenheim Memorial Arena 119 King St. 9:30am - 3:00pm
27 Delaware Nation Community Centre 14811 School House Ln. 9:30am - 12:30pm Walpole Island Arena 770 Tecumseh Rd. 9:30am - 2:30pm	28	29	30	1



MobileCare

Community Health Outreach



The Chatham Community Hope Centre is a non-profit organization that will provide support, resources and a helping hand to those in need in a welcoming and inclusive environment where everyone feels valued and supported. Currently renovating St Agnes Church into this centre. Services will include:

- Adult Drop - In
- Pantry Services (a variety of staple goods)
- Hot Meals (hot daily meals)

Volunteer Positions Needed (apply on-line):

- Food Prep
- Pantry
- Food Servers
- Greeters/Hospitality
- Maintenance/general Assistance

Donation centre for clothing and furniture and other items for those in need.

Privately funded and run mostly by volunteers. Alreading operating the Lemington Hope Centre.



TELEMEDICINE

Tired of having to travel out of town to see a Doctor, Specialist, or other Health Care Providers?

Telemedicine services are available!

You will be able to see, hear, and talk to a Specialist live on a television screen.

Telemedicine is private, **FREE** and allows you to visit your Specialist without leaving town.

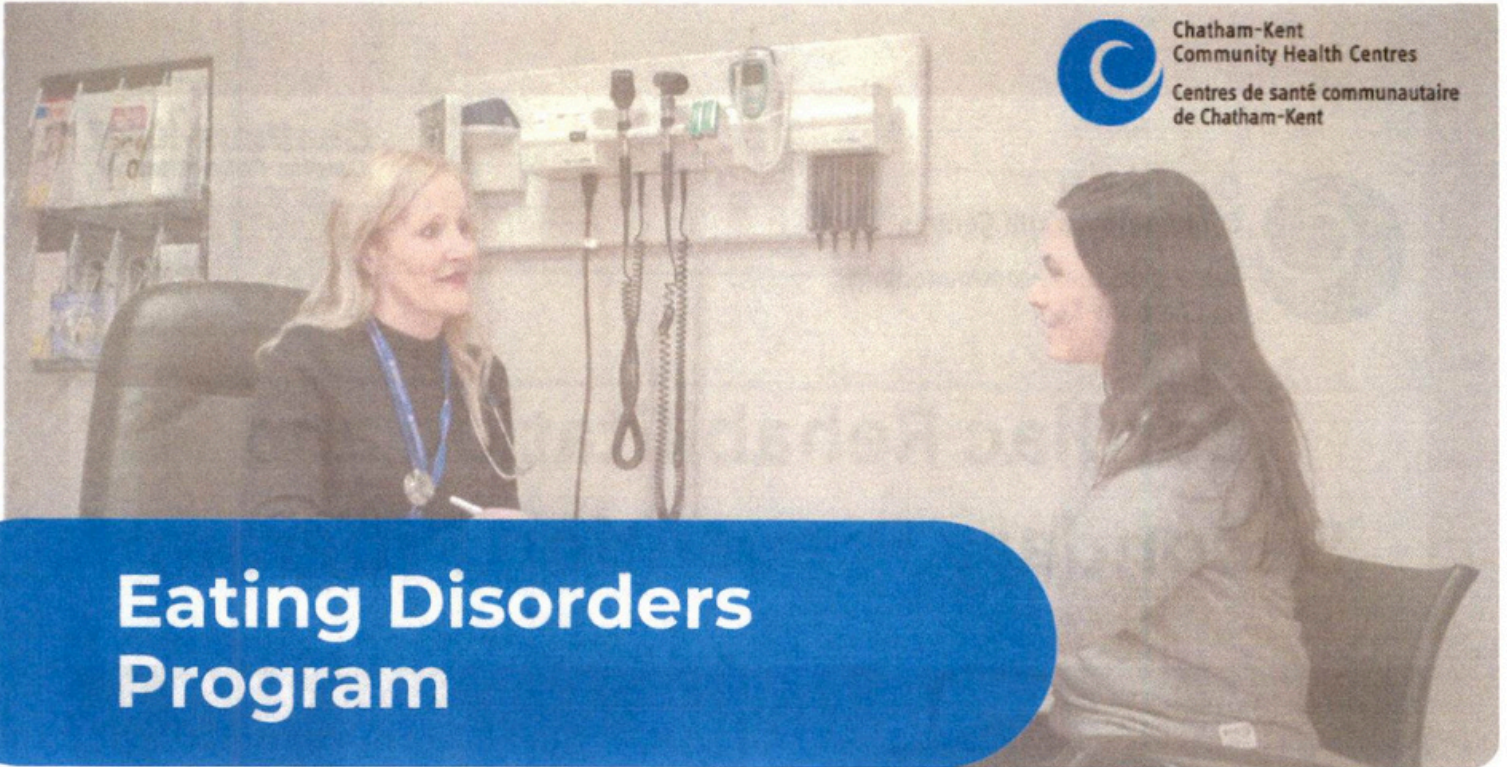
For more information,
please contact:

**519-397-5455 ext.
249**



Chatham-Kent
Community
Health Centres

Centres de santé
communautaire
de Chatham-Kent



Eating Disorders Program

About our Program

The Chatham-Kent Community Health Centres offers an Eating Disorders Program for individuals 11-25 years old.

Eating Disorders may include: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID, Orthorexia, etc.

The program is led by Nurse Practitioners specially trained in the field of Eating Disorders.

Services Provided

- ☑ Consultations
- ☑ Assessment
- ☑ Medical Monitoring
- ☑ Referrals

We offer a supportive, non-judgmental approach to care at any stage of change. If you would like to refer or have any questions, contact our CKCHC team today.





First Five

Chatham-Kent
Community Health Centres



**Is your child between the
ages of 0-5 without a doctor
or nurse practitioner?**

**REGISTER
NOW**

Is your child in need of:

- ✓ primary care
- ✓ referral requests
- ✓ immunizations
- ✓ acute illness treatment

By phone: 519-397-5455

Online:



**NOTE: We do not accept referrals for infants yet to be born,
please send a referral once infant has been delivered.**



Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

For more information visit:

<https://ckchc.ca/programs-services/first-five/>

A special brew just for you...

Grief Café



A Drop-in Grief & Bereavement Support Group



**Every other Tuesday
10:00 - 11:00 am**

**March 10 & 24, 2026
April 7 & 21, 2026**

Butterfly Room

Chatham-Kent Hospice
34 Wellington St. E., Chatham
(Please use the Adelaide St. Entrance)

Are you navigating the difficult journey of anticipatory grief caring for a loved one with a life limiting illness or experiencing grief due to the loss of a loved one?

You don't have to go through it alone. Join us in a safe and compassionate space. Enjoy a cup of coffee or tea and a treat where you can share your feelings, find comfort, and connect with others who understand.



Registration is not required but is welcomed.

Contact us at 519-354-3113 ext 2406 or supportivecare@chathamkenthospice.com.



Grief & Bereavement

WALKING SUPPORT GROUP

Join our non-judgmental, welcoming and confidential walking group alongside others who are grieving the loss of a loved one.

MUD CREEK TRAIL, CHATHAM

Wednesdays | May 6 - June 24

10:00 to 11:00 am

Parking located at: 389 Tweedsmuir Ave. West

Registration Required

Please contact: Lisa Adams at 519-354-3113 2406

or supportivecare@chathamkenthospice.com



ADULT GENDER DIVERSITY CLINIC



Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

The Chatham-Kent Community Health Centre is proud to offer services for transgender adults in Chatham-Kent and surrounding areas. Transitioning support services will be provided by Erin Hill, Nurse Practitioner.

SERVICES INCLUDE:

- Assessment and diagnosis of gender dysphoria
- Individual support and treatment
- Management of common comorbid mental health conditions
- Assessment and prescription of gender affirming hormones

ELIGIBILITY CRITERIA:

- 18 years of age or older
- A referral from your Health Care Provider is preferred, but not required
- Will accept people without access to primary care



Services are provided at 150 Richmond Street, Chatham



Please send referrals to:
Chatham-Kent Community Health Centres
Phone: 519-397-5455 ext. 1
Fax: 519-397-5497

140 King St W, Chatham, ON, N7M 1E2

Tuesday Drop-In!


4-6PM

Ages 18-25, 4-6PM




SOCIALIZE

GAMES



LIFE
SKILLS



youth
wellness
hubs

ONTARIO

ck@youthhubs.ca

519-437-6329



Beat the Odds for Youth

Ages 8-12

FREE!

Grab lunch with a Dietitian (aka your food guru), get your hands dirty planting veggie seeds to grow your own snacks, and wrap it all up with an epic Just Dance party!



**Friday April 24, 2026
11am-2pm**



**150 Richmond St.,
Chatham**

Registration required, limited spots available.

To register call 519-397-5455 ext. 212 or e-mail registration@ckchc.ca



Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

Ontario 

SOUTHWESTERN ONTARIO YOUTH GENDER DIVERSITY CLINIC

The Chatham-Kent Community Health Centres (CKCHC) and the Windsor Essex Community Health Centre (weCHC) are partnered together to provide services for transgender children and youth in Chatham-Kent, Windsor Essex and surrounding areas.

WHAT WE DO:

- Assessment and diagnosis of gender dysphoria
- Managing common comorbid mental health conditions
- Assessment for starting hormone blockers and affirming hormone therapy
- Prescription of hormones or blockers, and monitoring of treatment

ELIGIBILITY CRITERIA:

- 18 years of age or younger
- Referral preferred but not required from physician or nurse practitioner
- Will accept people without access to primary care

Dr. Ian Johnston is leading these services. He has over 10 years of experience working with transgender youth as a general paediatrician in Chatham-Kent.

Please direct referrals to:


- Chatham-Kent Community Health Centres
- South Western Ontario Youth Gender Diversity Clinic

Phone: 519-397-5455 ext. 164

Fax: 519-397-5497

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC
Healthcare for You
Des soins de santé pour vous


TRANSWELLNESSONTARIO

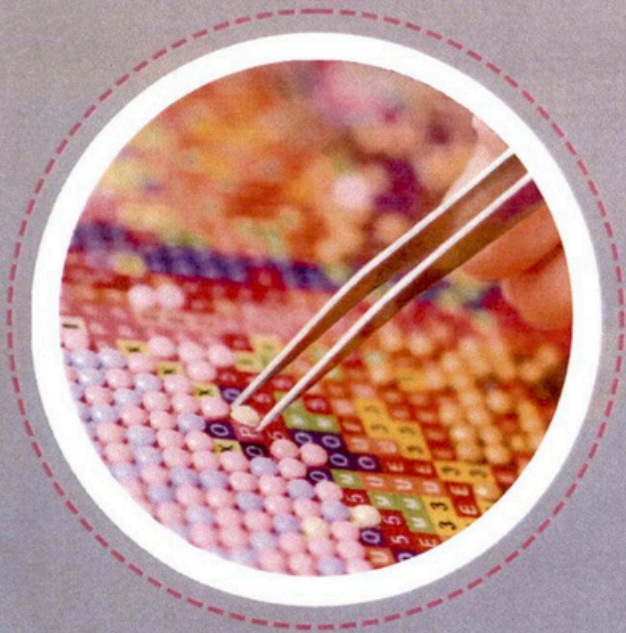


Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

Diamond Dot Art

✦ Workshop ✦

Discover the sparkle of creativity! Learn how to create stunning, shimmering artwork one dot at a time. Perfect for beginners. All materials provided.



Tuesday May 12th

10:00 – 12:00PM

808 Dufferin Ave
Wallaceburg, ON

Registration required.



Chatham-Kent
Community
Health Centres
Centres de santé
communautaire
de Chatham-Kent

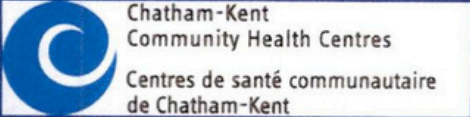
**To register call 519-397-5455 x 212
or e-mail registration@ckchc.ca**



CKCHC Book Club

Join us reading and conversation about today's best sellers!
Each month a new book will be selected to read, at the end of the month we will come together online to discuss the book.
Space is limited.
Books will be provided at no cost for a limited time

**Book club meetings run the last Friday
of every month from
11am - 12pm**



Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

**To register, please email
registration@ckchc.ca**

**For more information, please
call 519-397-5455 ex. 212**

WATERCOLOUR WONDERS

FREE Watercolour Painting Workshop

Wednesdays

April 15th - June 24th, 2026

2:00 - 3:30pm

**Chatham-Kent Community Health Centres
Chatham Site, 150 Richmond Street**

**To register, call 519-397-5455 ext. 117 or
e-mail registration@ckchc.ca**



Chatham-Kent
Community
Health Centres
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communautaire
de Chatham-Kent

**Open to anyone 18+
All supplies included.**

No previous experienced required!



Chatham-Kent
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communautaire
de Chatham-Kent

Iris Paper Folding Workshop

Iris Paper Folding is a card-making technique where you layer strips of paper to create a design. Join us for this interactive workshop to learn how to create greeting cards using the Iris Paper Folding method.

All materials will be provided.



Wednesday May 6, 2026

10:00am - 12:00pm

Chatham CHC

150 Richmond Street

Registration is required.

519-397-5455 ext. 117

registration@ckchc.ca

HOUSE OF SOPHROSYNE
PRESENTS

THE PAJAMA PARTY

LASALLE EVENT CENTRE | MAY 1ST, 2026 | 6P-11P

TICKETS \$125

WWW.SOPHROSYNE.CA
519 · 252 · 2711 EXT 107

CATERING & LIBATIONS PROVIDED BY



WOLFHEAD
DISTILLERY

TICKET INCLUDES PAMPERING, DINNER, ENTERTAINMENT & MORE!

GROUND EFFECTS


UNIFOR
Local240
Windsor | Canada

ADINE

 **Motor City**
community credit union


UNIFOR
theUnion | Canada
Local200

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HIKE FOR HOSPICE

CHATHAM-KENT HOSPICE

SUNDAY, MAY 3, 2026

Powered by 



Community Support & Events

in Chatham-Kent



April is
Alcohol
Awareness
Month



Help & Support Available This April



AA Meetings & Recovery Events

Local meetings
and sobriety events



Mental Health & Addiction Services

Support through
local organizations



Family Support Groups

For loved ones affected
by substance use

Where to Find Support



AA Meetings
aachathamkent.com



Mental Health & Addiction Services
ckchc.ca



Famil Support Groups
[@onebridge_twoshores](https://www.instagram.com/onebridge_twoshores)

If you or someone you know needs support, you are not alone. Help is here in our community.

Awareness • Recovery • Hope • Community

.08 BAC

Trouble controlling **speed**

Difficulty **processing** information and reasoning

Reduced **coordination** and ability to track moving objects

Difficulty **steering**

11 times more likely to cause a crash compared to a sober driver



IT TAKES
One Hour

TO PROCESS
One Drink



Only **time** can sober you up.

One Standard Drink

IS THE SAME
BEHIND THE WHEEL



12oz.
5% alcohol

=



5oz.
12% alcohol

=



1.5oz.
40% alcohol