

OCTOBER 2026

CHATHAM-KENT DRUG AWARENESS COUNCIL MONTHLY NEWSLETTER

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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 Oct 30 at 9:45 am. (virtual and in person options for attendance) as CKDAC does not hold meetings over the summer months.

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

Thomas R. Maxwell III Student Bursary:

Thomas was a co-founder of The Sandwich Guys and, for over 17 years, he devoted himself to feeding people every week who were often homeless, using substances, and/or having trouble getting on their feet. He openly shared his personal story of his recovery from substance use, remembering others who touched his life by sharing what they had or simply being there for him when he felt he had no one. He also remembered the stigma that he felt when others spoke with judgment or gave him looks of disgust. Due to these personal experiences, Thom became determined to create change in our community by spreading hope, encouragement and taking the time to be there for others.

Thom was at the forefront of Harm Reduction work, leading many community initiatives including CK Aids Support, the CK Harm Reduction Program, and the CK Needle Exchange. Today, CKDAC honours Thom through presenting this bursary to a student who is looking to work in the field of substance use and recovery or a related human service and justice-related educational path. This bursary will provide for \$1000 to a full-time student or \$500 to a part-time student which will be awarded in January 2027. All students who meet the application criteria will receive consideration. Flyers will be sent out soon with more information and deadline for applications.

Speaker for Oct 30, 2026 CKDAC General Meeting.

We are excited for Peter Berg to come to present at our next meeting to discuss Arkwood Sober House.





For the Monthly Opioid Surveillance Report, please find on the CK Public Health Website at: .

[https://app.powerbi.com/view?
r=eyJrIjoibNTQ5YzQ5NDctN2RmNi00MDg0LTkzY2YtMGE0NGQ2ZGI
1MDE1IiwidCI6IjkwNDYwOTBmLTl4YjEtNDUxOS1hMzVhLWRjMjc
5ZTYxMmY0YiJ9](https://app.powerbi.com/view?r=eyJrIjoibNTQ5YzQ5NDctN2RmNi00MDg0LTkzY2YtMGE0NGQ2ZGI1MDE1IiwidCI6IjkwNDYwOTBmLTl4YjEtNDUxOS1hMzVhLWRjMjc5ZTYxMmY0YiJ9)

R.O.C.K. Drop-Ins

Chatham (39 Richmond Str)

Monday and Friday 1 - 5 pm

Wednesdays 1 - 4 pm

Meals, food, water, shower, laundry, wifi, phone

Harm reduction, first aid and personal hygiene supplies

Community Paramedic and Housing Stability Worker on site Wed 1 - 3 pm

Wallaceburg (233 Nelson Str)

Open from 1 to 5pm every day including weekends but closed

Wednesdays

Meals, food, water, wifi, phone

Harm reduction, first aid and personal hygiene supplies

Community Paramedic and Housing Stability Worker on site every 1st & 3rd Mon 1 - 3 pm





MobileCare

Community Health Outreach




TRAVELLING THROUGHOUT CHATHAM-KENT INCREASING ACCESS TO PRIMARY CARE, MENTAL HEALTH AND ADDICTION SERVICES.

1 (866) 299-7447 mobilecareclinic.ca

Services:

- ✓ Primary care
- ✓ Early intervention
- ✓ Mental health services
- ✓ Addiction services
- ✓ Community support services
- ✓ Housing supports

WALK-IN APPOINTMENTS

NO REFERRAL NEEDED

NO COST FOR SERVICE

Visit mobilecareclinic.ca for locations & schedule.

Connect with us @MobileCareCK  



Canadian Mental
Health Association
Lambton Kent
Mental health for all

CHATHAM-KENT
Health Alliance



Chatham - Kent OHT
ONTARIO HEALTH TEAM

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



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



CHATHAM-KENT

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28 Ridgetown Adult Activity Centre 40 Erie St S. 9:30am - 3:00pm Walpole Island Arena 770 Tecumseh Rd. 9:30am - 2:30pm	29 6 Vaccine Clinic Merlin Fire Station 9 Sullivan Street 9:30am - 11:30am North Buxton 21975 A.D. Shadd Rd 1:00pm - 3:00pm	30 7	1 8	2 Delaware Nation Community Centre 14811 School House Ln. 9:30am - 3:00pm
5 Chatham WISH Centre 117 King St E. 9:30am - 3:00pm Walpole Island Arena 770 Tecumseh Rd. 9:30am - 2:30pm	6 Vaccine Clinic Merlin Fire Station 9 Sullivan Street 9:30am - 11:30am North Buxton 21975 A.D. Shadd Rd 1:00pm - 3:00pm	7	8	9 Wallaceburg Community Living 1100 Dufferin Ave. 9:30am - 3:00pm
12 Thanksgiving Holiday Please Note Services Unavailable	13 Vaccine Clinic Blenheim Arena 199 King St, Blenheim 9:30am - 11:30am Erieau Fire Station 780 Ross Lane. 1:00pm - 3:00pm	14	15	16 Dresden Arena 1212 North St. 9:30am - 3:00pm Please Note Nurse Practitioner Unavailable
19 North Buxton 21975 AD Shadd Rd. 9:30am - 3:00pm Walpole Island Arena 770 Tecumseh Rd. 9:30am - 2:30pm	20 Vaccine Clinic Tilbury Fire Station 9 Superior St, Tilbury 9:30am - 11:30am Wheatley Village Resource Centre 108 Talbot Rd E. 1:00pm - 3:00pm	21	22	23 Blenheim Memorial Arena 119 King St. 9:30am - 3:00pm
26 Delaware Nation Community Centre 14811 School House Ln. 9:30am - 3:00pm Walpole Island Arena 770 Tecumseh Rd. 9:30am - 2:30pm	27 Vaccine Clinic Wallaceburg CMHA 808 Dufferin Ave 9:30am - 11:30am Dresden Arena 1212 North St 1:00pm - 3:00pm	28	29	30



Family Service Kent
Services à la famille-Kent



We're excited
to share the news!

Support. Connection. Healing.

Family Service Kent is pleased to announce that we have been awarded funding through Ontario's Safer and Vital Communities Grant to launch:



Project Pathways

Hate-Motivated Incident Counselling
and Referral Service

This new initiative will provide specialized, trauma-informed counselling and support for individuals who have experienced hate-motivated incidents, including harassment, discrimination, threats, or violence.



You are not alone.

Support is available through self-referral or referrals from police, community organizations, friends and family.

Helping build a
safer, more inclusive
Chatham-Kent.



Self-referrals welcome. ♥



519-354-6221



www.familyservicekent.com

Funded by the
Government of Ontario
Safer and Vital Communities Grant



PROJECT PATHWAYS

Hate-Motivated Incident Counselling and Referral Service

You are not alone. Support is available.

Project Pathways provides free counselling and referral support for children, youth, and adults who have been affected by hate-motivated incidents.

What is a hate-motivated incident?

Hate motivated incidents may include:

- Harassment, discrimination, or intimidation
- Threats or violence or harm
- Discrimination or unfair treatment

The incidents may relate to:

- Race, colour, religion, creed
- Sexual orientation or gender identity
- Disability
- Cultural background
- Personal characteristics



How can Project Pathways help?

Counselling support

- A safe and respectful place to talk
- Help understanding the impact of the incident
- Tools to cope with stress and strong feelings
- Support based on your needs and culture

Referrals and connections

- Help finding other community services
- Support connecting with the right service
- Clear information about available options
- Coordination with community partners when needed

Ready to connect?

Support is available through self-referral, police, community organizations, friend, or family member.

Call 519-354-6221 x 233

or

e-mail intake@familyservicekent.com

www.familyservicekent.com/services/community-counselling-program/

Project Pathways is funded by the Government of Ontario through the Safer and Vital Communities Grant.

FSK CAREGIVER SUPPORT GROUP

SUPPORT • CONNECTION • RESILIENCE



The support group seeks to empower parents by providing emotional support, practical guidance, and peer connections. The group aims to foster resilience, strengthen family relationships, and promote the well-being of caregivers and the children and youth in their care.



TOPICS INCLUDE

SHARING EXPERIENCES

Connect with others who understand.

SELF-CARE

Build realistic strategies for your well-being.

STRENGTHENING RELATIONSHIPS

Support communication and connection.

WORKING WITH PROFESSIONALS

Navigate services and connect with resources.

OCTOBER 13TH, 2026 TO NOVEMBER 17, 2026 • 10:30 A.M. TO 12:00 P.M.

LOCATION: FSK 50 ADELAIDE ST. SOUTH, CHATHAM

CAREGIVERS CAN JOIN AT ANY POINT IN THE GROUP

REGISTRATION REQUIRED

For information or to register, call 519-354-6221 ext. 233

ADULT MEN'S GROUP

BUILD SKILLS. STRENGTHEN RELATIONSHIPS.

An 8-week program for men who want to better understand their emotions and behaviours, strengthen relationships, and make positive, lasting changes.

Respectful, supportive and non-judgmental.



WHAT YOU WILL LEARN

- Understand emotions, stress and behaviour patterns
- Manage strong emotions and conflict in healthier ways
- Build accountability and make safer, respectful choices
- Communicate, problem-solve and strengthen parenting skills
- Understand children's emotional and developmental needs
- Create a plan for positive change and family safety

IS THIS GROUP FOR YOU?

- Age 16 or older and live in Chatham-Kent
- Live elsewhere but have a partner or child in Chatham-Kent
- Want to understand your behaviour and impact on others
- Can commit to the full 8-week group
- Men involved in family or criminal court are welcome

GROUP DETAILS

October 21 to December 9, 2026

Wednesdays | 10:30 a.m. to 12:00 p.m.

Family Service Kent | 50 Adelaide St., Chatham

NO COST

INTERESTED IN JOINING?

Contact Intake: 519-354-6221 ext. 233

intake@familyservicekent.com

*You
Belong
Here* ♥

TRANS Women's ♥ SUPPORT GROUP

A SAFE, WELCOMING SPACE FOR
TRANS WOMEN TO BE SEEN, HEARD
AND SUPPORTED.

♥ CONNECT ♥ SHARE ♥ FIND SUPPORT ♥ BUILD COMMUNITY



WHEN

Fridays
1:00 – 2:00 PM
Starting
October 16th, 2026
for 5 weeks



WHERE

Family Service Kent
50 Adelaide St. South
Chatham, Ont.
N7M 6K7



IN PERSON

Sessions



FREE OF CHARGE

All are welcome



TO REGISTER OR FOR MORE INFORMATION

CALL 519-354-6221 EXT. 233

EMAIL: intake@familyservicekent.com



October 2025



MONDAY	TUESDAY	1	THURSDAY	FRIDAY
<p>Some programs will be offered virtually. The following symbol will indicate virtual groups. Please contact Jeff at jeff@mhnc.com to register.</p> 	<p>Peer Support is available daily with Jeff or Larissa. Call 519-351-3100 for more information.</p>	<p>10:15 Wednesday Walk: Paxton's Bush 11:15 Melody & Meaning with Jeff 12:00 Free Lunch 12:30 Autumn Baking with Cheryl 1:00 Walmart Wednesdays with Jeff</p>	<p>10:15 Felt Pies with Natalie and Sharon 11:00 Thank You Cards with Cheryl 1:00 Mind Over Anger with Jeff 2:00 Free Lunch</p> 	<p>10:15 Cooking Club with Mark & Cheryl 11:00 Thanksgiving Jeopardy with Larissa 12:00 Free Lunch 12:30 Would You Rather? with Mark 1:00 Name That Thankful Tune with Jeff</p>
<p>6</p> <p>10:15 Crochet with Cathy: Pumpkins 11:00 Thanksgiving Pictionary 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Sleep Solutions with Jeff</p> 	<p>7</p> <p>10:15 AGM Table Décor with Natalie and Larissa 11:15 Travelling in Time: 1950's with Larissa 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups with Jeff & Kat 2:15 Young Minds with Larissa</p>	<p>8</p> <p>10:15 Wednesday Walk: Mud Creek 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Autumn Baking with Cheryl 1:00 Walmart Wednesdays with Jeff</p>	<p>9</p> <p>AGM & Thanksgiving Dinner Retro Suites Hotel 4:30pm-7pm Registration Required</p> 	<p>10 World Mental Health Day</p> <p>10:15 Cooking Club with Mark & Cheryl 11:00 Guest Speaker: Recovery Story with Bryan Halls 12:00 Free Lunch 12:30 Acrostic Poetry with Larissa 1:00 Rewrite Your Recovery with Jeff</p> 
<p>13</p> <p>MHNCK CLOSED Thanksgiving Day</p>	<p>14</p> <p>10:15 Beaded Pumpkins with Natalie 11:15 Travelling in Time: 1960's with Larissa 12:00 Free Lunch 12:30 Thanksgiving Puzzles & Palettes 12:30 Young Minds Trip with Larissa 1:00 Men/Women Groups with Jeff & Kat</p>	<p>15</p> <p>10:15 Wednesday Walk: Paxton's Bush 11:15 Funniest Video Moments with Jeff 12:00 Free Lunch 12:30 Autumn Baking with Cheryl 1:00 Walmart Wednesdays with Jeff 2:00 Grieving Well with Erin</p> 	<p>16</p> <p>10:15 Macrame Ghosts with Natalie 11:15 Thankful Thursdays with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Mind Over Anger with Jeff</p> 	<p>17</p> <p>10:15 Cooking Club with Mark & Cheryl 11:00 Cupcake Decorating 12:00 Free Lunch 12:30 Members' Meeting & Birthday Social 1:00 Name That Spooky Tune with Jeff</p>
<p>20</p> <p>MHNCK CLOSED Staff Development Day</p>	<p>21</p> <p>10:15 Boo Wreaths with Natalie 11:15 Travelling in Time: 1970's with Larissa 12:00 Free Lunch 12:30 Halloween Puzzles & Palettes 1:00 Men/Women Groups with Bryan & Kat 2:15 Young Minds with Larissa</p>	<p>22</p> <p>10:15 Wednesday Walk: Mud Creek 11:15 Balanced Bites & Bodies with Larissa 12:00 Free Lunch 12:30 Autumn Baking with Cheryl 1:00 Halloween Pictionary with Larissa</p>	<p>23</p> <p>10:15 Painting Pumpkins 11:15 Thankful Thursdays with Natalie and Larissa 12:00 Free Lunch 12:30 Halloween Movie Showing</p> 	<p>24</p> <p>10:15 Cooking Club with Cheryl 11:00 Halloween Jeopardy with Larissa 12:00 Free Lunch 12:30 Halloween BINGO with Larissa</p>
<p>27</p> <p>10:15 Crochet with Cathy: Poppies 11:00 Dietary Education Session with Jen 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Sleep Solutions with Jeff</p> 	<p>28</p> <p>10:15 Rope Spiders with Natalie 11:15 Travelling in Time: 1980's with Larissa 12:30 Pet Therapy with Dave & Summer 1:00 Men/Women Groups with Jeff & Kat 2:15 Young Minds with Larissa</p>	<p>29</p> <p>10:15 Wednesday Walk: Paxton's Bush 11:15 Greatest Animal Moments with Jeff 12:00 Free Lunch 12:30 Autumn Baking with Cheryl 1:00 Walmart Wednesdays with Jeff</p> 	<p>30</p> <p>10:15 Halloween Gnomes with Natalie 11:15 Thankful Thursdays with Larissa 12:00 Free Lunch 12:30 Haircuts with Cheryl 1:00 Mind Over Anger with Jeff</p>	<p>31</p> <p>Hope House Halloween Party Costume Contest 10am-2pm Registration Required</p> 

WORTHY YOU

**Join Jeff as he explores how to boost
self-esteem & confidence with wellness
tools for a better relationship with oneself**



**Thursdays in october at 1pm
Virtual option offered**

Questions?
jeff@mhcnck.com // 519-351-3100

BIG PRIZE
FOR HIGHEST FUNDRAISER

LiUNA!625

Presents

BOWLING **FOR BUCKS** **#11**

BOWLERAMA

100 Keil Drive, Chatham

SATURDAY, OCTOBER 17, 2026

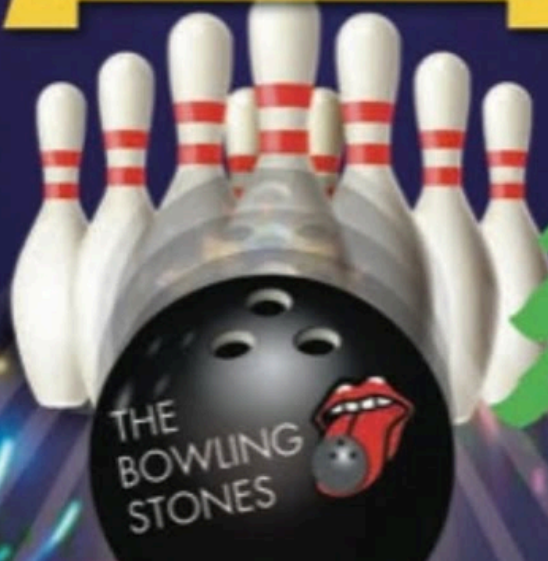
Doors: 8:00 pm • Start: 9:00 pm

Join Us For A Fun Evening. Help Raise Funds For
Chatham's Outreach for Hunger, Community Living Chatham-Kent
and 'R.O.C.K. (Reach Out Chatham-Kent) Missions'

SIGN UP NOW! *

Teams of 4 Bowlers - \$500 Entry Fee*
through individual Pledge Sheets

CALL Brenda LeClair • 1.519.351.8381



*** PICK UP
PLEDGE SHEETS
AT OUTREACH
FOR HUNGER
& BOWLERAMA**

PROUDLY PRESENTED BY:

LiUNA!625



A NIGHT TO REMEMBER

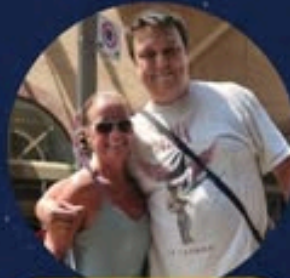
FUNDRAISING EVENT

NOVEMBER 21 • 6 PM TO 11 PM • CHATHAM PORTUGUESE HALL

PANEL DISCUSSION WITH SPECIAL GUESTS



**DIANA
CHAN MCNALLY**



**TONYA EVANS &
ANDRZEJ CELINSKI**



**MELISSA
HARRIGAN**

THE EVENING WILL INCLUDE:

- Dinner, dessert & cash bar
- Live music by DJ Courtney Wells
- Silent auction & 50/50 draw

TICKETS: \$75

For more information and to
purchase tickets, visit:
a-night-to-remember.raiselysite.com



Join CKWC fundraiser **WITCHES' WALK**

Be part of something magical

FOLLOW THIS ROUTE

- Mrs. Bell's Tea Room
- Art and Heirloom
- Turns & Tales

Registration & donations at
Mrs. Bell's Tea Room
Support local artists and
authors at Art & Heirloom
Judging at Turns and Tales

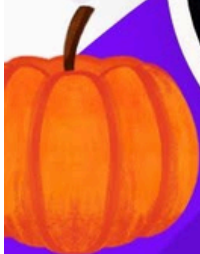
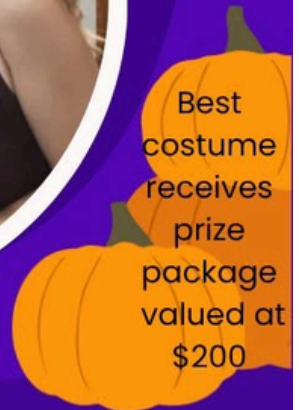
**SAT.
OCT. 17
3-5**

Dress
in your witchiest
outfits for a stroll
that brings people
together for fun and
community support

Cash, cheques or
Personal Hygiene
Products
Accepted for the
Chatham Kent
Women's Center



Best
costume
receives
prize
package
valued at
\$200





MOTOR CITY DRIVE BAND

CHARITY

Concert

SPONSORED BY UNIFOR LOCAL 200

Grab your friends and get ready for a night of live music,
food specials and good vibes!

FREE ENTRY
DONATIONS
ACCEPTED FOR
THE HOUSE OF
SOPHROSYNE

DATE
OCTOBER 10, 2026
6PM-10PM

ADDRESS
WINDSOR
SPORTSMEN'S CLUB
2401 DOUGALL AVE.
WINDSOR, ON N8X 1T3

Puzzles for Purpose



**Sunday, October 18, 2026
(doors open at 4:30p.m.)**



**Serbian Centre - 6770 Tecumseh
Rd E, Windsor, ON N8T 1E6**



**Pasta and salad buffet, dessert
table, cash bar**



**Timed puzzle competition with
prizes, silent auction, and more!**



**Tickets priced at \$65.00 per
person, 4 per team**

**Contact puzzlesforpurpose@gmail.com for
more information**

FREEHELPCK UPCOMING EVENTS

SAVE THE DATES • SHARE THE HOPE



SEPTEMBER 8–DECEMBER 10 Sponsor a Senior Hope Meal

\$10 meals from Shady Pine Restaurant • served twice weekly.



⇒ OCTOBER ⇒

OCT
3

Ridgetown Food Drive

Independent Grocer
Pick up • Fill • Return a bag



OCT
23

Sobeys Food Drive

Chatham • with local radio
Help fill our food pantries!



OCT
24

Superstore Food Drive

Real Canadian Superstore
Every donation makes a difference.



OCT
31

Halloween Harvest Celebration

Candy • popcorn • photo booth
FREE • Jumbo hot dogs
by donation.



NOV 1–
DEC 10

ADOPT A SENIOR

A turkey dinner, selected gift and personal visit delivered Christmas Eve to a senior who is alone.



Bring comfort, joy and connection this Christmas.

NOVEMBER 21 CHRISTMAS STRIKES FUNDRAISER

Bowling Night • Supporting Holiday Hope

Platinum: Impact Graphics + TekSavvy

Food Sponsor: Brooksy RV Rentals



♡ KINDNESS • DIGNITY • HOPE ♡

Learn more at freehelpck.ca



Pumpkinfest

for Chatham-Kent Hospice

Sunday, October 18, 2026

11:00 a.m. to 4:00 p.m.

Cameron Pumpkins

25805 Centre Side Road, Dresden



Community Fundraiser



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



Rustic Little Home

Sign Making Workshop

The CKCHC is excited to have **Rustic Little Homes** instruct a sign making workshop for **FREE!**
All materials and supplies will be provided.
Registration is required.

Friday November 6, 2026

10:00am - 12:00pm

CKCHC Chatham Site - 150 Richmond Street



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B



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PLEASE SELECT AN ABOVE DESIGN WHEN REGISTERING.
ALL SIGNS ARE 10.5" ROUND.

Limited spaces available. Ages 18+
Registration closes October 30, 2026.

519-397-5455 ext. 212
registration@ckchc.ca



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



Rustic Little Home

Sign Making Workshop

The CKCHC is excited to have **Rustic Little Homes** instruct a sign making workshop for **FREE!**
All materials and supplies will be provided.
Registration is required.

Friday November 13, 2026

1:30pm - 3:30pm

CKCHC Wallaceburg Site - 808 Dufferin Ave



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PLEASE SELECT AN ABOVE DESIGN WHEN REGISTERING.
ALL SIGNS ARE 10.5" ROUND.

Limited spaces available. Ages 18+
Registration closes November 6, 2026.
519-397-5455 ext. 212
registration@ckchc.ca



Chatham-Kent
Community Health Centres

Centres de santé communautaire
de Chatham-Kent



Rustic Little Home

Sign Making Workshop

The CKCHC is excited to have **Rustic Little Homes** instruct a sign making workshop for **FREE!**
All materials and supplies will be provided.
Registration is required.

Tuesday November 24, 2026

1:30pm - 3:30pm

CKCHC Walpole Island Site - 785 Tecumseh Rd



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PLEASE SELECT AN ABOVE DESIGN WHEN REGISTERING.
ALL SIGNS ARE 10.5" ROUND.

Limited spaces available. Ages 18+
Registration closes November 17, 2026.

519-397-5455 ext. 212
registration@ckchc.ca

A SAFER OPTION

for everyone

Sharps bins provide a safe space for this type of waste.



“ We have garbage and recycling bins. Sharps are

**ANOTHER TYPE
OF WASTE**

people can have.

CK Community Member

”

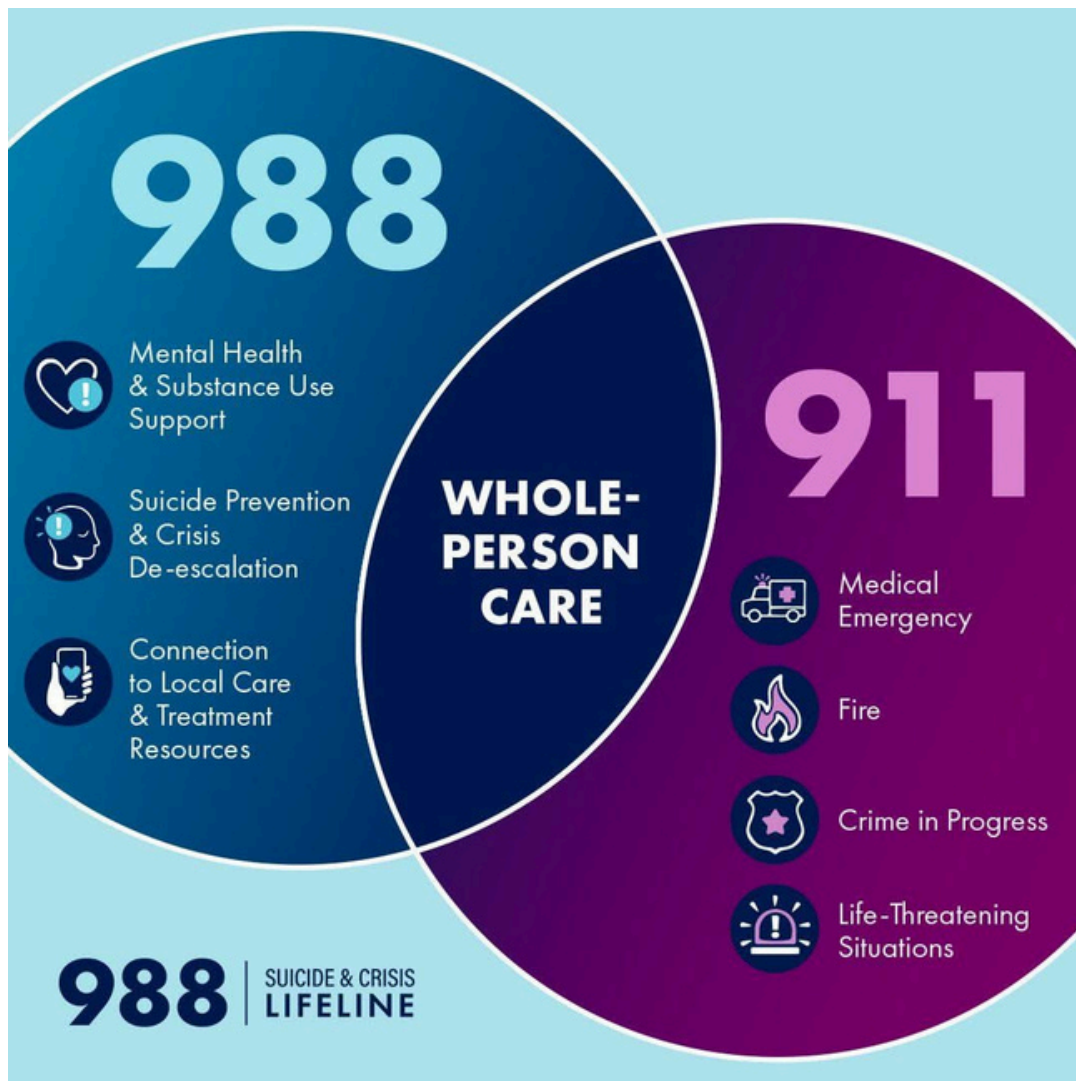


Need Support?

| We offer free individual mental health services and 24/7 crisis intervention.

Chatham-Kent: 1-866-299-7447

Sarnia Lambton: 1-800-307-4319



9-8-8 Suicide Crisis Helpline [Get Help](#) [Understanding Suicide](#)

What to expect when you call or text 9-8-8

▼

We are here to listen.

If you are thinking about suicide, or you're worried about someone else, we want to help. Call or text 9-8-8 toll free, any time — lines are open 24/7/365



Call 9-8-8



Text 9-8-8



What to expect when you reach a 9-8-8 responder

1

They will listen. The person you connect to will listen with compassion and without judgement, and give you space to talk.

2

They will engage with empathy. Whatever you are going through, they want to understand.

3

They will support you. 9-8-8 responders can help you explore ways to create safety when things are overwhelming.