

Carea Community Health Centre is a non-profit charitable organization providing a variety of free, community programs and services including: health promotion and wellness, primary care, counselling and mental health programs; diabetes education; Hepatitis C screening, treatment support, education and outreach; geriatric assessment & intervention; young parent support, LGBT safe space and support, youth programs, Aboriginal programs and community development programs.

In line with the CHC Model of Health and Wellbeing, our expert team works with all ages to provide holistic care, support, and wraparound services that empower clients to improve their health and wellness. Carea Community Health Centre strives to be accessible to those in the community who face access barriers like culture, gender, geographic isolation, homelessness, language, physical disabilities, poverty and race. We provide a full range of health and wellness services across Oshawa, Whitby, Ajax and Pickering.

## Location:

### Oshawa Site:

115 Grassmere Ave.  
Oshawa, ON  
905-723-0036

### Ajax Site:

360 Bayly St. West, Suite #5  
Ajax, ON  
905-428-1212

### Whitby Sites:

GAIN Team (Geriatric Assessment Intervention Network)  
3790 Brock Street North (Taunton Mills)  
Whitby, ON  
905-723-0036 x1409

Children and Youth Mental Health Team  
1615 Dundas Street East, Suite 211  
Whitby, ON  
905-723-0036 x3200

# How we can help.

CARE.  
COMPASSION.  
COMMUNITY.

Carea Community Health Centre and our staff are dedicated to creating an inclusive environment that welcomes diversity. Every One Matters! Every One Is Welcome!

Accessibility: Carea Community Health Centre is committed to complying with all applicable standards as set out in the Accessibility for Ontarians with Disabilities Act, 2005 (AODA). If you have accessibility needs and require alternate formats or other accommodations please contact the Resource Development and Communications Manager at 905-723-0036 x1229 or [info@careachc.ca](mailto:info@careachc.ca)

[www.careachc.ca](http://www.careachc.ca)

@CareaCHC

## Mission

We provide access to high quality, holistic, and inclusive care that is responsive to the needs of the community and empowers individuals to enhance their own well-being.

## Vision

We will be the recognized leader in redefining the experience of community based health and wellness services.

## Values

**Person Centred  
Inclusive  
Compassion  
Teamwork & Collaboration  
Accountability & Reliability**

These five core values embody who we are, how we work, and are fundamental to our culture. Every member of our team demonstrates their commitment to these core values in their everyday activities. These values steer our decision making, guide the delivery of care and services, and govern how we interact with our clients, partners, and each other.



## Clinical Services

### Primary Health Care Team

Our Primary Health Care Team works together to provide health services to you and/or your family. We utilize Family Physicians, Nursing and Administrative Staff to provide you with the best health care possible. Your Primary Health Care Provider will be either a Physician or a Nurse Practitioner.

### Therapy (Counselling) Team

The Therapists on our Counselling Services Team provide individual, group, couple and family counselling along with psychotherapy services for people of all ages in our community.

### Diabetes Education Team

Clients can be referred to the program by their medical provider to provide adults with Type 2 Diabetes, as well as adults at risk of developing Type 2 Diabetes (pre-diabetes). Our professional team consists of a Registered Dietitian, Nurse and Diabetes Education Clerk, and will provide individual and group education to support clients in successfully managing their diabetes.

### Hepatitis C Team

The Hepatitis C Team provides programs and services to people affected by Hepatitis C of all ages and stages of the virus (at-risk, pre-treatment, on-treatment and post-treatment). Our programs and services can be accessed throughout the Central East LHIN (Durham, Peterborough, and the 4 Counties). Programs and services include: screening, treatment, fibroscan clinics, counselling, support groups, community outreach, harm reduction strategies and education.

### GAIN Team (Geriatric Assessment and Intervention Network)

Our inter-professional team is available to provide clients 75 years and older with comprehensive assessment and support to manage needs related to aging. Through in-clinic and home visits, the objective of the GAIN Team is to support at-risk older adults to live safely in their home.



## Health Promotion & Community Development Services

### Health Promotion Team

Our Team of Health Promoters provide social, recreational and psycho-educational support to children, youth and adults through a variety of on-site and community outreach activities. Our comprehensive programming is geared to meet the needs of our communities and includes life skills training, sexual health education, LGBT supports, smoking cessation, health and wellness workshops.

### Early Years & Young Parents Support Team

Our Team of caring professionals include Health Promoters, Registered Early Childhood Educators (ECE), a Registered Nurse (RN) and Childcare Assistants, who work with children ages 0–6 and their parents, guardians and daycare providers around early childhood development and parenting support. Programs consist of school readiness, pre-natal and parenting programs, and outreach.

### Community Engagement and Facilitation Team

Our Team provides on-site and community programming through our Oshawa location.

### Youth Outreach Team

Our Team of Youth Outreach Workers provide individual and group support, as well as short-term case management and support to at-risk youth aged 12–19 through our Ajax location.

### Aboriginal Team

Our Aboriginal Team offers a wide range of programs, services, traditional teachings and community events for Aboriginal children, youth, adults and their families to serve members of the First Nations, Métis and Inuit community.

### Children and Youth Mental Health Team

Our Children and Youth Mental Health Team of therapists and community health workers provide comprehensive support services to children and youth up to and including 24 years of age. The team provides community outreach, parenting and family support and a variety of health and wellness programs. Our therapists offer individual, family and group counselling.

We also collaborate with the Durham Counselling Walk-In Clinic (Ajax location) for children and youth aged (3-19 years) who require support for anxiety, depression, grief, family conflict, stress management, and substance use.