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<p>Alzheimer Society www.alzheimer.ca/ww</p> 	<p>The Alzheimer Society is the leading not-for-profit organization working nationwide to improve quality-of-life for Canadians affected by Alzheimer’s disease and advance the search for the cause and cure. The mission of the Alzheimer Society of Cambridge is to support people with Alzheimer’s disease or other dementias and their partners in care by providing supportive counselling, information, education, public awareness, advocacy and promotion of research.</p>
<p>Arthritis Society www.arthritis.ca</p> 	<p>At Langs, The Arthritis Society provides Physiotherapy for people with a confirmed diagnosis of arthritis, with access to Occupational Therapy and Social Work services as needed. Education classes are offered approximately 2 x per year. We encourage self-management strategies that allow people with arthritis to remain independent. Services are covered by the Ministry of Health and there is no need for a physician referral.</p>
<p>Carizon Family and Community Services http://carizon.ca</p> 	<p>The agency offers counselling services to all individuals and families in the Waterloo Region including: individual; marital, family and group treatments services, and credit counselling.</p>
<p> http://carizon.ca</p> <p>Family Violence Project <i>(a program provided through Carizon Partnership with Langs)</i></p> 	<p>The Family Violence Project of Waterloo Region is a collaborative of agencies that provides wrap-around, seamless service to victims of domestic violence – all from a single location. Services such as police trained to deal with family violence, personal counselling for adults and children, assistance with developing safety plans, shelters, crisis/medical support for sexual assault, financial counselling, children’s services, support groups, outreach services to the community, legal services, specialized elder abuse services, rural outreach services and specialized programs - all under one roof.</p>

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<p>Canadian Mental Health Association Waterloo Wellington</p>  <p>Canadian Mental Health Association Waterloo Wellington Dufferin</p> <p>Association canadienne pour la santé mentale Waterloo Wellington Dufferin</p> <p>www.cmhawwd.ca</p>	<p>The Waterloo Wellington branch of the Canadian Mental Health Association promotes the mental health of all and supports the recovery of people experiencing mental health issues.</p>
<p>Chiropractors Dr. Amy Brown and Dr. Peter Emary</p>	<p>Two independent Chiropractors are onsite offering services. Services offered are Adjustments, Spinal De Compression, ultra Sound, Active Release, Laser and Exams for Orthotics.</p>
<p>Community Diabetes Program Waterloo Region</p>  <p>Community Diabetes Program WATERLOO REGION</p>	<p>The Community Diabetes Program Waterloo Region supports adults with diabetes and their families by helping them make healthy lifestyle choices to control blood sugar and reduce the risk of problems associated with diabetes.</p>
<p>Community Support Connections – Meals on Wheels and More</p> <p>www.communitysupportconnections.org</p>  <p>Community Support Connections Meals on Wheels and More</p>	<p>Community Support Connections – Meals on Wheels and More is dedicated to helping local seniors and adults with disabilities live in their own homes with independence and dignity. CSC works with around 700 volunteers to help 3,600 clients stay at home by offering practical supports including Meals on Wheels, free gentle exercise classes and more.</p>
<p>DeafBlind Ontario Services</p> <p>www.deafblindontario.com</p>  <p>DeafBlind ONTARIO SERVICES</p>	<p>DeafBlind Ontario Services supports individuals who are deaf/blind by providing residential and other specialized services so they may live and thrive in their community.</p>

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<p>Front Door (A program provided through a Carizon and Lutherwood Partnership) www.frontdoormentalhealth.ca</p>   	<p>Front Door (a partnered program of Carizon and Lutherwood) offers free Walk-In Counselling for families with children up to 18 years of age.</p>
<p>Healthy Smiles Ontario – Region of Waterloo Public Health http://chd.region.waterloo.on.ca</p>  	<p>Healthy Smiles Ontario is a new program for children and youth 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you.</p> <p>Dental Care: Free preventative dental care for children/youth between the ages of 1-17 who do not have dental coverage. Free fluoride clinics and brushing lessons Wednesdays at Langs</p>
<p>Hospice of Waterloo Region www.hospicewaterloo.ca</p> 	<p>Hospice of Waterloo Region is a charitable organization dedicated to providing comfort, care and support to people affected by life-threatening illness. Services are provided— through a day program offered in Kitchener and Cambridge; during 1:1 emotional and practical support visits in home, or long-term care facility settings by hospice trained volunteers; in professional individual, family or group counselling led by certified therapists; in bereavement support services designed to meet a person’s needs. All of Hospice’s support programs and services are offered free of charge and do not require a medical referral. Hospice offers youth and adult counselling each Thursday at Langs.</p>
<p>House of Friendship www.houseoffriendship.org</p>  	<p>This outreach program is community based, created to prevent and reduce child poverty in the Waterloo Region. The goal is to assist children and their families experiencing low-income to access the services they need in their own communities.</p>

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<p>Langs Medical Pharmacy</p>	<p>Full service pharmacy providing prescriptions, home healthcare, vitamins, minerals, consultative services and geriatric (elderly) service group, retirement and nursing home services, specialty compounding, free delivery.</p>
<p>Lutherwood www.lutherwood.ca</p> 	<p>Lutherwood is a not-for-profit health and social service organization that provides 3 different areas of support at Langs: children and youth mental health services, adult employment counselling, and housing support for people at risk of being homeless. Its services are accessed by more than 22,500 people annually in Waterloo Region and Wellington County.</p>
<p>New Hope Hearing www.newhopehearing.ca</p> 	<p>New Hope Hearing is a privately owned, independent clinic that has served Hespeler and surrounding area for over 3 years. The name has changed but the clinician remains the same.</p> <p>They offer free hearing screening tests for patients 4 and up.</p>
<p>Sexual Assault Support Centre Of Waterloo Region www.sascwr.org</p> 	<p>The Sexual Assault Support Centre of Waterloo Region provides services and support to people and their families who have experienced sexual violence including: individual and group counselling, a 24-hour Crisis and Support Line, accompaniments, advocacy, and public education. We also house the Family Court Support Program, which assists women who have experienced domestic violence as they navigate the family court process.</p>

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 <p>Behavioural Supports Ontario Behavioural Supports Ontario Community Responsive Behaviour Team www.BSOProject.ca</p>	<p>The Community Responsive Behaviour Team is part of the Waterloo Region Behavioural Support Ontario (BSO). The Team offers specialized Geriatric Services for seniors coping with responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions.</p> <p>The Behavioural Supports Ontario (BSO) Initiative was created to enhance services for older adults and assist seniors and their caregivers to manage behaviours safely in their home, (LTC or community). St. Joseph's Health Centre, Guelph, is the Program Lead for the Behavioural Support initiative in the WWLHIN. This initiative strives to enhance and leverage existing supports and promote integrated service delivery and system support.</p>
<p>Waterloo-Wellington Regional Aphasia Program (WWRAP) www.BSOProject.ca</p> 	<p>The goal of the program is to allow people with aphasia the means to actively engage and participate in conversation using specific communication strategies. The group sessions are facilitated by a combination of Speech-Language Pathologist & Communicative Disorders Assistant with support from community volunteers. Social Work support available to participants and caregivers.</p> <p>A typical aphasia group session may include:</p> <ul style="list-style-type: none"> •Discussing current topics & expressing opinions •Role-playing everyday communication scenarios to develop conversational skills of listening & reading comprehension •Supporting one another to participate & gain confidence in Communicating
<p>WWLHIN Home and Community Care</p>	<p>A Care Coordinator is onsite weekly to consult with Langs staff and community partners.</p>

Agency	Description of Services
<p>Waterloo Region Community Legal Services www.wrcls.ca</p> 	<p>Waterloo Region Community Legal Services (WRCLS) is a non-profit organization dedicated to providing legal services to those who meet our criteria for financial eligibility in the Kitchener, Waterloo and Cambridge area.</p> <p>Legal advice and advocacy in housing and income support programs (social assistance/EI/ CPP/OAS/etc).</p>
<p>William E. Pautler Centre, City of Cambridge</p> <p>www.cambridge.ca</p>  	<p>The William E. Pautler Centre offers a variety of fitness programs, some in the gymnasium and others within the exercise studio (located off the conditioning room).</p> <p>There are a number of cardio machines as well as weight and balance equipment to provide patrons with an all-round workout.</p> <p>Membership to this 50+ Recreation Centre allows you an affordable membership rate for the conditioning room, which is interchangeable for use at the David Durward Centre conditioning room.</p> <p>The Seniors Day Program and Friendly Visiting Program are both offered at the William E. Pautler Centre.</p> <p>Features: Gymnasium, Walking track, Exercise studio, Conditioning room (cardio and weight equipment), and Dining facilities.</p>
<p>YMCA of Cambridge Newcomer Settlement Program</p>  <p>Newcomer Settlement Program is Funded by:</p> 	<p>Newcomer Settlement Program helps clients including Canadian Citizens and Refugee Claimants.</p> <p>We will provide you with information as well connect you with resources. Assistance with health care, job search, housing, immigration, education, income support application, family benefits, advocacy and filling of various application forms are only some of the many services available through this program.</p> <p>Services will be available in English, Hindi, Punjabi, Urdu and Dutch languages. Access to interpretation and translation is available in languages not spoken by on-site staff.</p> <p>Drop-in or by appointment.</p>