

MARCH 2025

PARTNERS NEWSLETTER

Important Quarterly Updates for On-Site Partners at Langs



THE
Hub@1145



WELCOME!

Welcome to the first edition of the Langs Partner Newsletter for 2025. We hope you find the content of this quarterly submission engaging and informative.

If you are interested in sharing an upcoming event in the community, please reach out to Alison at alisonb@langs.org

HEALTH & SAFETY CODE REVIEWS

PARTNER PORTAL

PARTNER SPOTLIGHT SERIES

ANNOUNCEMENTS

UPCOMING EVENTS



CAMBRIDGE NEIGHBOURHOOD TABLE DINNER

NATIONAL VOLUNTEER WEEK

LANGS COMMUNITY GARAGE & CRAFT SALE

WORKSHOPS



CULTURALLY RELEVANT APPROACHES
WITH FIRST NATIONS, INUIT AND METIS
PEOPLES LIVING WITH DIABETES

MEN'S CIRCLE

REMINDERS

ROOM BOOKINGS RATES & BOOKING REQUEST GUIDELINES

BUILDING UPDATES

CLOSURES

May 19, 2025 - Victoria Day

The walking track opens during the Fall/Winter on Saturdays from 8:30am-12:00pm, October 19th, 2024 to April 26th, 2025.

Starting April 1st, 2025, Langs will have dedicated time on the Walking Track for Women only. Tuesday evenings from 7:00pm-8:00pm will be reserved for women only. This change is driven by a community need, to offer a safe space that is culturally responsive, and trauma informed. If you have any questions, please speak to a Langs staff.

HEALTH AND SAFETY CODE REVIEWS

In order to respond to emergency situations at Langs, clear procedures have been developed to assist staff and our onsite partners in reacting safely to difficult situations. In an emergency involving violence or threatening behaviour, the first priority is the safety of the individuals who are at risk. Personal safety takes precedence over property. Wherever possible, individuals at risk should get to a safe location, warning others who are in the vicinity.

Portable panic buttons are also available to our onsite partners, if interested. These can be signed out at the main receptionist desk located on the first floor.

Emergency Response Codes are as follows:



CODE BLUE	Medical Emergency
CODE RED	Fire
CODE BROWN	Hazardous Material
CODE BLACK	Bomb Threat
CODE WHITE	Assistance Required (Violent Situation)
CODE ORANGE	Internal Disaster
CODE GRAY	Police Requested Lockdown
CODE YELLOW/AMBER	Missing Person/Child
CODE CYBER	Cybersecurity Threat

For more information on when a code should be called, and what to do in the event of threatening or violent behaviour, please refer to the Partner Portal.

PARTNER PORTAL



Welcome to those accessing our online newsletter for the first time and welcome back to those returning. Thank you for signing on and keeping in touch with us at Langs! From now on, you'll have access to regular updates about events, newsletters, learn about other on-site partners, and, yes, find the meeting room that suits your needs....all at the push of a button.

We look forward to creating content on a quarterly basis that is accessible, informative and keeps you in touch with what's happening here at Langs and in the community.

To get started, scroll down to the bottom of the Langs webpage at www.langs.org, click "Partner Login" and enter the new username/password noted below. From here feel free to scroll through the tabs for what you need (i.e., meeting room capacity chart, weather and parking updates, etc.)

Username: LangsPartner

Password: Port@IPas5

This is a new username and password, and is the same for all our onsite partners, so please feel free to share with your staff.

Got a suggestion or feedback to share? We're always looking to improve how we connect with our on-site partners. If you have a question, comment or suggestion, please share it with Alison at alisonb@langs.org.

PARTNER

spotlight series

Join us quarterly as we feature a list of on-site partners and provide a platform to have conversations with a purpose. On-site Partners will have an opportunity to discuss and promote their innovative activities, ideas, and events happening in the community.



Important announcement

YOUTH WELLNESS HUB YOUTH WELLNESS HUBS ONTARIO (YWHO)



In 2019, Langs established a Youth Wellness Hub (YWH) and became a scale-up site under the provincial model in 2021. Now, in 2025 the Langs YWH will become a fully funded Youth Wellness Hubs Ontario site. This provincial funding will allow the YWH to expand its services to ensure young people aged 12-25 have timely access to mental health and substance use support, employment services, social-recreational opportunities, and leadership and skill development.

We will be working over the coming weeks and months to prepare for this exciting change!

UPCOMING EVENTS

March 10 & 24, 2025

April 7 & 21, 2025

May 12 & 26, 2025

June 9 & 23, 2025

July 14 & 28, 2025

CAMBRIDGE NEIGHBOURHOOD TABLE | 5:00-6:30PM



5-6:30 PM

FREE DINNER
& SOCIAL

Cambridge Neighbourhood Table is a grassroots program with the primary purpose of community development, where every neighbour is welcome to attend. This communal dining approach promotes connections in local neighbourhoods and provides space for social activities and supportive services.

This program was created in collaboration with Citizens for Cambridge, with funding provided by the City of Cambridge, the United Way, and the Region of Waterloo.

For those onsite partners interested in taking part in any of the dates listed by volunteering their time and/or setting up a booth at Langs to showcase their services, please contact Alison at alisonb@langs.org OR Dave at davidc@langs.org

We ♥ our Volunteers

NATIONAL VOLUNTEER WEEK | APRIL 27 TO MAY 4, 2025

Join us on April 30th as we celebrate and highlight the value of our volunteers and their positive impact on the community during National Volunteer Week!

COMMUNITY GARAGE AND CRAFT SALE | JUNE 7, 2025

Join us in the main parking lot and find your next treasure! Watch socials for more details (time and vendor tables).



WORKSHOP

Culturally Relevant Approaches with First Nations, Inuit and Métis Peoples Living with Diabetes
A Free Virtual Workshop for Health Care Providers and Educators

Participants will learn about specific characteristics of diabetes in the First Nations, Inuit and Métis community and how their social determinants of health impacts diabetes risk, management, and quality of care.

Speaker with lived experience:
Cathy Andrus
Ojibwa from Alderville
First Nation, Turtle Clan

Facilitator:
Crystal Bomberry
Training Lead at the
Indigenous Diabetes
Health Circle

Speaker:
Dr. Phil McCabe MD
Southwest Ontario
Aboriginal Health Access
Centre

Date: April 10, 2025
Time: 8:30am-10:00 am
Register Here

Registration is required. This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

For more information or to register, visit www.selfmanagement.ca or call 1-866-337-3318

CULTURALLY RELEVANT APPROACHES WITH FIRST NATIONS, INUIT AND METIS PEOPLES LIVING WITH DIABETES

FREE virtual workshops for health care providers and educators

APRIL 10TH | 8:30-10:00 AM

MAY 8TH | 12-1 PM

For more information or to register, visit www.selfmanagement.ca or call 1-866-337-3318

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Participants will learn about specific characteristics of diabetes in the First Nations, Inuit and Métis community and how their social determinants of health impacts diabetes risk, management, and quality of care.

Facilitator:
Crystal Bomberry
Training Lead at the
Indigenous Diabetes
Health Circle

Date: May 8, 2025
Time: 12:00pm-1:00pm
Register Here

Registration is required. This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

For more information or to register, visit www.selfmanagement.ca or call 1-866-337-3318

MEN'S CIRCLE

FEBRUARY TO AUGUST 2025

**First Thursday of every month
6-8PM**

Join Kevin George from Crow Shield Lodge for an evening of learning, sharing and healing together.

MEN'S CIRCLE

Join Kevin George for an evening of learning, sharing and healing together. Open to male-identifying folks of all nations, both Indigenous and Non-Indigenous individuals.

February - August 2025
First Thursday of every month

Feb 6th
March 6th
April 3rd
May 1st
June 5th
July 3rd
August 7th

6:00PM - 8:00PM

LANGS COMMUNITY HEALTH CENTRE
1145 Concession Rd.
Cambridge, ON

REGISTER NOW
www.crowshieldlodge.com/upcoming

Register at

www.crowshieldlodge.com/upcoming

REMINDER

MAIL



For our partners who have mailboxes at Langs, please make sure to check them when you are on site.

ADDITIONAL KEY REQUESTS



As part of your lease agreement with Langs, our partners are entitled to two keys, free of charge, for their leased on-site space. **Effective January 1, 2024**, any additional key requests outside these two keys will result in a cost of \$10/key for each key request. This amount will then be invoiced on a quarterly basis. Please send any key requests to Alison at alisonb@langs.org.

INCLEMENT WEATHER



In the event of a closure, all announcements will be posted on our website.

If you notice any unsafe conditions (flooding, downed trees, icy patches, power lines, etc.), please contact main reception so that this can be addressed as soon as possible.



ROOM BOOKINGS - NEW 2024 RATES AND BOOKING REQUEST GUIDELINES*

In order to find the most efficient meeting space for your needs, we have provided you with a list of our available meeting rooms. Rooms are available for client meetings, training sessions, workshops, community programs, etc.

*Please note that effective immediately, partner meeting room booking requests are available MONDAY TO FRIDAY ONLY. Room booking requests made outside the work week are not part of the current lease agreements in place and will be charged normal Saturday non-profit rates.

*Effective January 1, 2024 new room charge out rates will apply (see example below for comparison). These new rates have been adjusted for inflation.

2023 Room Rates for S206 (up to 4 hrs): \$30.00

2024 Room Rates for S206 (up to 2 hrs): \$25.00 | (2 to 4 hrs): \$35.00

Please make all room booking requests at least one week in advance through Alison at: 519-653-1470, Ext. 266 or at alisonb@langs.org.

Make sure to check your Lease Agreement for details.

FIRST FLOOR	E105, E106
SECOND FLOOR	S219, S236, E204, E206

If you have any questions or comments, please feel free to contact Dave at davidc@langs.org or Alison at alisonb@langs.org. We appreciate your ideas and support of the return to in-person services.

Hub@1145 | 1145 Concession Road, Cambridge
519-653-1470 | [WEBSITE](https://www.langs.org)



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