

STRUCTURE

Ages 18+; No Cost

Workshops:

- 1 - 1.5 hrs
- Online/hybrid

Case Management:

- In Person or virtually.
- Regular check ins.
- Counselling intervention.

WHAT YOU'LL GAIN

- Workshop completion certificates & ongoing supports.
- Individual, intensive case management to goal planning, community resources and mentorship.
- Agency Advocacy and system navigation assistance.

Interpreters provided as requested.

www.johnhoward.on.ca/yorkregion

Effective.
Just.
Humane.

CONTACT US:



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Please allow 2-3 business days for replies:



@jhsyorkregion
johnhoward.on.ca/yorkregion/

More about our Programs:



john howard society

York Region

FAIR CHANCES PROGRAM

Family &

Adult

Intervention &

Reunification



Funded By:



York Region



WHAT'S THE 'FAIR CHANCES PROGRAM' ALL ABOUT?

FAIR Chances supports individuals and families seeking assistance in navigating daily challenges with familial harmony, adjusting to life after migration, or reuniting after experiencing stigmatizing justice system involvement.

FAIR Chances supports all York Region residents, but we prioritize space for those who identify as newcomers, members of the BIPOC community and those who identify as marginalized or criminal justice system barriered.

We offer this support through Counselling, Case Management, Workshops, & Community Outreach.

WORKSHOP TOPICS DISCUSSED

- Understanding Family Court in Ontario: A Guide for Individuals and Families
- Understanding the Bail Court System in Ontario
- Navigating the Education System in Ontario: A Guide for Newcomer Parents
- Understanding the Children's Aid System in Ontario for Parents
- Impacts of Food Insecurity & Theft in Ontario
- Mental Health & Self Care
- Financial Literacy
- Housing and Tenant Rights

And More!

HOW WE CAN SUPPORT

COUNSELLING

Methods:

- 1:1, Family & Couples Counselling

Support Using:

- CBT, DBT, Mindfulness, Narrative, EFT, SFT, Motivational Interviewing, & Somatic Interventions.

Symptom Management of:

- Anxiety, Depression, Chronic Stress, Emotional Dysregulation, Anger-Management, Poor Communication, Relationship-Issues, Attachment Issues, PTSD, ADHD, Childhood Trauma, Addiction Management, Grief and Loss and more.

CASE MANAGEMENT

Mediation, Advocacy, Resource Alignment, Referrals, Care Packages, Financial Supports, community connections and more...



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