

## Town, CMHA host Lunch and Learn with Caledon OPP and CMHA Crisis Team

**By Riley Murphy**

Local Journalism Initiative Reporter

In partnership with the Town of Caledon Age-Friendly Caledon program and the Canadian Mental Health Association, a lunch-and-learn will be held with Caledon OPP and CMHA Crisis Team Staff for residents.

This lunch-and-learn will educate residents about the services and supports Caledon OPP and CMHA offer to help Caledon residents age well and age in place.

Caledon OPP was invited to supplement the conversation and help introduce services and supports.

Jesse Nobleman, Community Engagement and Media Relations with the Caledon Detachment, said that residents often aren't aware of what is available to them, and holding open sessions to explain what is offered is highly beneficial.

In attendance will be their Mobile Crisis Response Team (MCRT), along with one of the CAMH crisis workers, who will share information about their program.

In addition, Caledon OPP will be highlighting some of their key partnerships, including their work with Caledon Community Services and its food bank, The Exchange, as well as Punjabi Community Health Services.

Highlighted as well will be Project Lifesaver, Life Alert, CMHA resources, and more.

Nobleman notes that this lunch-and-learn is an opportunity for residents to learn more about what the OPP, CMHA, and the Town have to offer.

It will also give those in attendance a chance to ask questions and share feedback on what community members feel they need more of.

The lunch-and-learn will be held in the auditorium at the Albion Bolton Community Complex from 12 pm to 2 pm on November 6.