

about me.

Kevin



Hello, I'm Kevin. Langs has been a part of my story since 2011 when I was a welder, spending my time between the sparks and steel, constructing the building at 1145 Concession Road. Little did I know how Langs would become involved in my life. In 2020, my life took a turn, and I found myself struggling with the harsh realities of homelessness. I made my way to the Bridges Shelter. There, I was offered the chance to talk to a social worker, Mollie, from the Langs Interprofessional Primary Care (IPC) team. I declined, but about a week later changed my mind and agreed to meet her and talk. This simple conversation would pave the way for several life-changing connections.

From my interactions with Mollie, I met Crystal, an outreach worker with the IPC team whose guidance proved invaluable. With her assistance, I tackled paperwork and reached out to other service providers in the community. Despite many challenges, I found solace in knowing that Mollie and Crystal were there for me, unwavering in their support even during times of incarceration.

Through the perseverance and unyielding support of the IPC team, my journey led through many ups and downs, including times I was housed and other times I was not. But it wasn't just about finding a roof over my head; it was about reclaiming my physical health, mental health, sense of dignity, and self-worth. With each step forward, I discovered newfound independence, learning to navigate the complexities of accessing services and engaging with my community directly.

Without Langs, I would be devastated! The care I've received has been tailored to my unique needs. Their expertise in health, addictions and mental health care has provided me with a connection to my community that I never knew I would need. I'm in control of my health and have recently connected with the Diabetes Education Team. Langs has given me the tools to get back on my feet and prioritize my well-being.

I'm learning to be proud of my progress and journey. If I can reach out and get help, anyone can! I'm doing my best to approach life with a positive attitude and I'm grateful for the IPC team from Langs who gave me a chance when I needed it most.

