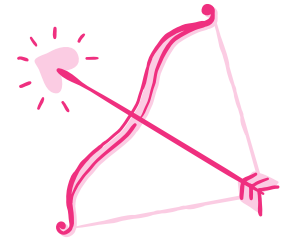




# February



## Our Place Newsletter

### This Issue:

- Calendar
- February Birthdays
- Free Events
- Community Resources
- Mental Health Tips
- Important Days of the Month
- Recipes



















Our Place Community of Hope

1183 Davenport Road, M6H 2G7

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## February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Meals: 2:30-4:30 <b>Art Group: 12:30</b> <b>Community Meeting:</b> 3:00 Anger Management w/Li (M): 3:30-4:30</p> 	<p>4 Meals: 2:30-4:30 Bingo: 1:00 Euchre Tournament: 3:00</p> 	<p>5 Meals: 2:30-4:30 Music Group: 1:00 <b>Trivia: 3:30</b></p> 	<p>6 Meals: 2:30-4:30 <b>Black History Month</b> Events: 12:30-3:00 Peer Support: 3:00-4:00 <b>Bingo: 4:00-5:00</b></p> 	<p>7 Meals: 2:30-4:30 Writing Group w/ Peter: 1:30 Karaoke: 3:00</p> 
<p>10 Meals: 2:30-4:30 <b>Art Group: 12:30</b> Anger Management w/Li (W): 3:30-4:30</p> 	<p>11 Meals: 2:30-4:30 Bingo: 1:00 Pool Tournament: 3:00</p> 	<p>12 Meals: 2:30-4:30 Music Group: 1:00 <b>Valentine's Cookie</b> <b>Decorating: 3:00</b></p> 	<p>13 Meals: 2:30-4:30 Light Exercise &amp; Yoga: 1:30 <b>Valentine's Dance: 4:00-</b> 6:00</p> 	<p>14 Happy Valentine's Day! Meals: 2:30-4:30 Writing Group w/ Peter: 1:30 Karaoke: 3:00</p> 
<p>17 Happy Family Day! <b>CLOSED</b></p>	<p>18 Meals: 2:30-4:30 Bingo: 1:00 Crazy Eights: 3:00</p> 	<p>19 Meals: 2:30-4:30 Live Music w/ Kevin &amp; Chas: 2:00 <b>Memorial for Richard G:</b> 3:00</p> 	<p>20 Meals: 2:30-4:30 Light Exercise &amp; Yoga: 1:30 Peer Support: 3:00-4:00 <b>Bingo: 4:00-5:00</b></p> 	<p>21 <b>BirthDay Celebration</b> Meals: 2:30-4:30 Writing Group w/ Peter: 1:30 Karaoke: 3:00</p> 
<p>24 Meals: 2:30-4:30 <b>Art Group: 12:30</b> Anger Management w/Li (M): 3:30-4:30</p> 	<p>25 Meals: 2:30-4:30 Bingo: 1:00 Cribbage Tournament: 3:00</p> 	<p>26 Meals: 2:30-4:30 Music Group: 1:00 <b>Talent Show &amp; Art</b> <b>Display: 3:30-5:00</b></p> 	<p>27 Meals: 2:30-4:30 Light Exercise &amp; Yoga: 1:30 Peer Support: 3:00-4:00</p> 	<p><b>Location: 1183</b> Davenport Road Get here by taking the 63 N bus from Ossington station and get off at the Oakwood and Davenport bus stop!</p> 

All images are from freepix.com

MaryAnn M - Feb 5th  
Jose C - Feb 5th  
Frank G - Feb 8th  
Oliver A - Feb 13th  
James M - Feb 17th  
Jessica S - Feb 26th  
Jennifer S - Feb 26th  
David M 0 February 26th

*Happy  
Birthday!*



Celebrate with us  
on **Friday**  
**February 21st** with  
a sweet treat  
during meal time!

## Free Events Around the City!

### **2025 Chinese New Year Celebration:**

Come celebrate Chinese culture with the broader Toronto community! During this event, you can enjoy live singing and dancing, food, and multicultural booths featuring diverse Chinese traditions.

**When:** February 1, 2025

**Time:** 11:00 am - 5:00 pm

**Where:** Chinatown Centre - 222 Spadina Ave  
Dragon City Mall - 280 Spadina Ave

### **Black History Month: New Words**

To honour Black History Month, poet Desiree Mckenzie will be presenting her poetry that addresses racism, colonialism, Indigenous land, and gender inequities.

**When:** February 8, 2025 - February 22, 2025

**Time:** 11:30 am - 3:30 pm

Saturday February 8, 15 & 22

11:30 am, 1:30 pm & 3:30 pm

**Where:** Colborne Lodge Museum

11 Colborne Lodge Dr

### **Almost Valentines Day Comedy Show**

Join a hilarious night of stand-up comedy at The Groove Bar & Grill! Get ready to be entertained by some of the funniest stand-up comedians from GTA.

**When:** February 13, 2025

**Time:** 9:30pm - 11:00pm

**Where:** The Groove Bar - 1952 Danforth Ave

### **Family Day Weekend**

Family friendly hands-on activities will be taking place in the gallery. You can try a table loom, take home a mini cardboard loom, or play games in the dining room.

**When:** February 16, 2025

**Time:** 11:00 am - 4:00 pm

**Where:** Gibson House Museum

North of Park Home Avenue / Gibson Park

### **The North Toronto Perspective Art Exhibition**

North Toronto Group of Artists celebrates art from artists living in northern Toronto neighborhoods. This exhibition includes oil, acrylic, mixed media and photography.

**When:** Every Tuesday January 22, 2025 - February 20, 2025

**Time:** 8:00 am - 6:00 pm

Opening Reception: Saturday January 25, 2 to 4 p.m.

The gallery is closed on Sundays and all the statutory holidays.

**Where:** Etobicoke Civic Centre Art Gallery

Etobicoke Civic Centre Art Gallery

### **Montgomery's Inn Indoor Farmer's Market**

This market offers a variety of local food vendors, selling produce and pre-made goods as well as hot food ready to eat.

**When:** Every Wednesday February 5, 2025 - May 14, 2025

**Time:** 2:00 pm - 6:00 pm

**Where:** Montgomery's Inn - 4709 Dundas St W

# Say Hello to Our New Students!

Hey Everyone, my name is Nate, and I'm a student studying Social Service Work. I chose this field because I'm passionate about helping others and contributing to positive change in my community. I believe that even small acts of kindness can make a big impact in someone's life.

Outside of my studies and placement, I enjoy rock climbing, candle making, making art and taking long walks in nature. These hobbies help me stay grounded and balanced, giving me the energy to pursue my goals.

Looking forward to this experience and meeting everyone!

If you see me, come and say Hello!

- **Nate**



*"The best way to find yourself is to lose yourself in the service of others."* - Mahatma Gandhi



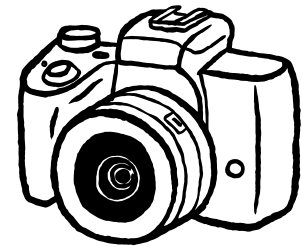
Hello! My name is Madelyn and I'm excited to do my placement at Our Place. You can expect to see my most Thursdays from now until April. As a second year university student with a focus in social work and mental health, I look forward to this opportunity to connect with members in the community and support an organization that provides essential services.

In my free time, I enjoy writing, photography, and spending time with my family. I look forward to getting to know you all over my time here!

- **Madelyn**

Hi everyone, my name is Mohamed! I'm studying Social Service Work at Humber College and am excited to learn and make great memories with you all. In my free time, I enjoy photography, watching crime documentaries, and cracking jokes. I'm looking forward to meeting new people and hearing different perspectives. I believe kindness and a good heart matter the most in life.

- **Mohamed**



As Rumi said, "The only lasting beauty is the beauty of the heart."



Hi my name is Amiya and my pronouns are she/her. I am going to be completing my school placement here at Our Place for Social Service Worker. I am very excited to get the opportunity to get to know all of you amazing people. If you ever would like to talk about anything, play card games, do any art I will be at Our Place on Mondays and Tuesdays!

- **Amiya**

# Community Resources

**Addiction Support Groups** - If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.



## **Cocaine Anonymous**

12 Step Recovery program from drug and/or alcohol use.  
360A Bloor Street West; 1-866-4636  
Monday-Sunday: 9:00am-11:00pm

## **Peer Support Groups with Across Boundaries**

A 7-week per-led wellness program for those navigating addictions challenges.  
51 Clarkson Avenue; 416-787-3007  
Tuesdays: 11:00am-12:00pm



## **Marijuana Anonymous at Our Lady of Sorrows Church**

A group to support folks recovering from marijuana addiction.  
3055 Bloor Street West; 416-231-6016  
Wednesdays: 7:30pm-8:30pm

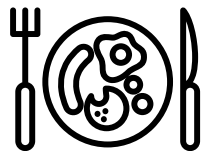
**Food** - If you require food support beyond our meal programs, please do not hesitate to register with the following agencies. *Some may require Identification and may follow an intake process.*

## **Daily Bread Food Bank**

DBFB helps you find a food bank local to you. Visit [dailybread.ca](http://dailybread.ca) to find instructions on how to register.

## **Oasis Dufferin Community Centre**

They provide emergency food supplies. Require additional information to register.  
1219 Dufferin Street; 416-536-4431  
Tuesday: 4:00pm-6:00pm; Wednesday: 9:30am-1:00pm



## **Feed it Forward Grocery Store**

A free or pay what you can grocery store option.  
2770 Dundas Street West, Unit A; 647-879-2433  
Monday-Saturday: 11:00am-6:00pm  
Sundays: 11:00am-3:00pm

## **Christie Ossington Neighbourhood Centre**

Provide meals, snacks, showers, laundry facilities, access to a phone, fax and internet..  
850 and 854 Bloor Street West; 416-792-8941  
Monday-Saturday: 12:00pm-1:00pm

# Community Resources

**Crisis Support Centres** - If you require immediate support during a mental health or safety crisis.

## **Reconnect Community Health Services**

Crisis outreach services for seniors. Provides assessment, treatment and consultation by a Geriatric Addiction Specialist for substance use and concurrent disorders.

1281 St. Clair Avenue West; 416-217-2077

Monday-Friday: 9:00am-5:00pm

## **Unity Health Toronto**

24/7 mental health crisis intervention over the phone. Mobile mental health crisis intervention team providing assessment, intervention, and referrals for individuals experiencing mental health crises (they have trained police officers and a mental-health registered nurse); you can call 416-530-6486 for this service.

111 Sunnyside Avenue, 3rd floor; 416-530-6000

## **Victim Services Toronto**

24/7 crisis intervention. Various services including case management for victims of violence or assault. Provides emotional support and advocacy, safety planning and emergency accommodation/shelter, education workshops, and a therapy dog program.

40 College Street, ground floor: 416-808-7066

## **Davenport-Perth Neighbourhood Community Health Centre**

Offers short-term crisis support and information on ODSP, OW, shelter and housing, health topics, and recreational activities.

1900 Davenport Road; 416-656-8025, or email [info@dpmchc.ca](mailto:info@dpmchc.ca)



## The Importance of Saying No By Zuhair

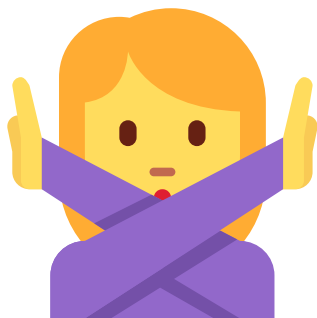
For a large part of my life, I was a people pleaser. I rarely said no to anyone—whether it was helping with a task, lending something, or taking on responsibilities for others. It felt natural at the time, and I thought it was just being kind. But over time, I realized how much this was draining me. After talking to others and reflecting on my behavior, I noticed many of these people were taking advantage of me. They didn't truly appreciate me for who I was; they liked that I would always say yes. This need to please others came from a desire to be liked, but it was shallow approval—one that didn't reflect my true self.

I was what philosophers call a *"Happiness Pump,"* someone who sacrifices their own well-being to make others happy. I was so focused on making others happy that I was losing sight of my own needs. This realization led me to understand the importance of saying no. Saying no isn't selfish; it's about setting boundaries. When you say no, you're telling others what you're willing to help with, preserving your time and energy, and protecting yourself from being used. Of course, this doesn't mean you should never help anyone. It's important to be there for people when the time is right, but you must find a balance. You can't live your life serving everyone else while neglecting your own needs. You owe it to yourself to make time for things that bring you joy and nurture your well-being. Life isn't just about giving to others; it's also about giving to yourself.

If you find yourself constantly saying yes at the expense of your own needs, here are a few steps to protect your mental health:

1. First, practice saying no in small, low-stakes situations.
2. Second, identify your boundaries by recognizing what you truly value and what drains you.
3. Finally, remember that saying no doesn't make you a bad person. It means you value your own mental and emotional health.

Setting healthy boundaries is key to maintaining a balanced life and preserving your peace of mind.



Yes

No



## Understanding What Health Looks Like to You By Zuhair

It's no surprise that a lot of people make health-related New Year's resolutions, like exercising more, eating healthier, or cutting out junk food. In fact, 25-30% of adults in the U.S. set one of these goals. But the problem with these resolutions is that they often follow the idea of what health and wellness should look like for everyone, and that's not always true.

Health is a *personal* experience, and what a healthy body looks like for one person may be different for someone else. There's no one-size-fits-all standard. The only person you should compare yourself to is who you were yesterday. Another issue with these strict goals is that they don't leave room for mistakes, which are a normal part of starting something new. If we miss one workout, we often think we need to make up for it by working out more the next time. But this can lead to an unsustainable routine that eventually makes us give up, feeling bad about ourselves just because we couldn't keep up with unrealistic goals. Health and wellness aren't just a temporary thing that lasts until we reach a certain goal; it's about building a healthy lifestyle that we can keep up with for a long time. Big changes don't happen overnight.

The key is making small, consistent changes that are easy to keep up with. For example, if you don't work out right now, it's unrealistic to suddenly exercise five days a week for two hours. A better goal would be to get some exercise, like a 30-minute walk, three times a week. You don't even need to go to the gym—it can be as simple as a walk after dinner. The same goes for your diet. It's not realistic to completely change what you eat and only have chicken, rice, and broccoli every day. Instead, try making small, healthier changes to meals you already like. For example, if you love Alfredo pasta, you can swap the heavy cream for Greek yogurt and 2% milk. Before setting any health goals, think about what health means to you. What would a healthy lifestyle look like in your life, and what small steps can you take to get there? Health and wellness aren't just a short-term goal; it's about living a healthier life every day.





## World Cancer Day



By Fanny

World Cancer Day occurs annually on February the 4th led by the Union for international Cancer Control (UICC) established in the year 2000. This day recognizes the need to raise awareness about cancer, motivate prevention, and encourage actions to address this global epidemic. Each year communities, organizations, and individuals come together collectively to develop events and activates to raise awareness and to reduce the impact of cancer.

There are several ways to support this important day on February the 4th:

The UICC runs a campaign called the World Cancer Day that cycles for 3 years, also referred to as "United by Unique". This campaign brings life beyond medical diagnosis. It explores the unique stories of people who are experiencing or have experienced grief, pain, healing, resilience, and support. Through this campaign we can unite as individuals to create, support, and empower the community. For more information and stories, you can visit the World cancer day website.

Another way to act, is by visiting the Canadian Cancer Society website where you can find additional information regarding this special day. The Canadian Cancer Society encourages you to reach out to your elected official to address the long-term impact of COVID-19 on cancer care. Additionally, another format to raise awareness is by creating and uploading a short video to share your story to empower your voice and that of others.

More info: <https://www.worldcancerday.org/about>

## Black History Month



By Carolina

Black History Month is an opportunity to highlight the accomplishments of the Black community in Canada. It also provides us with a chance to educate, reflect upon, and listen to the different challenges black communities have faced through history, and still face today. Many Black individuals in Canada encounter systemic barriers, racism, and discrimination every single day. In February, we take time to celebrate the Black community and recognize their history in Canada. This year's theme is about reflecting and celebrating while building a more inclusive society for all black individuals.

There are different ways to celebrate and honor black communities:

- Art and Culture: Explore art, literature, music, and cinema through exhibitions, performances, and readings. **Visit Blackity [online] with Artexxe to view an exhibit by Joana Joachim.**
- Community Events: Participate in or host community events such as parades, cultural festivals, and heritage celebrations. **Do a self-guided tour through little Jamaica from Eglinton Street West from Bathurst Street to Dufferin Street.**
- Support Black-Owned Businesses: Show support for Black entrepreneurs and businesses by shopping locally and promoting Black-owned enterprises.
- Share Knowledge: Share information about black Canadians history and achievements with friends, family.
- Volunteer: Offer your time and skills to organizations that promote racial equality and social justice.

More info: <https://www.canada.ca/en/canadian-heritage/news/2025/01/the-government-of-canada-announces-the-theme-for-black-history-month-2025.html>

# Recipes from the Our Place Kitchen

## Raspberry Parfaits (recipe Foxes Love Lemons)

### Ingredients:

- 3 tablespoons raspberry jam or preserves
- 2 two-inch thick slices vanilla angel food cake cut into 1/2-inch cubes
- 1 container fresh raspberries, rinsed and dried 6 ounces
- 2 cups prepared whipped cream
- Fresh mint leaves
- 



### Directions:

1. Microwave the jam in a bowl for 15 seconds to allow it to soften
2. Grab a nice glass for you to layer your treat.
3. Place some cake cubes in the bottom, add raspberries and then layer with 1/4 of the jam. Top the layer with whipped cream.
4. Create as many layers as you'd like!
5. Add some mint leaves on top for garnish and enjoy.
6. \*optional\* if you like chocolate or granola, you can add those as well!

*If you find raspberries too tart, try this out with strawberries and strawberry jam!*

## Italian Cream Soda

### Ingredients:

- 4 ounces Italian syrup, flavor (Vanilla, Cherry, Orange, Raspberry, Almond, Hazelnut or Caramel)
- 4 ounces half-and-half
- 10 ounces club soda

### Directions:

1. Mix ingredients and serve over ice.
2. Add whipped cream to make it more special!



Enjoy