



## **Our Place Newsletter**

### **This Issue:**

- June Birthdays
- Programs and Events in June
- Free Things to do in June
- Community Resources
- Mental Health Tips of the Month

*June Writing Group Submissions, Recipes, and Special Days will be posted on the board next to the women's bathroom!*

**Our Place Community of Hope**  
**1183 Davenport Road, M6H 2G7**

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# Happy Birthday

- Richard G - June 13th
- Joshua G - June 24th
- Christian H - June 25th



Celebrate with us  
on Friday, June  
28th with a sweet  
treat during the  
Friday Night  
Dance!

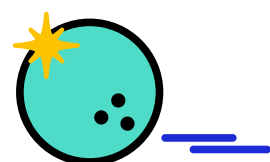
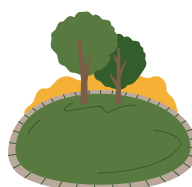
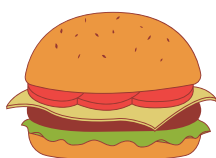
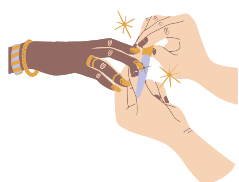
## June Events

**Self-Care Wellness Day!** - Wednesday June 5th; join us and take part in various self-care options like manicures, facials, and trims! This event will run from 12:00-4:00pm.

**RSGC Summer Barbeque** - Thursday June 6th; come on by and enjoy a delicious BBQ meal and some yummy snacks and sweet treats. Food will be available between 2:30-5:00pm. *Meals are limited and available on a first-come-first-serve basis.*

**Trips to Geary Park** - On the following Thursdays, we will be hosting drop-in at Geary park: June 13th, 20th, 27th. Come by to enjoy some snacks and fun activities from 12:30-2:00pm. *During these times on these days, indoor drop-in will not be open, unless the weather forces us inside.*

**Bowling Trip to Playtime Bowl!** - Join us on Wednesday June 26th on our first bowling outing in a long time! If you're interested in coming, please sign up with staff ASAP as spots are limited. On this day, drop-in will close at 2:30pm and we will leave together from OP at 3:00pm to make sure we can bowl from 4:00-6:00pm.



# Free Events Around the City!

## **Liberty Village Art Crawl -** **Saturday June 8th** from **11:00am-6:00pm.**

Enjoy the works of 140+ artists  
at **The Bentway; 250 Fort  
York Blvd.** Works include  
design, live music, interactive  
demos, and delicious food!



## **Tomo Arts Market Toronto -** **Saturday June 8th** from **11:00am-7:00pm.**

Support local independent  
artists! You can view art and  
purchase merchandise, comics,  
and more. Located at **Parkdale  
Hall, 1605 Queen Street West  
#2.**

## **Christian Music Festival** - **Saturday June 15th** from **1:00pm-10:00pm** at

**Nathan Phillips Square**  
**(100 Queen Street West)!**

Come visit to see a vibrant  
line up of Canadian artists  
and musicians.



## **ROM Walks - Every Saturday** **at 2:00pm** and **Wednesdays** **at 6:00pm** you can join folks

to take a guided walk  
exploring various  
neighborhoods in Toronto. Visit  
the ROM's website  
([www.rom.on.ca](http://www.rom.on.ca)) to see their  
location/meeting spot.

## **Lakeshore Village Grilled** **Cheese Challenge - Saturday** **June 8th** from **11:00am-9:00pm**

at Lakeshore Village (**Lake  
Shore Blvd West at Islington  
Ave**). Visit the festival featuring  
entertainment, family fun zones,  
amazing food, shopping and  
more!



## **Eat in or Dine Out - Monday** **to Friday** from **9:30am-** **8:30pm** at the Reference Library (**789 Yonge Street**).

Enjoy the historic culinary  
content. The exhibit will include  
menus, concepts and  
cookbooks from the 1800s  
featuring various themes.

# 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.

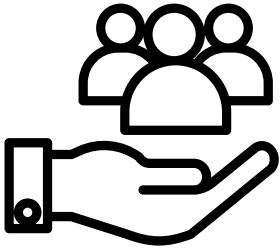
**KeepSIX Consumption and Treatment Services at South Riverdale CHC**

Offer a supervised consumption site, drug checking service, naloxone training, and connecting members to other South Riverdale CHC services.

955 Queen Street East; 416-461-1925 ext.2264

Monday, Tuesday, Thursday: 8:00am-8:30pm (last call 7:30pm)

Wednesday & Friday: 8:00am-4:30pm (last call at 4:00pm)



**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

# Community Resources



## **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

**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)



# Gardening & Mental Health

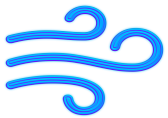
By Ishika



It can be challenging to carve out moments of calm and serenity in our busy lives. However, amidst the chaos, a haven exists that nourishes the body and nurtures the mind- Gardening. Engaging in gardening has been proven to offer many health benefits providing an escape, from life's pressures.

One advantage of gardening is its ability to soothe feelings of stress and anxiety. Being surrounded by nature and fresh air can have a calming effect on the mind. Working with the soil, planting seeds, and caring for plants bring a sense of fulfillment and achievement easing worries and tensions. Research shows that gardening can reduce cortisol levels - our stress hormone. Gardening encourages mindfulness allowing individuals to be fully present in the moment. The colorful flowers, the chirping of birds and the sense of accomplishment from seeing your garden thrive can brighten your day! Studies indicate that spending time outdoors in spaces like gardens is connected to positive mood and sense of well-being.

Gardening promotes activity, which is crucial for maintaining our physical and mental wellbeing. Whether you are digging, planting, watering, or weeding, gardening helps keep your body active and flexible. Regular physical exercise triggers the release of endorphins - natural mood enhancers - leading to increased feelings of joy and satisfaction.



## Pranayama Breathing

By Nyoka



Breathing is something we take for granted, especially since we do it unconsciously. Dating back to ancient times, breathing is something that helps us to be calm and collected. The word Pranayama can be translated from Sanskrit to breathing control. The technique consists of different breathwork designed to gain mastery over the respiratory process while recognizing the connections between breath, mind, and emotions.

Pranayama helps improve quality of sleep, reduce stress and anxiety, improves respiratory function and enhances your cognitive functions. Today we are looking at today is the 'Three Part Breath' technique:

1. Lie in a reclined position-either flat on your back or propped up by bolsters, blocks, blankets or a combination of these.
2. Inhale to a third of your lungs' capacity, then pause for two to three seconds.
3. Inhale another third, pause again, and inhale until the lungs are filled.
4. Pause, then repeat the pattern on the exhale-exhaling the breath in thirds.
5. Repeat a cycle of inhalations for 5 rounds and a cycle of exhalations for 5 rounds, or until you feel comfortable.

For more info, visit: <https://www.yogajournal.com/practice/beginners/how-to/pranayama/>