



# June 2022 NEWSLETTER



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OUR PLACE COMMUNITY OF HOPE

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## June Birthdays

### Our Place Birthdays

Nathan Hay – June 1<sup>st</sup>

Rosalee Edwards – June 13<sup>th</sup>

Carlos Rodriguez – June 17<sup>th</sup>

Joshwua Gabriel – June 24<sup>th</sup>

Chris Hudson – June 25<sup>th</sup>

Jeffrey Dewey – June 30<sup>th</sup>



### Famous June Birthdays

Angelina Jolie – June 4<sup>th</sup>

Liam Neeson – June 7<sup>th</sup>

Kanye West – June 8<sup>th</sup>

Natalie Portman – June 9<sup>th</sup>

Chris Evans – June 13<sup>th</sup>

Venus Williams – June 17<sup>th</sup>

Kendrick Lamar – June 17<sup>th</sup>

Lionel Richie – June 20<sup>th</sup>

Ariana Grande – June 26<sup>th</sup>

**\*If you want to celebrate your birthday with us, let us know!\***



## New June Programming & Updates

**Yoga – Tuesdays at 1:00 pm (in-person) \*NEW\***

We will now be offering light & relaxing yoga sessions on a weekly basis. There is also the option to do yoga spontaneously on others days. If you have any questions or would like to request a yoga session, please let staff know. 😊

**Current Affairs – Wednesdays at 1:45 pm (in-person & outdoor) \*RETRUNING\***

Our Current Affairs program is back! Join us on Wednesdays if you are interested in catching up on world's latest events with us. Please let staff know if you have any questions! 😊

**Walk n' Talk – Thursdays at 12:45pm \*NEW\***

Join us this summer on Thursday's for relaxing walks with staff to the local park! If you feel like talking about anything or you just want to join us for the nice weather (and treats), feel free to join! Please let staff know if you have any questions. 😊

**Update: Contest Alert!!**

In the month of June, we are holding a special contest with the chance of winning an **air fryer!** The prize will go to a member that joins & participates in our new programs the most. This includes our **Thursday Walks, Yoga, and Outdoor Current Affairs!**

## Our Place Weekly Programs

**Pool Table Time – Everyday! (in-person)**

Enjoy a game of pool during our open pool hour! Grab a friend and come join us. If you have any questions, or want to sign up, please use the signup sheet or let staff know. 😊

**Gaming Tournaments – Mondays at 1:30 pm (in-person)**

Come and join us as we play fun games every week! Games include: Trivia, Finish that Lyric and Name that Tune! There are prizes to be won. 😊 **Limited capacity.**

**Anger Management – Mondays at 12:00 pm (virtual & in-person)**

Our new program will run on a weekly basis. This is a group for anyone who is interested in gaining control over their anger and strong emotions using CBT tools.

Link to join Anger Management: <https://us06web.zoom.us/j/88931569624>

Join by phone: (647)374-4685. When prompted, enter in the Meeting ID:

**889 3156 9624**

### **Bingo – Tuesdays at 1:30 pm (*in-person*)**

Bingo is back in person! Enjoy a game with us as there are great prizes to be won! **Limited capacity.**

### **Peer Support Group – Wednesdays at 3:30 (*virtual*) \*UPDATED\***

**Peer support group will now be held virtually.** *Peer support* meetings are a time to connect with others for support, encouragement, and hope. We will learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try towards having a better life.

Link to join: <https://us06web.zoom.us/j/87674798802>

Join by phone: **(647)-374-4685**. When prompted, enter in the Meeting ID: **876 7479 8802**

### **Art & CRAFTS Group – Thursday at 1:30pm (*in-person*)**

Art & Crafts is a time to explore your creative side and connect with others. It will include drawing and coloring, painting, sketching and many more fun activities. Suggestions are welcome! 😊

### **Online Writing Group – Fridays at 1:30pm**

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together. Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

### **LIVE MUSIC – Fridays at 1:30pm**

Enjoy some fun tunes performed by Kevin and Chas. We will be broadcasting them during indoor dine-in on Fridays! Join us if you are fully vaccinated and would like a meal and a show! 😊

Link to join Live Music via Zoom: <https://us06web.zoom.us/j/82850357199>

Join by phone, dial **647-374-4685**. When prompted, enter in the Meeting ID: **828 5035 7199**

# Join Our Program!

Anger Management – Online – *contact staff if interested in participating*



Our Place has started a weekly virtual anger management group on Monday's! Anger management is a course for anyone who is interested in getting a handle on their anger and strong emotions. The training will utilize Cognitive-Behavioral tools and techniques to help individuals navigate tough situations. Participants are welcome to dive deeper into the root of their anger and learn more about themselves and what triggers them in the process. This group is open to all, and will be an interactive online group where all are welcome to share their experiences.

Together we will discuss topics such as managing our expectations vs. our reality, understanding and navigating our inner parent, adult and child, and creating an anger control plan.

## Community Programs & Supports

*\*Please ask one of the Our Place Staff if you need access to a phone or computer\**

**Nicotine Replacement Therapy:** Are you thinking of quitting smoking? Talk to any of our staff members about how you can access support and free nicotine replacement therapy like lozenges and patches with no wait.

**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.

<i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887	<i>KeepSIX Consumption and Treatment Services (CTS)</i> – 955 Queen Street East) – 416-461-1925 ext 2264	<i>Evangel Hall Mission</i> – 552 Adelaide Street West – 416-504-8056
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**Community Fridges Toronto** is a mutual aid organization made up of community members and volunteers working to provide food for those in need. They have several fridges and pantries across the city (locations listed below) and they operate on a “take what you need, leave what you don’t” basis. Feel free to visit any fridge to pick up or drop off food.

214 Wright Street	782 Adelaide Street West	250 Westlake Avenue	499 Parliament Street
1132 College Street	870 Dundas Street West	348 Pape Avenue (Pantry)	

**Allan Gardens Food Bank** 353 Sherbourne Street: You can visit and collect food from the bank once a week either on Thursday or Friday from 12:30pm to 3:00pm. Everyone who

is interested must register and complete the intake process if it is your first time visiting. Please remember to bring your own bag.

**Bloor West Food Bank** 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at [appointments.foodbank@gmail.com](mailto:appointments.foodbank@gmail.com). The food bank is open every Friday from 12:30pm to 3:00pm.

**Parkdale Activity-Recreation Centre (PARC)** 1499 Queen Street West: A drop-in space Running daily to support those who do not have stable housing (in shelter, respite). Meal Programming runs from Monday – Thursday from 9:30am to 12:30pm, Fridays from 1:00pm to 4:00pm, Saturday and Sunday from 11:00am to 3:00pm.

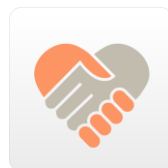
**Evangel Hall Mission** 552 Adelaide Street West: Clothing bank and various drop-in services are available Monday – Friday from 10:30 am to 12:30 pm. If you are need of shower access and laundry facilities, they provide services on Tuesdays and Thursdays; Registration for these specific services start at 9 am.

**Davenport-Perth Neighbourhood Community Health Centre** 1900 Davenport Rd: Provides free harm reduction kits (needles, stem kits, syringe kits and condoms), as well as other information and support. Contact (416) 656-8025 for more information. They also offer short term, one-on-one crisis support and information on community resources, OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

**Shelter Beds and Respite Centres:** If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

**Gerstein Crisis Centre:** Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

**New Circle:** If you are in need of warmer clothing for the winter season, please connect with one of the Our Place staff and we will start the online referral process with you.



## Pride Month: June 2022

Pride month is the annual celebration of the LGBTQIA2S+ community which occurs in June. This event both raises awareness and recognizes the long history and unique lived experiences of the LGBTQ+ community. Pride month also denounces any sort of homophobia, biphobia, transphobia that is directed towards the community, and advocates for equal rights.



The month of June commemorates the Stonewall Riots in New York, a series of protests that changed the face of LGBTQ+ rights in the United States, Canada, and around the world. The history of Pride dates all the way back to 1969. At this time, homosexuality and any other actions that defied societal standards of heteronormativity was illegal in the United States and only partially decriminalized in England. On June 28<sup>th</sup>, a raid on a LGBTQ+ bar in New York resulted in over 200 people resisting arrest. This led to the infamous 3-day riot that would set the precedent for the following yearly celebrations that occur on the anniversary of this event. The first ever Pride march took place on 28<sup>th</sup> of June that year, drawing a few thousand participants and covering 50 city blocks in the City.

Here are some of the reasons why Pride Month is celebrated:

- In **70 countries** around the world, homosexuality is still a crime
- LGBTQ+ people can face the death penalty in **11 countries**
- Same-sex marriage is only recognized in **29 countries**
- Worldwide, LGBTQIA2S+ people continue to face widespread discrimination, including **violence, workplace discrimination, bullying, and denial of essential services**

If you are interested in supporting this movement, the annual flag raising ceremony is happening [on June 1<sup>st</sup> from 9:00am to 10:00am in Nathan Phillips Square](#) in Toronto. Additionally, after 2 years, the annual Toronto Pride Parade returns on [June 26<sup>th</sup> at 2:00pm on Church St.](#)

## Autistic Pride Day

Autistic Pride Day is a pride celebration for autistic people held on [June 18th](#) each year. Autistic pride recognizes the importance of pride for autistic people and its role in bringing positive changes in the broader society. The important thing to note about Autistic Pride day is that it is an autistic community event, it originated from and is still led by autistic people themselves. The rainbow infinity symbol is used as the symbol of this day, representing diversity with infinite variations and infinite possibilities. Autistic Pride points out that autistic people have always been an important part of human culture. Being autistic is a form of neurodiversity. As with all forms of neurodiversity, most of the challenges autistic people face come from other people's attitudes about autism and a lack of supports and accommodations.



Some facts about Autism:

- Autism spectrum disorder now affects 1 in 68 children. Boys are nearly 5 times more likely than girls to be diagnosed with ASD.
- Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes, and AIDS combined.
- Many people with autism use stimming to help them with stimulation, to relieve stress, distract themselves, or to calm down. Stimming is short for self-stimulating behaviors. Many people stim, however it is a behavior that has become associated with autism.

## National Indigenous Peoples Day

National Indigenous Peoples Day is a provincial observance that occurs on the [21<sup>st</sup> of June](#). This day is considered a local holiday only in the Yukon and the Northwest Territories. Canada's National Indigenous Peoples Day gives people the chance to learn more about Indigenous Peoples and their contributions towards



Canada's development and progress. First Nations, Métis, and Inuit people have the opportunity to showcase their cultures and achievements throughout Canada on this day



as each of these groups possess their own respective heritages, languages, cultural practices and spiritual beliefs.

National Indigenous Peoples Day events are held in every region across Canada. Activities and events include (but are not limited to):

- Summer solstice festivals
- Barbecue fundraisers
- Social networking gatherings with traditional and contemporary music, dance and singing
- Sacred fire extinguishing ceremonies
- Traditional feasts, which may include fry bread and moose stew
- The cutting of a cake to honor National Indigenous Peoples Day

In short, National Indigenous Peoples Day in Canada gives people the opportunity to celebrate and share knowledge about Indigenous values, customs, languages, and culture, while also recognizing the current on-going colonial efforts that occur in Canada to this day. National Indigenous Peoples day can also serve as a day of reflection for people who wish to educate themselves more on Indigenous history and experiences in Canada. If you would like to learn more about what you can do to better support Indigenous communities in Canada, check out this short and informative YouTube video: <https://www.youtube.com/watch?v=b1E-3Hb1-WA> .

## **Fresh From the Our Place Kitchen**

In honor of National Cheese Day (June 4<sup>th</sup>, 2022) here are some super delicious & cheesy recipes! 😊

### Zoe's Cheesy Scalloped Potatoes

#### Ingredients

- 3 pounds potatoes, thinly sliced
- ½ onion, thinly sliced
- 9 tablespoons all-purpose flour, divided
- 6 tablespoons butter, diced and divided
- Salt and ground black pepper to taste
- 1 whole brick of cheddar cheese



- 1/5 brick of mozzarella cheese
- 3 cups whole milk, or as needed

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
2. Spread about 1/3 of the potato slices into the bottom of the prepared baking dish. Top with about 1/3 of the onion slices. Sprinkle 3 tablespoons flour over the potato and onion. Arrange 2 tablespoons butter atop the flour. Season the entire layer with salt and pepper. Repeat layering twice more.
3. Heat milk in a saucepan until warm. Pour enough warm milk over the mixture in the baking dish so the top of the liquid is level with the final layer of potatoes.
4. Shred both kinds of cheese and evenly distribute on top of the potatoes.
5. Bake in preheated oven until potatoes are tender, 45- 60 minutes. Let cool & enjoy!

### Elise's Perfect Cheesecake

#### Ingredients

##### **Crust:**

- 2 cups graham crumbs
- 2 tablespoons sugar
- ⅔ cup butter melted

##### **Cheesecake:**

- 24 ounces cream cheese softened
- 1 cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 1 cup fresh strawberries
- 1 cup fresh blueberries



### Directions

1. Preheat oven to 350°F.
2. Mix crust ingredients until well combined. Press into a 9" pan.
3. Beat cream cheese, sugar and vanilla until fluffy.
4. Add eggs one at a time, beating until just until incorporated (do not overbeat, this will cause cracks).
5. Pour cheesecake into crust and bake 35-45 minutes

6. Remove from oven and cool 10 minutes. Gently run a knife around the edge of the crust to loosen. Cool 45 minutes.
7. Remove pan and cool completely in the fridge at least 4 hours or overnight.
8. Top with fresh blue berries and strawberries.
9. Enjoy! 😊

## Mental Health Tip of the Month

From the Students! 😊

### 5 Senses Grounding Exercise for Anxiety Release – By Nicola

Everyone feels anxious at one time or another and taking steps to feel grounded can ease anxious feelings. It is important to remember that not everyone experiences anxiety in the same way, and what works for some, may not work for someone else. The term grounding is a psychological technique that can be used to distract the mind from feelings of distress. To ground you means to engage in a behavior that brings your body and mind into the here and now.

Exercises that engage the 5 senses (hearing, touch, smell, taste and sight) might offer quick relief and act as a powerful tool to ground yourself wherever you are. With the warm weather approaching, it may be beneficial to use this grounding exercise outside. A very popular grounding technique is called the 5-4-3-2-1 method.

- 5 things you can see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



This 5-4-3-2-1 technique helps you shift your focus to what is currently happening around you, instead of what is making you feel anxious. After completing this technique, take a couple deep breaths to feel more connected and tuned in to what is around you.

### Walking & Positive Self-Talk - By Joana

Walking can be a great way to improve your mental and physical health. Now that the



weather is improving, going on walks can be a great way to help manage stress. Walking increases blood flow to the body and brain, helping to increase your mood. Walking can also help improve sleep, energy levels, cardiovascular health and reduce tiredness and cholesterol levels. Try inviting a friend for a walk with you. Walking with others can have a positive effect on self-esteem and keep away negative moods and depression. Some tips for success: make sure you're comfortable, make sure you're in a safe area/route and keep hydrated.

Self-talk is your internal voice controlled by your subconscious mind. Our subconscious voice can be positive or negative; influencing our mood and thoughts while playing a role in how stress affects us. Focusing on positive thoughts rather than negative can improve your health in a number of ways. Replacing negative thoughts with positive thoughts can have a great impact on reducing stress and distress. Here are some examples on how to replace negative thoughts with positive ones.

**Negative:** I keep making mistakes.

**Positive:** Making mistakes will help me learn.

**Negative:** I'm a failure.

**Positive:** I'm proud of myself for trying something new. That took courage.



# father's day search

dad  
daughter  
golf  
grandpa  
home  
hugs



june  
play  
son  
sports  
sunday  
uncle

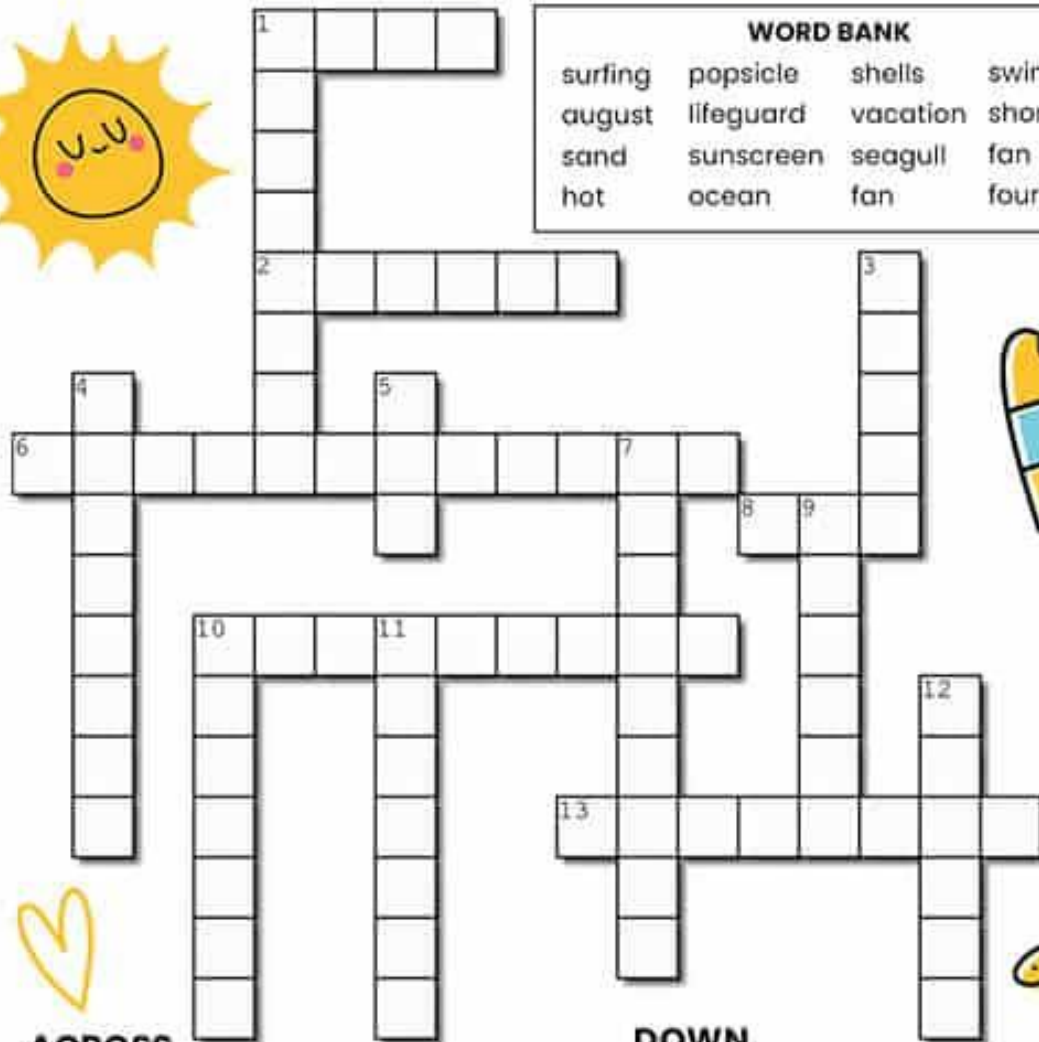
u n c l e h q w o p l k  
y u r v c e a z d l k g  
o p t t s u n d a y b e  
h s w n o i u r u n c p  
o w e i n l l m g o l f  
m r z t y u w a h u g s  
e j g j h b n u t i p y  
a e r u n b v e e l k r  
p s d n m s p o r t s t  
d e h e d j q e r g j n  
o o p l a y y r v b n u  
g r a n d p a w t v h s

# AT THE BEACH

## CROSSWORD PUZZLE



WORD BANK			
surfing	popsicle	shells	swimsuit
august	lifeguard	vacation	shorts
sand	sunscreen	seagull	fan
hot	ocean	fan	fourth of july



### ACROSS

1. Kids love to dig in this.
2. You can collect these on the beach.
6. An American summer holiday.
8. You turn this on to cool off.
10. We put this on our skin to protect us from the sun.
13. A trip away from home.



### DOWN

1. What you wear to go swimming.
3. You swim in this at the beach.
4. A frozen treat on a stick.
5. The weather in summer.
7. Someone whose job is to make sure swimmers are safe.
9. The last month of summer.
10. A bird you see often at the beach.
11. When you ride a wave with a board.
12. Commonly worn in summer.



