



January Newsletter

This Issue:

Goodbye From Our Students

January Birthdays

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Member Interview

Mental Health Tip

Our Place Community of Hope Drop-in

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HAPPY
NEW YEAR

goodbye

Not a goodbye, but a “see you later.”

As my placement comes to an end, I want to express my gratitude to each one of you for

welcoming me into your community. Thank you for the laughter, the kindness, and the unforgettable moments we shared; whether it was playing Crazy Eights, singing during karaoke, or dancing our hearts out during Just Dance. This isn't goodbye. It's simply see you later.

**With love,
-Yoselin**

Over the past few months at my placement, I've learned so much and honestly had such a great time supporting clients and getting to know everyone. This was my first real field experience, and it taught me so much & gave me a lot of confidence about the work I want to do. I'm really thankful for all the support, guidance, and laughs from the team. :)

Since this is my last day at our place, I just wanted to say a big thank you for welcoming me and making me feel like a part of the team. I appreciate everything, and I'll definitely remember this experience in the future. ❤

-Riya

"Wow, what an amazing three months it's been. I can't believe how fast time has gone by. My experience here has been nothing short of spectacular, and I'm feeling quite bittersweet about moving on. Through the exhilarating games of crazy 8's with Paddy, dance battles with Jessica, or just weekly bingo games with Miari. I've come to realize how special the Our Place community is. Thank you all for welcoming me into your home and treating me like family. I will forever cherish my experiences here and carry them with me wherever I go. Goodbye for now!! \(^_^\)/, ❤

- Malachi"



Ciao

Teresa C Jan 9th
Rachel S Jan 16th
Gordon S Jan 17th
Mair D Jan 30th
Dave B Jan 30th



Join us on **Friday 30th** to celebrate the Dec Our Place birthdays with a sweet treat at 2:30pm!

Free Events

Winter Trails & Nature Walk

Description: Guided volunteers lead winter walks to explore wildlife, trees, and the beauty of the park in winter. Great for families, newcomers and anyone wanting fresh air and connection.

Date: Various Weekends in January

Location: High Park

Evergreen Bricks Works Winter Village

Description: A cozy winter village atmosphere with fire pits, nature trails, local vendors, and family-friendly activities.

Date: Every Weekends in January.

Location: Evergreen Bricks Works

Harbourfront Centre – Free Skating & DJ nights

Description: Free outdoor skating with live DJs and beautiful lakeside view. Skate rentals are extra, but entry is free. Fun community vibe.

Date: Select Fridays & Saturdays in January

Location: Harbourfront Centre Natrel Rink

AGO Free Wednesday Nights

Description: Explore the galleries, exhibits, and Indigenous art collections for free every Wednesday. Perfect for youth, adults, and families wanting an inspiring evening.

Date: Every Wednesday evening (6-9 pm)

Location: Art Gallery of Ontario

Community Resources

Drop-in Meal Programs for WEEKENDS

Sistering (Women only)

962 Bloor St. W

416-926-9762

Hours: 24/7

Parkdale Activity Recreation Centre (General Population; Adults)

1499 Queen Street West

416-537-2262

Saturday/Sunday Hours: 11:00am-2:00pm

St. Francis Table of Parkdale (General Population)

1322 Queen St West

416-532-4172

Sunday Hours: 11:00am-2:00pm

Syme Woolner Neighbourhood & Family Centre (General Population)

2468 Eglinton Ave West. Unit 3

416-766-4634

Saturday/Sunday Hours: 9:00am-3:00pm

Good Shepherd Ministries (General Population; Adults)

412 Queen St East

416-869-3619

Hours: 24/7

Margaret's Toronto East Drop-in Centre (General Population; Adults)

323 Dundas St. East

647-367-2100

Hours: 7:00am-3:00pm



Community Resources

Drop-in Laundry Services

The Neighbourhood Group: Corner Drop-in

260 Augusta Ave. (College/Spadina)

416-925-2103 ex:2260

Hours: Monday to Friday: 7:30Am-9:45am; Sunday: 8am-9:45am



Christie Ossington Neighbourhood Centre Drop-In

854 Bloor St. West (Bloor/Ossington)

416-792-8941 Ext: 1

Hours: Monday to Friday, 10am - 1pm

Agincourt Community Services Association, South Drop-in

202 Markham Rd (Markham/Highway 7)

647-472-6912

Hours: By appointment: Sunday to Wednesday, 9am - 1pm

Medical Services

The Non-Insured Walk-in Clinic (NIWIC)

AccessPoint on Jane; 761 Jane Street (2nd floor)

416-760-8677

Hours: Mondays & Thursdays 12:30pm-7:00pm; Tuesdays 9:30am-12:00pm; Wednesday 1:00pm-4:00pm; Friday 9:30am-4:30pm

Can be accessed by residents of Toronto that do not have a family doctor and do not have OHIP, IFHP, OTHIP, or private health insurance. Not available for those on vacation, tourists, or official visa holders.

Davenport-Perth Neighbourhood Community Health Centre

1900 Davenport Road

416-656-8025; or email info@dpmchc.ca

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

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



Get to know... Shirly Clark!



1. Tell us your name and a little about yourself and your interests?

My name is Shirly Clark. I love skeletons, halloween, dancing and a good party!

2. What is your favourite hobby?

I enjoy watching reruns of my favorite shows on netflix, diamond art painting, collecting hockey cards and skulls.

3. What about Our Place keeps you coming back?

The friends, environment, activities, bingo and the dancing program.

4. What is your favourite meal here?

My favorite meal is spaghetti and meatballs.

5. What is your favourite season?

My favorite season is fall/halloween season. It's a season of change and bringing out warm sweaters

6. Do you have special talents

I'm a great dancer.

7. Do you have any words of wisdom or advice for other members of the community here?

Be prepared with the change in weather. Take it slow and leave early while traveling. Remember to take care and enjoy the snow!

8. What is your favourite thing to do at Our Place?

I love to play bingo and participate in the giveaways contests/clothing drive

If you could have any superpower, what would it be and why?

If I could have any superpower it would be to heal the world of the sick.

9. What is your favourite holiday?

Halloween is my favorite holiday

10. If you were the boss for one day at Our Place, what would you do?

If i was the boss for the one day at our place. I would run bingo all day

11. What do you think makes a strong community?

A strong community requires communication, understanding and ensuring to help each other out.

Mental Health Tip of The Month

Create a Small Daily Routine

Routines help the mind feel safe and grounded. Even simple habits, like making your bed, drinking water first thing in the morning, or stepping outside for fresh air, this can reduce anxiety and increase stability.

Set Healthy Boundaries

Protect your emotional energy by saying “no” when needed and recognizing your limits. Boundaries help maintain healthy relationships and prevent burnout, especially when supporting others.

Practice Self-Compassion

Be kind to yourself, especially on hard days. Treat yourself the way you would treat a friend, acknowledge your feelings without judgment and remind yourself that it's okay to not be okay.

Practice One Minute of Mindfulness

You don't need long sessions, just pause, breathe deeply, and notice your surroundings. Mindfulness helps regulate emotions, reduce stress, and bring clarity during difficult moments

