



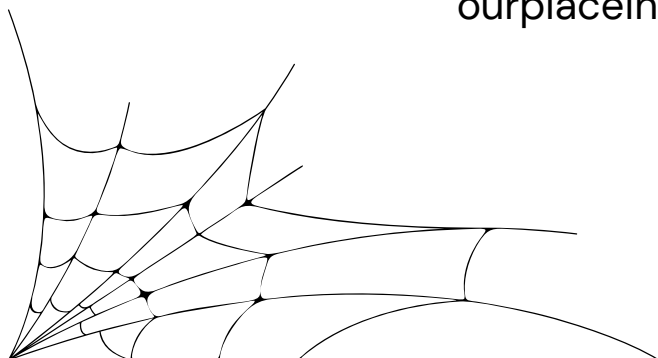
Newsletter

This Issue:

October Birthdays
Student Introductions
Free Events
Community Resources
Member Interview
Mental Health Tip



Our Place Community of Hope
1183 Davenport Road, Toronto, ON
ourplaceinfo@stmichaelshomes.org
(416) 598-2919



Jeff G – October 13th
Caroline M – October 18th
Patty E – October 20th
Suzanne L – October 22nd
Nancy L – October 30th



Join us on **October 31st**
to celebrate
the October Our Place
birthdays with a sweet
treat!

Warm Welcome to Our New Students!

Hi, my name is **Yoselin**. I'm currently a student at Humber Polytechnic, enrolled in the Addictions and Mental Health program. I've been working in this field for some time now, supporting individuals who face challenges related to addiction and mental health. I truly believe in the power of support, kindness, and community, I believe that change is possible when we work together to make it happen. Let's remember to be kind to one another; we never really know what someone else might be going through, and a small act of compassion can make a big difference in their day



Hi everyone! My name is **Malachi**, and I am currently pursuing my Social Service Worker diploma at Humber College. I'm very excited to enhance my current skill set and knowledge while also serving the local community, as I have a passion for supporting those in need and working with vulnerable populations. A little about me is that I love horror movies, dancing, and finding ways to better support those in need. I frequently attend music events and enjoy listening to house music! My current goal is to complete my diploma and start pursuing a Bachelor of Social Work. While completing my placement hours at Our Place, I hope to not only strengthen my own abilities but also find ways to improve the experience for those we serve

Hello, my name is **Riya**, and I am currently pursuing Addictions and Mental Health graduate certificate program from Humber Polytechnic. My academic journey began with a Bachelor of Pharmacy, followed by a Postgraduate Diploma in Regulatory Affairs. Which provided me with a strong foundation in healthcare. I then decided to pursue Addictions and Mental Health field because of stigma and racism I have personally encountered in my life. These experiences opened my eyes to how deeply stigma can affect people's confidence, opportunities and overall well-being. They motivate me to be a part of the change- to create safe and inclusive spaces for people who need them. My goal while working in Our Place Community of Hope is to gain hands-on experience in a supportive, team-based environment, where I can learn more about Harm Reduction techniques, trauma-informed practices and client-engagement. Lastly, I am eager to learn and develop skills that will help me to make valuable contributions and impact in the field of Addictions and Mental Health.

Free Events

Victorian Manor: A Pop-Up Market

Date: Oct 18 from 12:00pm–7:00pm

Location: 92 Isabella Street

Info: A pop-up market located on the first floor of a Victorian mansion. Come out and experience: vendors, handmade goods and local art, spiritual items and trinkets, delicious treats, and more!



Halloween Community Ride

Date: Oct 25 at 6:00 pm

Location: J.C Saddington Park – 53 Lake Street

Info: This special Halloween ride leaves after dark at 6 p.m! Dress up in your favourite Halloween costume, decorate your bike to add to the festive atmosphere, and be sure to have proper bike lights.

Toronto Sunday Market: Halloween Market

Date: Oct 26 from 11:00 am–4:00 pm

Location: The Parkdale Hall – 1605 Queen Street West

Info: Get ready for a day of shopping, delicious treats, and Halloween-themed activities. Come in your best costume and explore all the unique vendors offering everything from handmade crafts to tasty treats



One-Day Zen Meditation

Date: Oct 12 from 10:00 am–5:00 pm

Location: 180 Yorkland Blvd

Info: Embrace the present moment and discover inner peace through guided meditation and calming activities. No experience necessary, just an open mind! See you there!



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

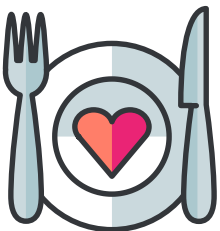
Hours: 24/7

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... Diane!



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

My name is Diane Angelo and some of my favorite things to do are watch movies, T.V, and listen to the radio.. She also enjoys long walks especially during the summer months.

Diane just wants everyone to be happy and wishes that there were no arguments or fights.

What is your favourite hobby?

Diane enjoys long walks to help clear her mind.

What about Our Place keeps you coming back?

Diane really enjoys celebrating Christmas and Thanksgiving at Our Place, she loves Jeanne's cooking!!!

What is your favourite meal here?

Diane loves both Thanksgiving and Christmas meals prepared by Jeanne.

What is your favourite season?

Diane's favourite season is summer, she really enjoys the hot weather.

Do you have any special talents?

Diane feels that her special talents are being generous and compassionate.

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

Diane encourages everyone to be themselves and be kind to others

Mental Health Tips of The Month

Tip #1 – Keeping an Anger Diary

Keeping an anger diary can be helpful for better understanding and managing your emotions. By recording incidents where you experience anger, you can begin to identify patterns or triggers that are causing these emotions. The process allows you to reflect on your physical sensations, thoughts, and behaviors during these moments. The benefits of keeping an anger diary include gaining insight into what triggers your anger, becoming more aware of your emotional and physical responses, and finding healthier coping strategies.

After tracking your feelings over time, you will develop techniques to manage anger in a better way. Take a few minutes each day to reflect on what triggered you, the physical sensations you were feeling, your thoughts, your behaviour/actions, and the result/consequences of your behaviour.



Tip #2 – Be Alone With Nature



My mental health tip for the month is for when you feel activated or just unsettled. A great way to deal with this is to be alone with nature. Toronto has many beautiful parks that look great in the autumn months as the leaves turn colour. I find that sitting on a bench or on the grass (when it's dry), I close my eyes and try to listen to my heartbeat. This can go on for as long as I feel I need, from a quick 2 minutes if time is limited or 30 minutes if I really need it. It not only helps me quiet the distractions but also helps me connect to my body and ground myself. It certainly won't solve the things that activate or upset you, but hopefully, by calming your nervous system, it can help you deal with them from a more level-headed perspective.

Tip #3 – Taking Time To Check In With Yourself

As the fall season begins and the holidays start to approach, many may notice changes not just in the weather, but also how they are feeling. Some could feel comfort in seeing the seasons change, while also experiencing feelings of stress, loneliness, or intense sadness. The seasons can often leave us feeling more tired as the days get shorter and experience the pressures of the holiday seasons. These emotions can overwhelm us and serves as a reminder of the importance to check in with ourselves regularly during this season. Take a few minutes each day to check in with yourself to provide the self-care needed.

Some ways you could check in with yourself could be asking;

- How am I feeling today?
- What do I need right now?
- Do I need rest, support, just a moment to breathe or self-care?

Taking time to reflect on your emotions is important to recognize your need for self-care. If you're feeling low or overwhelmed, try something small: take a quiet moment and do an activity that brings you comfort.

Sometimes, just noticing how we feel can help us feel more in control and less overwhelmed. If you find yourself feeling very heavy during your check in, you can try the 5-4-3-2-1 breathing exercise below;

- Name 5 things you can see in your environment
- Name 4 things you can touch. Feel four things with your hands or body. Maybe it's your clothing, the chair you're sitting on, or your hands in your lap.
- 3 things you can hear. Listen for and name three sounds.
- 2 things you can smell. Notice two smells around you. If you can't smell anything right now, think of two smells you like.
- 1 thing you can taste. What is one thing you've eaten or had to drink today?
- Take a final deep breath and repeat the exercise as needed.

Give yourself permission to pause, try to treat yourself with the same kindness you would show a friend going through a hard time.

