

September

Our Place Newsletter

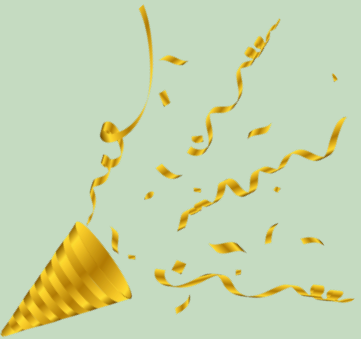
This Issue:

- September Birthdays
- Outings and Events
- Free Things in the City
- Community Resources
- Mental Health Tips
- Important Days of the Month
- Writing Group Submissions
- Recipes

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

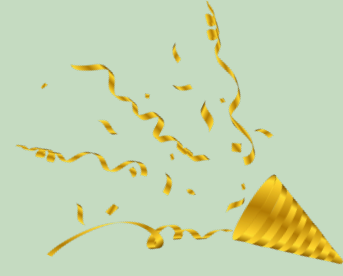
ourplaceinfo@stmichaelshomes.org / (416) 598-2919





Surprisingly, we don't have any recorded birthdays for the month of September!

If you know someone who comes to Our Place and has a birthday, let us know! We'd love to celebrate them.



September Outings & Events

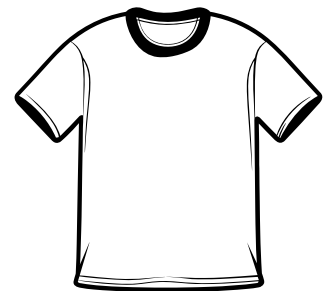
Community Meeting (September 4th) - Join us at 12:15pm to talk about upcoming events. We will also discuss new ideas for the next month!

Provincial Park Trip to Darlington Park (September 11th) - Sign up with staff if you're interested in joining us on a trip to a beautiful sandy beach! A \$2.00 deposit is required. We will leave Our Place at 11:00am and will be taking a school bus thanks to Naturelink!

Self Care Day (September 25th) - Swing by between 12:30-4:30pm to treat yourself to a manicure, or haircut (men and women's cuts will be available).

Birthday Celebration (September 27th) - Enjoy a delicious sweet treat in honor of all the September birthdays! Will be served at 2:30pm.

Orange T-Shirt Decorating Day (September 30) - Come by between 12:30-2:30pm and learn about the importance of Truth and Reconciliation day. We will be tie dyeing t-shirts for orange t-shirt day as well. Limited supplies available.



Free Events Around the City!

T.U Jazz Festival -

September 1st (1:00-10pm),
September 2nd (1:00-8:00pm)
at **West 5100 Yonge Street.**

This is Canada's largest jazz festival for new creatives. Enjoy amazing music and food from over 40 different local vendors.
Free tickets on Eventbrite.ca



Ponder Opening Reception

- **September 5th** (6-9:00pm)
at **1100 Queen Street West!**

Enjoy beautiful works centered on land and cityscapes! This is the event for you if you are an art lover.

Free tickets on Eventbrite.ca

Toronto Timepiece Show -

September 28th and 29th
(11am) at **Courtyard by Marriott (475 Yonge Street).**

If you love the intricate work of timepieces, this is the event for you! Over 40 brands will be involved in this paneling event.
Free tickets on Eventbrite.ca



Cabbage Town Festival -

September 7th & 8th at **Parliament and Carlton Street!** Discover local artists and vendors! Enjoy live music performances from local bands and connect with others in the community.

Toronto Waterfront Festival

- **September 14th & 15th** at **Sugar Beach** (11 Dockside Drive).

Join free fitness classes, enjoy fun watersports competitions and enjoy a scenic view of the 10ft rubber duck! Free giveaways available.



The Queen West Art Crawl

- **September 21st & 22nd.**

Enjoy art from over 200 talented artists! Located at **Trinity Bellwoods Park, Queen Street West.**

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.

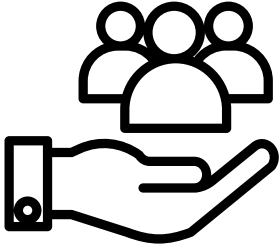
KeepSIX Consumption and Treatment Services at South Riverdale CHC

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 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

Mental Health Tips of the Month

Mental Health and Motivation - By Iman

Lack of Motivation can be due to several factors including life stressors, major life changes or transitions, illness, or a mental health concern like depression.

Some possible reasons for feeling unmotivated can include the following: chronic stress due to uncontrollable events, feeling overwhelmed because of responsibilities, lack of interest, and not starting a task due to negative feelings surrounding it. Chronic stress can become a negative cycle where stress cannot be escaped. So, folks continue to experience reduced motivation especially if they do not know how to change the situation they are in. Lack of motivation due to feeling overwhelmed by task overload is not unusual as anxiety can lead to a lack of motivation. Breaking down tasks into smaller goals can reduce anxiety and raise motivation.

Tips for Finding Motivation

- Create a routine or expectations for the day (schedule time for yourself in between).
- Slowly take part in activities that used to interest you, or try something new!
- Increase your dopamine levels by taking care of your physical self (take a shower, sleep for a full 8 hours, take a walk in the park).
- Reward yourself when you complete a task or notice good progress in its completion. This will help increase positive feelings related to task completion.
- Surround yourself with good folks that notice you and all you're doing - community is a crucial aspect of care and wellbeing,
- Keep a gratitude journal and remind yourself of all you've accomplished!

More information can be found at: <https://www.choosingtherapy.com/lack-of-motivation/>



World Suicide Prevention Day By Jessica

****WARNING for sensitive subject matter, the material you are about to read contains information about suicide****

World Suicide Prevention Day occurs on September 10th and was started in 2003 by the International Association for Suicide Prevention in Collaboration with The World Health Organization (WHO). The purpose of this day is to raise awareness about suicide while recognizing those impacted to start conversations on the topic.

This year the theme is about 'Changing The Narrative on Suicide' that starts from the conversations we have. You may be wondering how you go about this? It starts with altering how we view this topic that will shift a culture of silence to one of openness, support and understanding to reduce the stigma around suicide. Any conversation contributes to removing barriers as they focus on fostering open and healthy discussions on that promote other conversations, check ins and advocacy about health and suicide. This day serves as a reminder to how we can all play a part in changing the narrative.

If you or someone you know needs support below are some resources you can contact:

- 9-8-8 Suicide Crisis Helpline: Call or text 9-8-8
 - Hours of operation: 24 hours a day, 7 days a week
- Toronto Community Crisis Service (TCCS): Call 211 and a team trained in mental health and crisis response will assist you at your location
 - Hours of operation: 24 hours a day, 7 days a week
- Canadian Mental Health Association (CAMH): Emergency Department is open 24 hours a day, 7 days a week to those in need of emergency mental health and substance help.
 - Located at: 1051 Queen Street West in the Crisis & Critical Care Building

Resources

<https://suicideprevention.ca/media/world-suicide-prevention-day-banners-toolkit/>

<https://www.who.int/campaigns/world-suicide-prevention-day/world-suicide-prevention-day-2024>

<https://www.who.int/campaigns/world-suicide-prevention-day>



Terry Fox Day

By Zuzanna

Terry Fox was born in Port Coquitlam, BC and was diagnosed with cancer above his knee at the age of 18, which led to him having to get his leg amputated. Terry realized the lack of funding going towards cancer research and the suffering of others in his cancer ward, and decided he would run across Canada to raise awareness and funds for cancer research. He started the 'Marathon of Hope' and ran nearly 42 kilometres a day starting in Newfoundland and Labrador and ending in Ontario. He stopped in over 400 cities and schools to raise awareness on the topic. Sadly, after running 5373 kilometres over 143 days, Terry was diagnosed with cancer in his lungs and was forced to stop. Sadly, Terry passed away a year later in 1981 at the age of 22, but his legacy didn't end there!

His original goal was to raise at least \$1 for cancer research from every Canadian and he was able to achieve this goal before his death. To this day, \$850 million has been raised in the name of Terry Fox for cancer research. On September 15th this year, the annual Terry Fox Run will be held across the world where people run in a non-competitive way to raise money for cancer research. Whether you run or walk, complete the distance or not, participation to raise awareness is what matters most!

Terry Fox was able to inspire people and give hope to those who are battling cancer, showing that if you put your mind to something, you can achieve great things. He never believed he would be able to run and raise as much as he did, but he inspires millions.

You can participate in the upcoming Terry Fox Run on Sunday, September 15th, either by running in the marathon or supporting participants from the sidelines. There are multiple locations across Toronto including, High Park (Bloor Street entrance), Forest Hill/Upper Canada College (200 Lonsdale Rd), CityPlace (Dan Leckie Way & 95 Fort York Blvd), North York (Yonge & Parkhome & Empress).

Resources

<https://terryfox.org/terrys-story/>

<https://nationaltoday.com/terry-fox-day/>



National Truth & Reconciliation Day

By Li

National Truth and Reconciliation Day is observed on September 30th. This day is dedicated to victims of the residential school system in Canada, their families, and the broader Indigenous community.

The first residential schools were established by Catholic missionaries in the early 1600s and continued to operate until 1996 when the last residential school was closed. The Canadian government began funding the schools in 1883 as a part of a larger effort to colonize Indigenous people. These schools were intended to disrupt Indigenous cultural practices by separating Indigenous youth from their families and severing their ties to Indigenous knowledge, history and community. Between 4,000 and 6,000 children died of abuse or neglect at residential schools according to conservative estimates by the Truth and Reconciliation Commission.

National Truth and Reconciliation Day falls on the same day as Orange Shirt Day, which recognizes the intergenerational trauma that continues to affect Indigenous people today. The orange shirt symbolizes the cultural freedom and expression taken away from Indigenous children who attended the schools and is inspired by the real experiences of Phyllis Jack Webstad, who was stripped of her orange shirt upon her arrival at residential school.

Join us on September 30th when we will honor victims of residential schooling in Canada during our Orange T-Shirt Tie-Dying event.



Feelings

By Aqua Shine

Like to say this is how I been feeling for the past few hours and weeks ago. I just got off the phone with someone that I did care for a lot. WHY DOES LOVE HURT SO MUCH? WHY DOES IT ALWAYS AFFECTED ON ME WHEN DEEPLY WHEN I'M GETTING HURT BY THAT I LOVE SO MUCH? WHY IT IS SO DIFFICULT TOO FIND THE TRUE LOVE TOO THAT MEANS A LOT TO ME AND EVERYONE KNOWS OF WHO I'M TALKING ABOUT. I have been feeling better now because I got to hear my ex-boyfriend's voice and he been feeling very well and deep inside I have that feeling that he won't be coming back to me. When all this had happened to me it was very difficult to understand what had been going on out there with people's head and mind and soul. Sometimes it is very hard to get your feelings out because you don't know how the other will take.

Moments together are whispers of poetry: the blush of your smile, like blooms raising their faces under bright the sun. That tender embrace lingers briefly on my lips, within the constraints of it feeling like a haiku. Their sweetness becomes fleeting memories; a struggle to capture- not to keep thinking about it long after I'm on a quest, fervently seeking sustenance in the form of love and affection. Tears dripping, as a gardener's rake, trying to bring in evoking emotions, that resonate deeply within my soul.

The covering of a tough personal, is now like jackets that are discarded- through gloved hands, a palm still holds onto the memory of your love. And no cold seeps out; a spring in my step, that dance through my thoughts. The morning shivers soon vanish, once of a closed heart, as its doors were slammed- jammed!

"Do you possibly have that right key to have it unlocked"

The sun surprisingly reflects against your yellow dress; barrier languages between us both. Old memories of such a coy smile; your love's rarity and royalty are trimmed with so much purple. Tired old bones desperately trying to pop back in place, under the sunshine popping out to cheer me up. When it chooses to appear from out of the clouds; it's flashing that skirt once more.

Embracing your love while plunging deeper into the silent sea of solitude: it's a struggle to stay afloat, the thankless night calls out for weary souls- feeling abandoned in their search for solace as the sanctuary of angels seem to drift further away. Isolation and despair that fills the night air. We can do to express one's love for another- even in their comforting presence; all the words are quietly leaving the Adding to the overwhelming sense that it only gets harder knowing what to do, after you confess your love to a crush. That's how I been felt.

Thoughts

By Kimberly

Have you ever thought about what you think about? Strange question to ask. To answer this question, we need to know what our thoughts are. What are thoughts? Thoughts are our ideas, opinions, and beliefs. Thought is the process of using your mind to consider something. Did you know that you do not need to act on every thought that comes into your mind? Thoughts can be good or bad. What you think about comes out in your actions and behaviors. Life is so short. Thinking positive is something that takes time and a lot of effort with lots of practice and will-power. You can cast down wrong thoughts. Wrong thoughts are or can be triggered by stress, anxiety, depression, and trauma.

Thoughts play an important part in our lives. Many people do not realize this. Our thoughts are powerful. We need to take our thoughts captive. Why? Well, the reason is because we can live in a better way. Thinking patterns matter. We can change the way we think. How may you ask? Get rid of those negative thinking patterns. Start by changing your thoughts about yourself. The way you treat and think about yourself will show how you act around others. You are with yourself 24/7.

Change your thoughts, change your life.
So, what are you waiting for?

Recipes from the Our Place Kitchen

Fried Rice

Ingredients:

- 2 tbsp oil
- 2, eggs, beaten
- 3 slices bacon, diced
- 3 green onions, chopped whole
- 3 carrots, diced
- 3 garlic cloves, minced
- 1 tbsp minced ginger
- 1/2 cup peas
- 4 cups rice
- 3 tbsp soy sauce
- 1 tbsp sesame oil

Directions:

1. Heat oil over medium heat. Add eggs and cook until light and fluffy. Move to a plate.
2. Cook bacon in same pan until crispy.
3. Add pepper, green onion, and carrots. Stir and cook until everything is soft. Add garlic and ginger and let it cook for 2 minutes.
4. Reduce the heat to medium-low and add your peas and rice. Warm for about 5 minutes. Fold in eggs and season with soy sauce and sesame oil.
5. Top with green onions and enjoy!



Sausage, Potato, and Cabbage Soup)

Ingredients:

- 2 tbsp. oil
- 1 package of cooked sausage
- 1/2 onion, chopped
- 1 large carrot, chopped
- 1/2 cabbage, chopped
- Salt and ground pepper
- 2 cloves garlic, chopped
- 6 cups chicken broth
- 2 potatoes, peeled and chopped
- 2 tbsp. red wine vinegar
- 2 tbsp. chopped fresh dill
- Bread, for serving (like the one we get on Fridays!)

Directions:

1. Heat oil in a large pot over medium heat.
2. Add sausage and cook, stirring occasionally, until browned, 8 to 10 minutes. Move to a plate.
3. Add onion, carrot, and cabbage to the pot. Season with salt and pepper.
4. Cook for 5-6 minutes until the vegetables have softened. Add garlic and cook for 2 more minutes.
5. Add broth, potatoes, and sausage. Bring to a boil, then reduce heat and simmer until potatoes are cooked (about 20 minutes).
6. Remove from heat. Add vinegar and dill.
7. Enjoy with bread!

