

Tina-Marie Painter Sept 11
 Dansil Howlett Sept 23
 John H
 Yan
 Randy Sept 3



Join us on Join us on
 Friday Sept 25 to
 celebrate
 the Sept Our Place
 birthdays with a sweet
 treat at 2:30pm!

Free Events

YoRoncesvalles Polish Festival

Roncesvalles Village brings back their annual festival in September. You can enjoy great local and international music, including Polish folklore, Polka and Euro dance bands, family fun zones and much more.

Location:

Roncesvalles Ave from Boustead Ave to Grafton Ave

Date & Time:

Saturday September 13, at 11 a.m. - 11 p.m.

Sunday September 14, at 11 a.m. - 7 pm

cost-Free

Mexican Day Toronto

Enjoy this wonderful Mexican celebration where you will find around 40 food vendors, live music, folkloric dance, Lucha Libre, crafts, a dazzling, with over 50 dancers.

Location:

Nathan Phillips Square 100 Queen St W, Toronto, ON M5H 2N3Q

Date & Time:

September 13, 2025, at - 10 p.m.

September 14, at 8 p.m.

Cost-free

Pape Village Block Party

The Pape Village Block Party presented by the Pape Village BIA, is a free two-day Festival on Pape Avenue between Mortimer and Gamble Ave that celebrates and unites the Pape Village community, it includes Live music, arts and crafts vendors, and children's fun zone.

Date & Time:

From September 20, noon till 9 pm

To September 21, noon till 6 pm

Location: Pape Avenue, Toronto

VegTO Fest

Toronto's free vegan festival kale-bent is fun accessible and sensational for everyone. Experience over 200 exhibitors offering food, you can also find different activities like panel conversations, musical performances and more.





Newsletter

This Issue:

September Birthdays

Free Events

Community Resources

Member Interview

Important Days

Mental Health Tip

Recipes!

Our Place Community of Hope Drop-in

1183 Davenport Road, Toronto, ON

ourplaceinfo@stmichaelshomes.org

(416) 598-2919

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

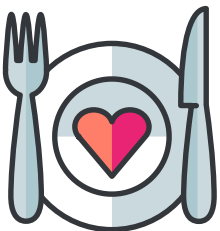
Hours: 24/7

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... Jessica!!



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

My Name is Jessica S. I am a twin who comes here with my mother and my sister. I am very funny, honest, trustworthy, able to talk to easily, and a friendly person. My interest includes watching movies. I like to watch action, comedy, drama, and documentaries about religion, actors, biology etc... I also like to listen to music such as pop, RNB, jazz, dance, and many more. I also enjoy going to the beach to swim and go for a walk during the summer.

What is your favorite hobby?

My favorite hobby is music because it helps with my mental health, it is very therapeutic. I really like to listen to rap, particularly Dax and Sik World. I like listening to rap because they show their emotions and transparency with mental health. Music is a way for me to escape from my mind.

What is your favorite meal at Our Place?

My favorite meal here was during the Chinese New Years meal which included an egg roll, rice, and sweet and sour chicken.

What is your favorite season?

My favorite season is fall; it is not too hot and not too cold. I also like the seasonal fall drinks that some shops come out with, for example Starbucks pumpkin spice latte.

Do you have any special talents?

My special talent is being empathetic and being companionate.

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

Be patient, have compassion, have empathy, you never know what other people are going through.

What is your favourite thing to do here?

My favorite things to do here is to chat with members and hear about their day. Join groups because it helps with my self-esteem. I would like to join activities again such as crazy eight, trivia, pool, and other tournaments.

I would like to join activities again such as playing pool, crazy eight, trivia, and other tournaments. I also enjoy doing karaoke because its helps my mood, it helps me heal with what I was going through that week.

INTRODUCING BREANNA

A Little About Me

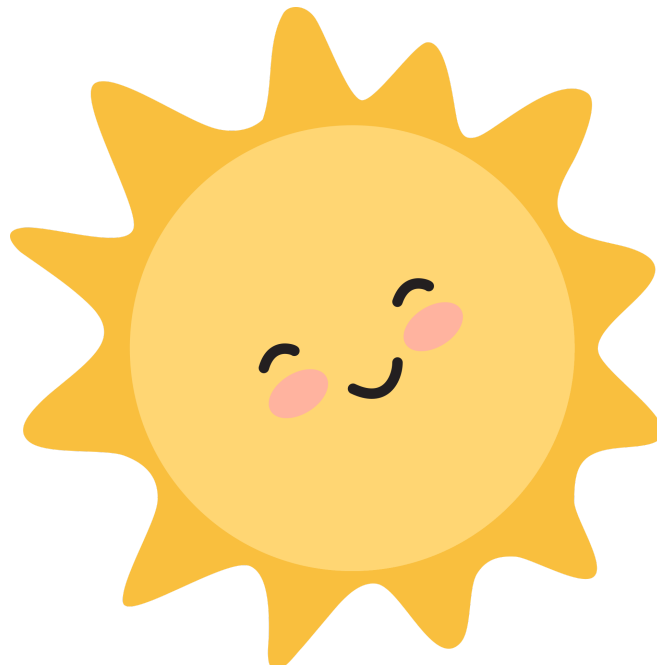
Hi everyone! My name is Breanna, and I'm so grateful to be joining Our Place in a temporary role. I come from Haven Toronto, where I work as the Manager of Life Enrichment Supports and Services. My background is in Addictions and Mental Health, and this work is truly close to my heart. I believe in meeting people where they're at, walking alongside them with compassion, and creating spaces where healing, dignity, and growth are possible.

I was born and raised in Mississauga, and I'm also a proud mom to a vibrant 14-year-old daughter who keeps me grounded, inspired, and always learning. She's my daily reminder of the importance of patience, empathy, and laughter.

What I love most about this field is the opportunity to build real connections and be part of someone's journey, even in small ways. I'm excited to bring that same energy to Our Place, and I'm really looking forward to getting to know all of you—your stories, your strengths, and the incredible work you do.

I also want to hear from you! If you're a member at Our Place and have ideas for new programs or activities you'd love to see here, please don't hesitate to share them with me. I have an open-door policy—whether you need support, want to chat, or just have something on your mind, I'm here.

Thank you for welcoming me so warmly. I already feel like I'm part of something meaningful here, and I can't wait to see what we can create together.



Mental Health Tip of The Month



Mental Health Tip: Managing Anxiety



Anxiety can show up in many ways—racing thoughts, tightness in the chest, restlessness, or even trouble sleeping. It’s a normal response to stress, but there are simple tools that can help you feel more grounded and in control. Here are a few tips I’ve found helpful, both personally and professionally:

- 1. Breathe Deeply**
- 2. Try the 4-7-8 technique: breathe in for 4 seconds, hold for 7, and exhale slowly for 8. It helps calm your nervous system and bring your focus back to the present.**
- 3. Name What You’re Feeling**
- 4. Sometimes just saying “I’m feeling anxious right now” can reduce its power. Naming emotions helps your brain process them more clearly.**
- 5. Ground Yourself**
- 6. Use the 5-4-3-2-1 method: name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. It’s a great way to reconnect with your surroundings.**
- 7. Limit Overthinking**
- 8. If your thoughts are spiraling, try writing them down. Journaling can help you organize your thoughts and release some of the tension.**
- 9. Reach Out**
- 10. You don’t have to go through it alone. Talk to someone you trust, or come find me—I have an open-door policy and I’m always here to listen. If you ever feel overwhelmed or just want to talk, my door is always open. And if you have ideas for programs or supports that could help, I’d love to hear them. Together, we can create a space that feels safe, supportive, and empowering.**



Easy, Delicious Recipes From the Our Place Kitchen

Honey Chipotle Chicken Skewers

Ingredients:

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1 pound chicken breasts, cut into bite-sized pieces

Wood skewers

Honey Chipotle Mix: 1 1/2 tablespoon honey

1 chipotle pepper, minced

1 clove garlic, grated

2 tablespoons taco seasoning

1 orange, zest and juice (1–2 teaspoons zest and 1 tablespoon juice)

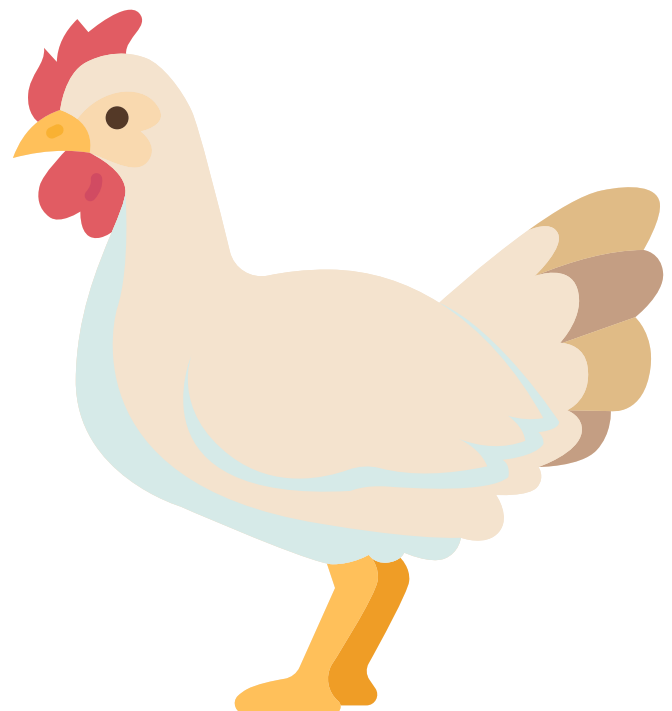
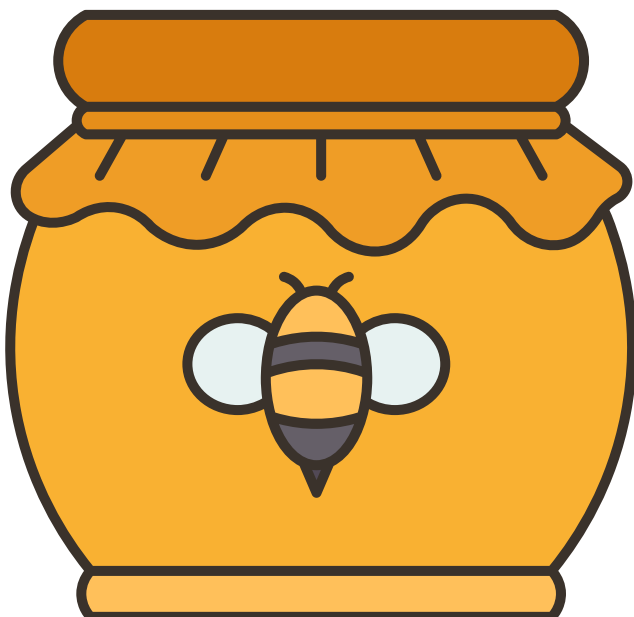
1/2 teaspoon salt

1 tablespoon avocado oil

Instructions

1. Using your hands or tongs, mix the chicken with the honey chipotle mix.
2. Thread the chicken pieces onto skewers.
3. You can cook these a number of different ways – air fry, bake, or grill until internal temperature reaches 165°F (74°C).
4. Finish with a drizzle of honey or 2 tablespoons of melted butter mixed with honey.

Directions:



Easy, Delicious Recipes From the Our Place Kitchen

Ground Beef Spaghetti

Ingredients

1 tablespoon olive oil
1 pound ground beef
1/2 teaspoon each garlic powder, onion powder, and Italian seasoning
1 clove garlic, minced
1 teaspoon kosher salt
1 (24 ounce) jar pasta sauce
1 3/4 cups water
Bouillon cube
8 ounces spaghetti
Extras/Toppings: 4 tablespoons butter, parmesan cheese, parsley or basil, red pepper flakes

Instructions

1. Mix oil, ground meat, garlic powder, onion powder, Italian seasoning, garlic, and salt in a pan. It should sizzle. Sauté until the meat is browned and cooked through.
2. Add the jar of sauce, the water, bouillon, and the noodles. Make sure the noodles are tucked underneath the liquid.
3. Cover, seal, and cook for 8 minutes.
4. Release the steam right away to avoid overcooking the noodles.
5. When you open the cover, the noodles will be cooked and it will look very saucy/wet. Use tongs to stir it up and distribute the sauce; let everything rest for 10 minutes.
6. Stir the butter in until melted and a little creamy.



Important Days

Outing - Imagine Cinemas

80 Front Street

SEPT 9 - WE WILL BE LEAVING OUR PLACE AT 2:45



BONUS BINGO SEPT 11 & 18

ART THERAPY SEPT 16 AT 3:30



BIRTHDAY CELEBRATION

JOIN US TO CELEBRATE
SEPTEMBER BIRTHDAYS
SEPT 26

FREE EVENTS

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