

AUGUST

NEWSLETTER

IN THIS ISSUE:

- August Birthdays
- August Programming & Updates!
- Community Programs & Supports
- August Festivals in Toronto!
- World Humanitarian Day (August 19th)
- International Overdose Awareness Day (August 31st)
- Fresh from the Our Place Kitchen
- Mental Health Tip of the Month
- Something fun! ☺



OUR PLACE COMMUNITY OF HOPE

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August Birthdays

Our Place Birthdays

Kimberely Acevedo – August 1st

Diana Beckford – August 24th

Famous Birthdays

Barack Obama – August 4th

Demar DeRozan – August 7th

Whitney Houston – August 9th

Halle Berry – August 14th

Jennifer Lawrence – August 15th

Madonna – August 16th

Robert De Niro – August 17th

Blake Lively – August 25th

Shania Twain – August 28th

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



August Programming & Updates

Upcoming Outings:

Trip to St. Lawrence Market

On August 3rd, we will be visiting St. Lawrence Market. If you would like to join us, please sign up with staff. We will be meeting at Our Place at **11am sharp!**

Trip to Sunny Side Beach

On August 24th, we will be visiting Sunny Side Beach. If you would like to join us, please sign up with staff. We will be meeting at Our Place at **11am sharp!**

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. J

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

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... CARD GAMES! 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

Yoga – Tuesdays at 1:00 pm (*in-person; every 2 weeks*)

Join us for a quick yoga session! There are different videos that all lead to relaxation. 😊

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!

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

Our Current Affairs program is back! Join us on Wednesdays if you are interested in catching up on world's latest events with us.

Peer Support Group – Wednesdays at 3:30 (virtual)

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! 😊

Writing Group – Fridays at 1:30pm (virtual)

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: 647-374-4685. When prompted, enter in the Meeting ID: 935 3628 7038

LIVE MUSIC – Fridays at 1:30pm – ON HOLD

Enjoy some fun tunes performed by Kevin and Chas. We will be broadcasting them during indoor on Fridays! Join us for the show J

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)– 955 Queen Street East) – 416-461-1925 ext 2264</i> | <i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i> |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|

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. 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. Registrations for these specific services start at 9 am.

Davenport-Perth Neighbourhood Community Health Centre 1900 Davenport Rd: Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on 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 clothing, please connect with one of the Our Place staff and we will start the online referral process with you.





August Festivals in Toronto!

Christie Pits Film Festival

Every Sunday in August, Christie Pits Park will be showing shorts films and other cinematic productions for FREE 😊

Location: Christie Pits Park

When: Every Sunday until August 28th, at 6pm

Smorgasburg Market

Smorgasburg is the largest food market in North America, with different food vendors including: Afrobeat Kitchen, Indonesian's Flavour, Falafel Plus, Leela's Roti, Supreme Burgers and much more!

Location: 7 Queens Quay East

When: Every Saturday until September 10th from 11am to 6pm

Scarborough Rib Fest

Head to Thomson Memorial Park for ribs, hot dogs, french fries, and other delicious food! There will be music, midway rides, art and so much more to enjoy.

Location: Thomson Memorial Park, 1005 Brimley Rd, Scarborough

When: August 1st from 11am to 8pm

Toronto Food Truck Festival

Toronto Food Truck festival has over 50 food trucks with farm fresh meals, live music and eating competitions!

Location: Woodbine Park, Coxwell Avenue & Lake Shore Boulevard

When: August 1st from 12pm to 8pm

Taste of Vietnam

Taste of Vietnam highlights Vietnamese culture, with delicious cuisine, fashion, cultural parades, music, games, and much more!

Location: Nathan Phillips Square

When: August 5th & August 6th from 10am to 10pm

CNE – Canadian National Exhibition

Location: Exhibition Place, 210 Princes' Boulevard

When: August 19th – September 5th, Weekdays from 11am to Midnight & Weekends from 10am to Midnight



Chinatown Festival

Celebrate Chinese culture, in the heart of Chinatown, with many cultural experiences and performances like Dragon Dance & Lion Dance, traditional dancing & opera, Kung Fu, art & culture booths, and multi-cultural food. There will also be prizes to win!

Location: Chinatown, Spadina Avenue between St Andrew Street & Sullivan Street

When: August 20th from 12pm to 11pm - & August 21st from 11am to 8pm

Pan-American Food & Music Festival

The Pan American Food & Music Festival explores the diverse cuisine, music and art of the Western Hemisphere. It includes live music, dance, food competitions and food demos from international chefs. There will also be a market with foods and merchandise.

Location: Yonge - Dundas Square

When: August 20th & August 21st

Scarborough Afro-Carib Fest

Scarborough Afro-Carib Fest celebrates African and Caribbean culture. There will food trucks and vendors, live music, dance competitions and lessons, as well as live performances from Afro-Caribbean and much more!

Location: Thomson Memorial Park, 1005 Brimley Road, Scarborough



When: August 20th & August 21st from 12pm to 9pm

Pedestrian Sundays Kensington Market

Head to Kensington enjoy delicious food and live performances. Pedestrian Sundays include many fun activities like yard sales and also showcases different forms of art such as poetry and dance, and an outdoor art fair.

Location: Kensington Market

When: August 28th, September 25th & October 30th from 12pm to 7pm

World Humanitarian Day: August 19th

World Humanitarian Day commemorates people helping people and is nationally observed by the United Nations. It was first recognized on August 19th, 2009. Other Non-Government organizations also meaningfully observe this day to honour victims of humanitarian crises. This day highlights humanitarianism and humanitarian aid workers across the globe.



Humanitarianism is defined as the promotion of human welfare through working together and helping one another. Human life is valued as the most important part of our collective experience. Each following year has adopted a specific theme to align with the overall message of people helping people. By working together, supporting each other, and being open minded, we as a community can honour World Humanitarian Day.



International Overdose Awareness Day: August 31st

International overdose awareness day was founded in 2001 by Sally J. Finn in St. Kilda, Melbourne. International overdose awareness day honors those who have been victims of overdose, as well as those who have survived them. This day also acts to reduce the stigma that surrounds this issue as well as those who use opioids, and increases awareness surrounding overdose prevention.

Often times, people do not realize the struggles that people go through, especially when trying to battle addiction. Therefore, International Overdose Awareness Day reminds us to be compassionate towards others situations.

Here are some signs to look for if someone is having an overdose:

1. Not moving and cannot be woken up
2. Slow, shallow breathing or not breathing at all
3. Blue lips and nails

4. Person may be choking, making gurgling or rattling sounds, or snoring
5. Cold, clammy skin to the touch
6. Small pupils

If you or someone you know is having a suspected overdose **call 911 immediately.**

If you are planning on using substances here are some Supervised Injection Sites to ensure your safety and prevent the risk of overdose:

Fred Victor - 139 Jarvis St.

416-644-3081 Last call is 1 hour before close

Monday: 8 a.m. – 10 p.m.

Tuesday – Friday: 7:30 a.m. – 7 p.m.

Saturday & Sunday: 9:30 a.m. – 5 p.m.

Sunday, 9:30 a.m. – 5 p.m.

Moss Park Overdose Prevention Site - 134 Sherbourne St.

416-546-3984

Tuesday – Saturday: 12 p.m. – 10 p.m.

Parkdale Queen West Community Health Centre - 168 Bathurst St.

416-703-8482 Last call is 30 minutes before close

Monday, Tuesday & Thursday: 9 a.m. – 8 p.m.

Wednesday: 1 p.m. – 8 p.m.

Friday: 9:30 a.m. – 4:30 p.m.

Saturday & Sunday: 10 a.m. – 6 p.m.

South Riverdale Community Health Centre - KeepSIX - 955 Queen St. E.

416-461-1925 Last call is at 4 p.m.

Monday, Tuesday, Thursday & Friday: 9 a.m. – 5 p.m.

Wednesday: 11 a.m. – 5 p.m.

Parkdale Queen West Community Health Centre - 1229 Queen St. W.

416-537-2455 Last call is 30 minutes before close

Monday, Tuesday & Thursday: 10 a.m. – 6 p.m.

Wednesday: 1 p.m. – 6 p.m.

Friday: 9:30 a.m. – 4:30 p.m.

Kensington Market Overdose Prevention Service - 260 Augusta Ave.

Last call is 30 minutes before close

Monday – Friday & Sunday: 8 a.m. – 2 p.m.



Regent Park Community Health Centre - 465 Dundas St. E.

416-203-4506 Note: Last call is at 4 p.m.

Monday: 9:30 a.m. – 4:30 p.m.

Tuesday: noon – 4:30 p.m.

Wednesday – Friday: 9:30 a.m. – 4:30 p.m.

Street Health - 338 Dundas St. E.

416-921-8668 Last call is 4:30 p.m.

Monday, Wednesday, Thursday & Friday: 9:30 a.m. – 4:30 p.m.

Tuesday: 11 a.m. – 4:30 p.m.

Toronto Public Health - The Works - 277 Victoria St.

416-338-7600

Monday – Saturday: 10 a.m. – 10 p.m.

Sunday: 11 a.m. – 5 p.m.

**Peterborough
Overdose
Prevention
Program**

**5 steps to
save a life**

1  **Shake**
at shoulders **Shout**
their name

2  **Call 911**
if unresponsive

3  **Naloxone Spray**
Give 1 spray in nostril
PEEL, PLACE, PRESS 

4 **Check Breathing**
If **YES** - put person
into recovery position
If **NO** - give chest
compressions and/or
rescue breaths


5  **Is it working?**
If **no** improvement after 2-3 minutes:
• Give the 2nd dose of naloxone,
• Continue to check breathing – if person is
not breathing, continue chest compressions
and/or rescue breaths until help arrives.

Fresh from the Our Place Kitchen

Zoe's Tuna Pasta Salad

Ingredients:

- 8 ounces of cooked rotini pasta
- 1 can of tuna
- ½ cup of mayonnaise
- 3 tbsp. pickle juice
- 2 tbsp. relish
- 1 cup sliced green onion
- 1 cup diced red bell pepper
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp oregano



Directions:

1. Boil water and cook rotini pasta until tender. Drain pasta and add to a large bowl.
2. Combine mayonnaise, pickle juice, relish, canned tuna, salt, pepper, garlic powder, and oregano in a separate small bowl.
3. Add chopped green onion and bell pepper to bowl with drained pasta.
4. Mix the contents of small bowl (mayo, pickle juice, relish, canned tuna, spices) with large bowl of pasta.
5. Mix well and store in fridge for at least 1 hour before serving, or, enjoy immediately 😊.

Alanna's Greek Salad

Ingredients:

For the salad

- 1 hothouse cucumber, unpeeled, seeded, and sliced 1/4-inch thick
- 1 red bell pepper, large-diced
- 1 yellow bell pepper, large-diced
- 1 pint cherry or grape tomatoes, halved
- 1/2 red onion, sliced in half-rounds
- 1/2 pound feta cheese, 1/2-inch diced (not crumbled)
- 1/2 cup kalamata olives, pitted

For the vinaigrette



- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon Dijon mustard
- 1/4 cup good red wine vinegar
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup good olive oil

Directions:

1. Place the diced cucumber, sweet peppers, tomatoes, and red onion in a large bowl and toss.
2. For the vinaigrette, whisk together garlic, oregano, mustard, vinegar, salt and pepper in a small bowl.
3. While continuing to whisk, slowly add the olive oil until everything is incorporated. Pour the vinaigrette over the vegetables.
4. Add the feta and olives and toss lightly.
5. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature. Store any leftovers in the fridge.

Mental Health Tip of the Month

Forgiveness and Empathy – By Zoe

When people hurt us, sometimes it's hard to imagine forgiving and forgetting the event. Did you know that learning how to forgive others can benefit us in the long run? Although we may never forget the hurtful things that have happened, learning how to let go allows us to keep our minds calm. Showing forgiveness can make us feel like heavy weight has been lifted off our shoulders.

There are many different and personal ways that people may go about showing forgiveness. Some may choose to have a mature conversation with the other person involved, whereas others may choose to take their space and reflect. Both ways are effective in prioritizing one's mental health and wellness. It is important to remember that everyone goes through tough times, even if we cannot tell on the outside. That is



why it is important to have empathy, check in on each other, and *forgive* others when we can.

Body Scan Meditation – By Nyoka

Sometimes, we may be so caught up with stress that we fail to see the connection between our emotions and the physical discomfort we are in – like headaches or shoulder pain! An effective way to relieve yourself of these pains would be through body scan meditation!

This is a form of mindfulness meditation that focuses on scanning your body for tensions, while examining your thoughts and feelings. You can choose to slowly go through each part of the body from the top of your head to the bottom of your feet! Body scanning is an excellent method for raising your level of awareness of your current state of well-being.



How to do Body Scan Meditation

1. You should be in a comfortable position. You can sit in a chair or lie down.
2. Breathe deeply and intentionally. Let your breath slow down as you breathe into your belly. Allow your belly to expand and contract with each breath. Imagine a balloon in your belly inflating with each inhale and deflating with each exhale.
3. Begin by bringing awareness to your body. Start from your feet, moving up towards your head, or do it from head to toe if you'd like. Acknowledge your feelings at each body part, if it is pain, accept it and breathe through it.
4. Continue scanning through your entire body. Pay attention to where you're holding tension. For some people, the back or neck can be prime areas of tension. Pay attention to areas of pain, pressure, or tightness. While a true body scan meditation often only involves noticing these discomforts and not necessarily trying to change them, you can imagine sending a breath to those painful areas. This helps to relieve tension at the moment.

Benefits of Body Scan Meditation

- Helps reduce anxiety and stress levels
- Relieves insomnia
- Reduces chronic pain
- Improves self-awareness





Butterfly Word Search



| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | G | N | I | W | E | R | O | F | T | A | S | R | M | Y |
| I | A | N | N | I | I | S | D | S | E | H | N | D | L | P |
| S | N | U | A | N | E | M | O | D | B | A | O | F | O | B |
| O | E | P | P | G | Y | E | N | D | S | S | R | R | L | R |
| H | U | S | G | V | H | I | A | N | T | E | N | N | A | N |
| P | V | L | H | E | P | P | P | C | T | L | O | V | P | X |
| R | A | L | L | I | P | R | E | T | A | C | R | A | F | I |
| O | Y | E | R | N | M | O | U | E | H | A | A | R | B | T |
| M | S | L | S | S | I | B | T | R | L | R | A | C | G | S |
| A | N | H | R | M | G | O | Y | E | L | I | S | U | E | O |
| T | T | P | X | R | R | S | O | N | R | P | T | A | I | L |
| E | N | D | I | O | A | C | A | N | A | S | O | I | E | A |
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| W | B | S | N | Y | M | A | G | S | R | S | P | O | E | E |



Abdomen

Antenna

Butterfly

Caterpillar

Chrysalis

Egg

Forewing

Hindwing

Larva

Metamorphosis

Migrate

Molt

Proboscis

Pupa

Spinneret

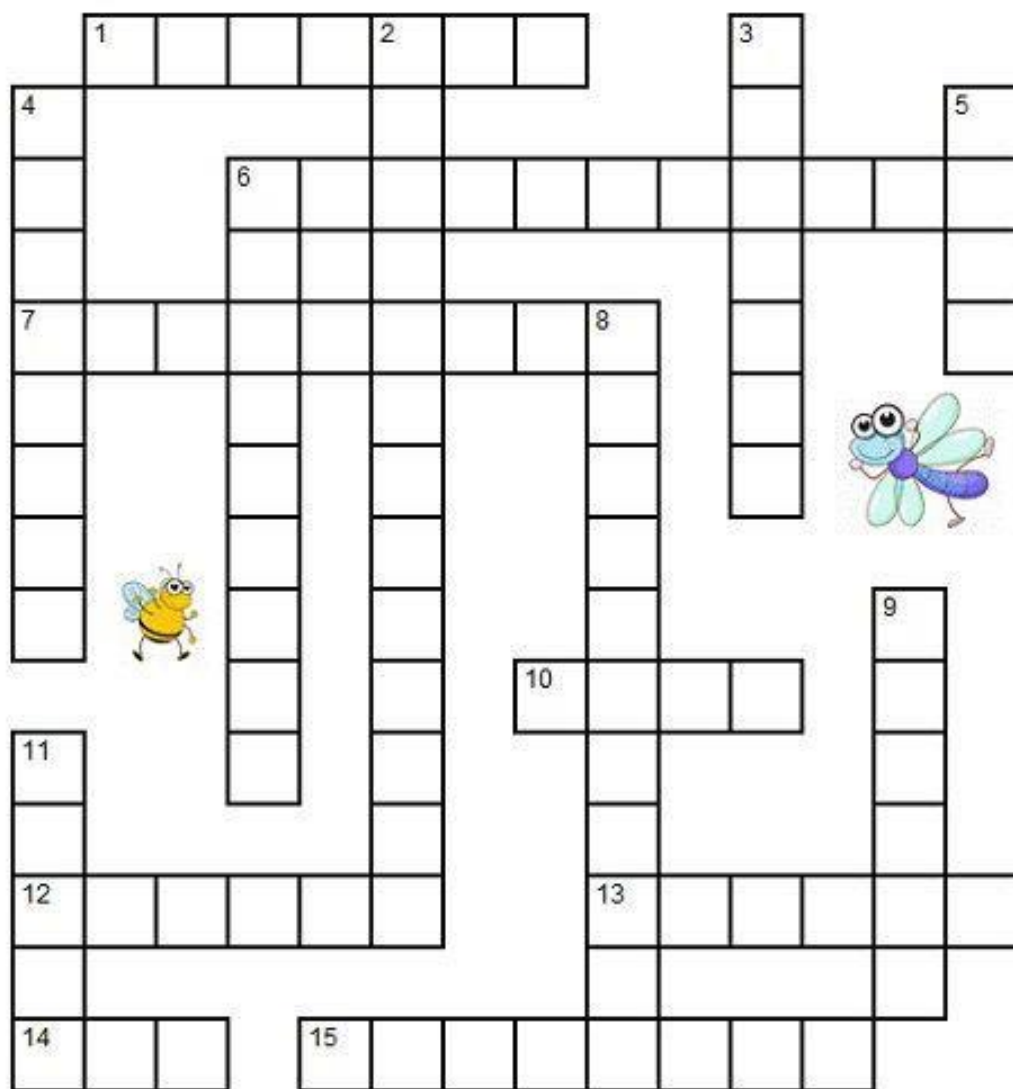
Spiracles

Thorax

Wing Veins



INSECTS



ACROSS

1. last of the three segments of an insect
6. baby butterfly
7. chemical odor used to communicate
10. first of the three segments of an insect
12. young insects that look almost identical to their parents
13. middle segment of an insect
14. number of legs on an insect
15. long sense organs covered with tiny hairs

DOWN

2. process of changing shape
3. process of shedding the exoskeleton
4. eye with many lenses
5. beetle larvae
6. protected place where metamorphosis takes place
8. hard external shell of an insect
9. young insects that look very different from their parents
11. many, but not all, adults insects have these

