



**APRIL**  
**NEWSLETTER**

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- Something fun! 😊



**OUR PLACE COMMUNITY OF HOPE**  
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## April Birthdays

### Our Place Birthdays

Marie P. – April 4<sup>th</sup>

Leslie L. – April 8<sup>th</sup>

Tobin S. – April 12<sup>th</sup>

Liz G. – April 14<sup>th</sup>

Chris W. – April 15<sup>th</sup>

Pedro V. – April 17<sup>th</sup>

Phillip B. – April 20<sup>th</sup>

Hope S. – April 25<sup>th</sup>

Rodney M. – April 27<sup>th</sup>

Rianne N. – April 29<sup>th</sup>



## Famous Birthdays

Amanda Bynes – April 3<sup>rd</sup>

Natasha Lyonne – April 4<sup>th</sup>

Jackie Chan – April 7<sup>th</sup>

Kristen Stewart – April 9<sup>th</sup>

Sarah Michelle Gellar – April 14<sup>th</sup>

Tim Curry – April 19<sup>th</sup>

Jack Nicholson – April 22<sup>nd</sup>



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

## 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.

### 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!

### Bingo – Tuesdays at 1:30-2:30pm; and 4:00-4:45pm (*in-person*) **\*NEW\***

Bingo is back in person! Enjoy a game with us as there are great prizes to be won! We now have an extra 45 minute session of bingo, which gives everyone another chance at winning another prize. Hope to see you all there. 😊

### Karaoke – Wednesday at 1:30 pm; and 4:00-5:00pm (*in-person*) **\*NEW\***

Yay! Karaoke is making a comeback, but with a few changes. The program will run for one hour on Wednesdays where you can have your moment to shine with a mic! We will now have two karaoke sessions, so more people have a chance to join and we can all sing until our hearts' are content. 😊

### Peer Support Group – Wednesdays at 3:30 (*virtual/in-person*)

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.

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. 😊 This month we will do some fun, follow along paintings and some bead crafts, like making your own keychains and bracelets!

### 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!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>  
 Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

## 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>
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**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](mailto:appointments.foodbank@gmail.com). The food bank is open every Friday from 12:30pm to 3:00pm.

**Feed it Forward Grocery Store** 2770 Dundas Street West, Unit A: They’re open every day of the week; Monday to Sunday 11:00am to 6:00pm. The grocery store has items from vegetables, fruits, hot and ready to serve food, canned foods and cupboard items. The pay what you can system works with points (each \$0.50 cents is equivalent to 1 point).

Different items cost different amount of points/dollars (ex. Bread \$1 or 2 points, Salad \$1 or 2 points, Peppers \$0.50 or 1 point). They accept cash payments happily. 😊

**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 in need of a shower, need access to laundry facilities, they provide services on Tuesdays and Thursdays. Registration 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 warmer clothing for the winter season, please connect with one of the Our Place staff and we will start the online referral process with you.

## Easter

This year, Easter falls on Sunday April 9<sup>th</sup>. We are looking forward to celebrating with you and hope this Easter brings happiness and blessings to all. We will be hosting our Easter dinner along with some fun festivities, like the Easter egg hunt. Hope to see you all then! 😊



## International Autism Awareness Day



April 2<sup>nd</sup> is Autism Awareness Day. This day has been dedicated to raising awareness and advocating for the rights of individuals on the autism spectrum. Autism can present in many different ways. Those on the spectrum often encounter differences in their communication styles and experience of the world in general, in addition to sometimes having unique strengths in

certain areas. The condition typically starts in childhood, but adults can also be diagnosed later in life.

Raising awareness about autism is important to spread knowledge and overcome stigma. For instance, CDC statistics find that autism is 4.3 times more prevalent in men than women – the difference between diagnosis of men and women is mainly because of gender stereotypes about how autism is presented. This would connect to how girls are socialized vs boys, a trait expressed in a girl may be overlooked and connected to gender stereotypes. Girls with autism who are undiagnosed may also learn to “mask” their symptoms more than boys as a mechanism of survival, making the outward signs of autism harder to detect. This is why it’s important to learn about the diverse ways autism can present itself.



## Earth Day



Since its first celebration on April 22<sup>nd</sup>, 1970, Earth Day has been dedicated to promoting the protection of our natural ecosystems and resources on Earth. Though the environmental movement lives on, we continue to see the effects of pollution and environmental crises caused by human activities, like deforestation or the depletion of Earth’s ozone layer.

It’s easy to feel helpless in the face of climate change, so here are a few things you can do to be more environmentally friendly! →

- Try to enjoy one or two vegetarian meals a week! The meat industry puts a strain on things like our water resources. If everyone reduced their meat consumption even once or twice a week, that would have a positive impact on global warming.
- If you’re doing any spring cleaning this year, consider donating old clothes and items! Chances are someone else will make good use and prevent them from ending up in a landfill.



- Consider trading in your single-use coffee cups and water bottles for something reusable. Some coffee shops even offer a discount if you bring your own mug so you can save money and help the environment!
- Turn off your lights and unplug your electronics when not in use. Did you know things like televisions and microwaves use electricity even while idle.



## **Fresh from the Our Place Kitchen**



### Devilled Eggs

#### Ingredients:

- 6 eggs
- 3 tbsp mayonnaise
- 1 tbsp mustard
- 1 tsp white vinegar
- ½ tsp paprika
- ½ tsp garlic powder, onion powder and black pepper
- 1 tsp salt



#### Directions:

1. Bring water to a boil in a medium pot. Add eggs. Set a timer for 7 minutes.
2. Prepare a bowl of ice water. Add eggs to ice water after boiling.
3. Slice hard boiled eggs in half. Separate the whites from the yolks and put the yolks into a bowl.
4. Add mayonnaise, mustard, vinegar, paprika, garlic powder, onion powder, black pepper, and salt to yolks. Use a fork to combine ingredients into a paste.
5. Scoop yolk paste into each egg white half. Finish with a sprinkle of black pepper and paprika on top.

### Chocolate Peanut Butter Banana Smoothie

#### Ingredients:

- 1 Banana
- 1 tbsp peanut butter
- 1 tsp cocoa powder
- 4 tbsp raw oats
- 1/3 cup of milk
- Honey or your choice of sweetner
- 3-4 ice cubes



### Directions:

1. In a blender, add your banana, peanut butter, cocoa powder, raw oats, milk, ice cubes, a sprinkle of salt and a drizzle of honey.
2. Blend on high until fully combined.
3. Pour into a glass and enjoy!

## Overnight Oats

### Ingredients:

- ½ cup whole oats
- 1 banana
- ½ tbsp. peanut butter
- Salt
- Honey
- 1/4 cup milk
- Chia seeds (optional)

### Directions:

1. Slice banana into disks
2. Add oats, peanut butter, chia seeds, a pinch of salt and a drizzle of honey to a small jar. Place banana slices on top.
3. Add milk to jar to just cover the oats.
4. Let stand in the refrigerator overnight. Enjoy for your breakfast!



## Beans 'n' Rice

### Ingredients:

- 1 can of Heinz beans
- ½ cup jasmine rice
- 1 bell pepper
- ½ an onion
- 3 garlic cloves
- 1 green onion
- 1 potato
- Baby spinach
- 2-3 hot dogs
- 4-5 slices bacon
- Vegetable oil
- 1 egg (optional)
- ½ tsp chili powder, thyme, paprika, chili flakes





## Directions:

1. Prepare rice. Add equal parts rice and water to a pot with some salt and some oil. Bring to a boil on high heat, then put a lid on the pot and cook until water evaporates on low heat.
2. Dice potato into cubes. Dice onion and bell pepper. Mince garlic.
3. Slice hot dogs into disks. Chop up bacon into smaller pieces.
4. Preheat a large skillet on medium heat. Add oil to pan. Once hot, add potatoes and toss to coat in oil. Add salt. Cook until lightly brown.
5. Add bacon and hot dogs to pan. Cook until bacon and hot dogs have gained some color and are crispier. Add bell pepper and onion and cook until onions have cooked down somewhat. Season with chili powder, thyme, paprika, chili flakes, salt and pepper.
6. Move ingredients to the edge of the pan to create space in the middle and add some extra oil. Add minced garlic and stir into the rest of the mixture as it cooks.
7. Add Heinz beans from the can into the pan. Mix together. Add a handful of spinach and continue to cook until wilted.
8. Serve over rice. Cook a sunny side up egg to enjoy with your meal! Garnish with green onions.

# Mental Health Tips of the Month

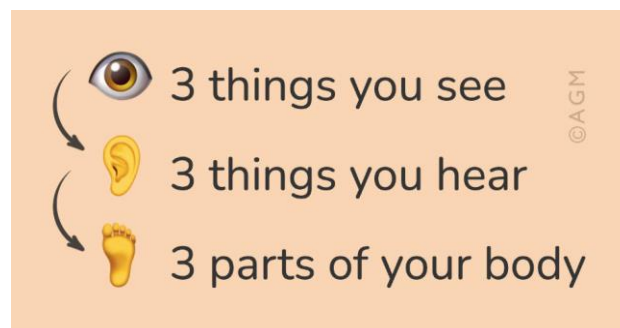
*Brought to you by our placement students!*

## Coping with Anxiety – By Jess

Anxiety can be very challenging to deal with. It is challenging sometimes to hold on to reality. When you are feeling anxious, try doing 3-3-3. 3-3-3 is taking 3 breaths, close your eyes for 3 seconds, and move 3 body parts.

For example, shut your eyes for 3 and take 3 deep breaths, and wiggle your toes, wiggle your fingers and wiggle your arms.

Just remember it's okay to take a couple minutes to calm down. Just take a few deep breaths, you got this.



### Addressing our Feelings – By Criss

Sometimes, our emotions can get the better of us. It happens to everyone! However, it can feel extremely overwhelming to sit with so many feelings and not be able to talk ourselves down. One thing that can help with this is...**Emotion Regulation!**

Emotion regulation can help us take a step back when our feelings are a little too much. There are multiple ways we can tap into our emotions and bring ourselves down from a 10 to a 5. Here are three:

1. **Accumulating Positive Experiences-** making fun memories and happy feelings can help take away our stress, depression, anxiety, and anger. Try to make fun and happy experiences with friends around you!
2. **Building Mastery-** pick up a new hobby! Try something new! Even if it doesn't work out, it can still be a fun and mindful distraction from our emotions. Try and think of something new to engage with!
3. **Cope Ahead-** when you know a situation will bring out some heightened emotions, think of ways to cope ahead of time. It can be breathing exercises, a plan to take a step back and walk away, or talking to some of our friendly staff! Prepare ahead, and think of ways to keep yourself safe.



### Using Temperature To Re-Centre – By Naomi

Hey everyone! My mental health tip for everyone during the month of March includes something that is easily accessible to everyone – water! I learned this grounding technique from someone who is a therapist and I find that it helps me when I am feeling dysregulated. Here are some steps to help cool down (literally)!

1. If you are feeling overwhelmed, find a way to either a bathroom or a kitchen to try and remove yourself from what may be upsetting you.
2. Turn the sink on and let it run until the water running is either a little hot or a little cold- which ever you prefer.
3. Put the water on your face, hands, and arms and count to 10 for each section (10 seconds for face, 10 seconds for arms, 10 seconds for hands). Really focus on how the water feels on your arms and the sensations that are happening in your body during this time
4. Repeat this step until you feel better!



# This Month's Acts of Kindness

*Over the last few weeks, we have observed several acts of kindness from many of our members. None of this goes unnoticed, and we appreciate all that you do!*

- Thank you to Patty for keeping another one of our members company (after Our Place hours) while their wheel trans was running late. We appreciate your thoughtfulness especially on such a cold day!
- Thank you to Dave for continuing to keep our walkways clear on snowy days!
- Thanks to Helena for tending to the houseplants at Our Place, we admire your green thumb!
- Thank you to Lisa for sharing her fruit with our other members, if sharing is caring then you must care a lot!



## Farewell Students

*Our students Criss, Naomi and Jess will be wrapping up their placements with us by April. They will be missed, but we know they will go on to do great things and take their experiences at Our Place with them wherever life takes them next. Thanks to our members for welcoming them into our community even if for just a short while!*

*If you didn't get a chance to say goodbye, they have each prepared a farewell message to all of you at Our Place!*

### Criss –

Over the past two months, I feel as though I have come to know a lot of you pretty well! We've had some fun times, played some fun games, engaged in some fun activities, and overall, I think we have built a lot of positive memories we can look back on in the future and laugh about!

However, unfortunately, all good things come to an end. In April, it will be my last few weeks with all of you. Being a student placement here was not only humbling and educational, but it was challenging and invigorating in all of the right ways. I've learned so much from all of you in our chats, and you all helped me learn the kind of social worker I dream of being. Every single one of you have steered me in the right direction, and for that, I am immensely grateful, and in your debt. I hope my presence there was a positive one for you, and I hope that I put even the smallest of smiles on your faces. It was an honour to be there for all of you- whether you needed a shoulder to lean on, an

ear to listen, or an opponent for crazy-eight-countdown! I couldn't have asked for a better community to have been my first experience in the field.

Thank you all, from the bottom of my heart. And remember that you are all so talented, so unique, so brilliant, and so, so wonderful- no matter what the world tells you. Stay strong, stay determined, and keep on keeping on. I believe in every single one of you.

### Naomi –

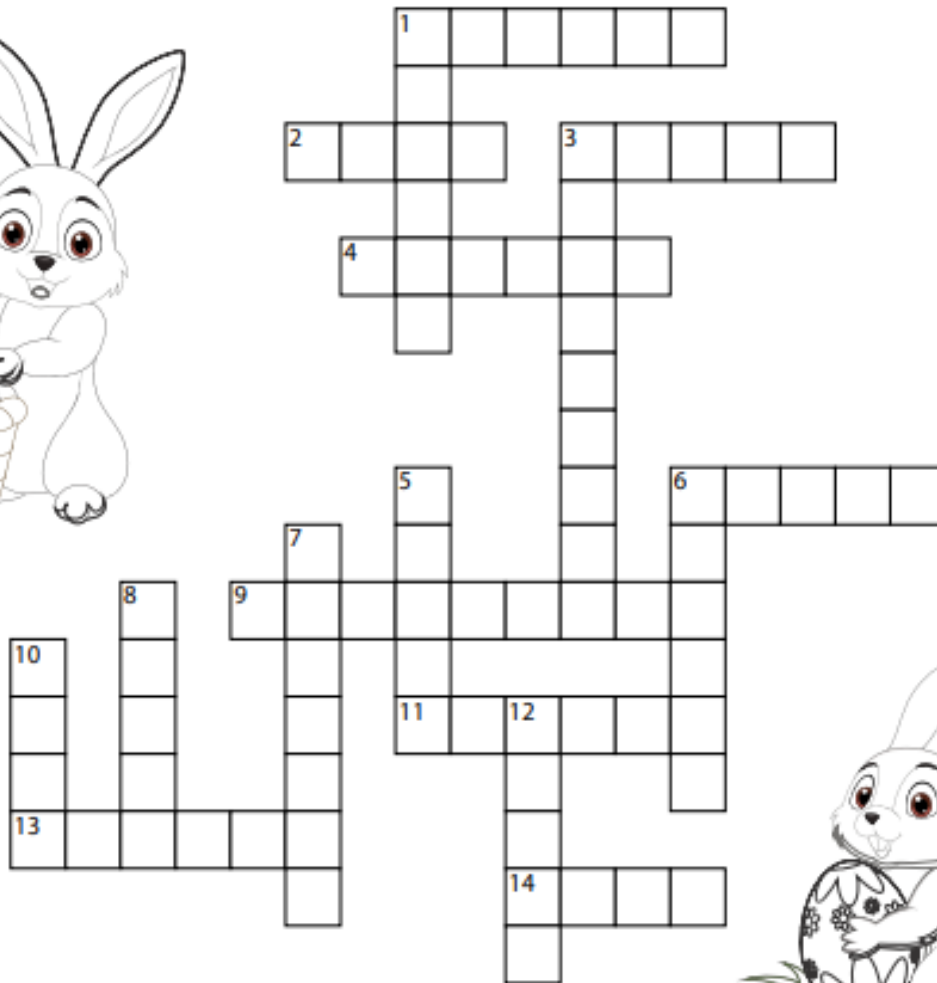
Hey everyone! Just wanted to say thanks for having me for my placement; it was a pleasure getting to know all of you. One of my favourite memories from my time I spent at Our Place was getting to do Arts & Crafts on Thursdays, as well as playing games like Hangman and Scattegories. Thanks so much for having me and have a great rest of the year!

### Jess –

Hello everyone, I just wanted to say farewell to all of you as my placement is now over and I have to move on to the next chapter. It has been a pleasure getting to know you all over the past four months. I have had such a wonderful time coming in every Thursday and hearing all of your stories and playing cards or doing arts and crafts with everyone. I wish you all nothing but the best!



# Easter Crossword



## Across

- [1] We celebrate Easter in this season
- [2] An Easter Egg \_\_\_\_\_
- [3] Baby chicken
- [4] What a rabbit likes to eat
- [6] Animal that delivers Easter Goodies
- [9] A colorful candy found in the Easter basket
- [11] Something you march in
- [13] What you carry to gather eggs
- [14] Something painted at Easter Time

## Down

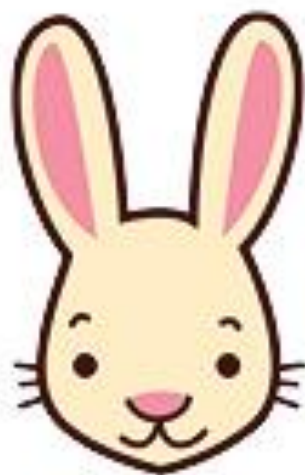
- [1] Day of the week Easter is celebrated
- [3] Easter Eggs are made of \_\_\_\_\_
- [5] Yellow or white spring flower that grows from a bulb
- [6] A pretty hat worn on Easter
- [7] Name for Resurrection
- [8] Symbol of the Crucifixion of Jesus
- [10] A baby sheep
- [12] Jesus has \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Easter Day

## Word Hunt

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



BASKET  
BUNNY  
CANDY  
CARROT  
CHICKS  
CHOCOLATE  
DAFFODIL

DECORATE  
EASTER  
EGGS  
FLOWER  
HUNT  
JELLYBEANS  
PARADE

SPRING  
SUNDAY



