



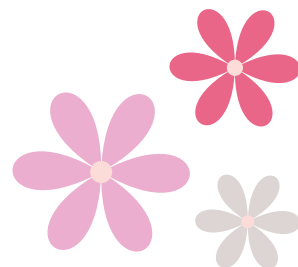
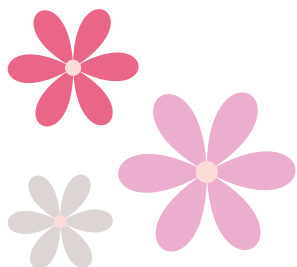
Our Place Newsletter

This Issue:

- May Birthdays
- Programs and Events in May
- Community Resources
- Mental Health Tips of the Month

May Writing Group Submissions, Recipes, and Special Days will be posted on the board next to the women's bathroom!

Our Place Community of Hope
1183 Davenport Road, M6H 2G7
ourplaceinfo@stmichaelshomes.org / (416) 598-2919



Happy Birthday

Jose C - May 2nd
Maryke O - May 9th
Tim H - May 22nd
Kirk C - May 24th
John S - May 24th
Christine F - May 28th



Celebrate with us
on Friday, May
31st with a sweet
treat during the
Friday Night
Dance!

May Events

Cinco De Mayo Meal - Friday May 3rd from 2:30-5:00pm.

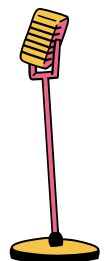
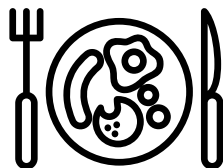
Imagine Cinemas - Tuesday May 7th; we will leave Our Place at 2:30pm. Market Square Location as Carlton location is no longer showing enough options.

Walk in High Park - Wednesday May 15th; we will leave Our Place at 4:00pm.

Clothing Giveaway - Wednesday May 22nd; from 12:00-2:30pm.

Bonus Bingo - Thursday May 9th and 23rd from 4:00-4:45pm.

Bonus Karaoke - Thursday May 16th and 30th from 4:00-4:45pm.



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.

Narcotics Anonymous Toronto - Call 1-888-811-3887

KeepSIX Consumption and Treatment Services - 416-461-1925 ext. 2264

Evangel Hall Mission - 416-504-8056

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.*

Allan Gardens - 353 Sherbourne Street; Open on Thursdays and Fridays from 12:30-3:00pm; must register.

Bloor West - 2305 Bloor Street West at St. Pius X Catholic Church; provide pre-packed bags for those who have made an appointment; email at appointments.foodbank@gmail.com; open Fridays between 12:30-3:00pm.

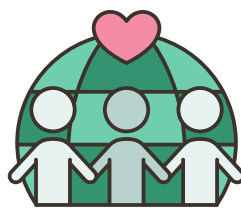
Feed it Forward Grocery Store - 2770 Dundas Street West, Unit A; Open Monday-Sunday between 11:00-6:00pm. They have a pay what you can system that functions with points (each \$0.50 cents is 1 point).

Centres -

Davenport-Perth Neighbourhood Community Health Centre - 1900 Davenport Road; Contact (416)656-8025 for more information. They offer short-term crisis support and information on ODSP, OW, shelter and housing, and health topics. If you have questions related to health services, call (416)658-6812.

Shelter Beds and Respite Centres - Please call (416)338-4766 or toll-free at 1(877)-338-3398 if you need a place to stay.

Gerstein Crisis Centre - Provide 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis bed. Call them at (416)929-5200 for support.



Cognitive Reframing

By Sim

Cognitive reframing refers to changing our negative thought into more positive ones. Our everyday experiences affect our emotions, so negative thoughts lead to negative behaviours, and positive thoughts lead to positive behaviours. Even though we can't change our negative experiences, we can reframe our thinking which can allow us to interpret the experience in a more positive way.

Once you've identified a distressing thought, take these steps to help you replace unhelpful cycles of thinking with more constructive ones.



1. Identify the thought!

- Recognize what your mind is telling you

2. Question the thought and identify any cognitive distortions!

- Ask yourself what evidence you have to support this thought. You might realize that your thought has a cognitive distortion, which is an unhelpful error in the story your mind has told you.

3. Create balanced thoughts!

- Replace negative thoughts with more realistic thoughts. For example, instead of saying "I'm so stupid, how could I make this mistake?" ask yourself how you can learn and grow from that experience.



Movement and Mental Health

By Manisha

With the end of April showers, we will hopefully be able to enjoy May flowers! As the weather improves, we should try our best to be outdoors as much as we can. We are always told about how movement strengthens our muscles and helps our heart health. A Harvard article titled, "How simply moving benefits your mental health," goes into how exactly movement supports various mental health conditions, including anxiety and depression. Below we will list general findings from the Harvard article for the mentioned conditions.

- Anxiety - If you find that you're often stuck in a state of "fight or flight", try going for regular walks or dancing! In a 2013 study by Anderson and Shivakumar, it was found that taking part in aerobics made the brain's "fight or flight" system harder to impact as they built a tolerance for responses like rapid heart beats, feeling breathless, etc.
- Depression - You may have seen those bikes around the city that you can rent out. Maybe give one a try if you'd like to test this study out! In a 2016 study by Fritz and O'Connor, it was found that bike riding (intensely) for at least 20 minutes can increase reported levels of energy and motivation, while lowering reported levels of depression. Meditative movements are also found to lessen feelings of depression as you are able to focus on various elements of your body - this is why doing a Body Scan can help you feel grounded!