

JULY

Our Place Newsletter

This Issue:

- July Birthdays
- Programs and Events in July
- Free Things to do in July
- Community Resources
- Mental Health Tips of the Month
- Nelson Mandela Day

July 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

Patricia R - July 2nd Shirley M - July 18th
Helena L- July 11th Semion D - July 24th
Kenny C - July 14th Bobby G- July 28th
Sandra S - July 15th



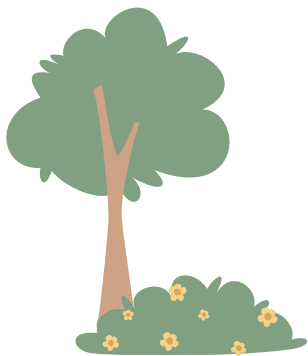
Celebrate with us
on Friday, July
26th with a sweet
treat!

July Events

Earl Rowe - Wednesday **July 10th**; join us at Our Place for 10:45am! We will be taking a bus to Earl Rowe Provincial Park to enjoy the beach and beautiful weather. Call us at (416) 598-2919 if you have any questions.

Clothing Drive - Thursday **July 25th**; come on by and grab some free clothing and accessories - item limit of 10 per person. The event will run from 12:00-3:00pm. *Items are available on a first-come-first-serve basis.*

Imagine Cinemas - Join us on Tuesday **July 30th** at 2:30pm to enjoy a movie at Imagine Cinemas located at 80 Front Street East. Drop-in will be open from 12:00-2:00pm on this day, bingo will be from 12:00-1:00pm and meals will be served between 1:00-2:00pm! Sign up with staff if you're interested in joining!



Free Events Around the City!

Outdoor Movies - Every Wednesday from **8:00pm-11:00pm**.

Showing movies that celebrate great female characters! Located at **The Bentway; 215 King Street West**.



Toronto Outdoor Picture Show - Every Sunday at **9:00am**.

Pop by and enjoy a film (Modern Times 7th, Empire Records 14th, Someone Lives Here 21st). Located at **Christie Pits Park!** Remember to bring your own blanket or chairs.

Salsa on St.Clair- July 6th from **12:00pm-10:00pm** and **July 7th** from **12:00pm-8:30pm** Located right on **St. Clair Avenue West**

between **Winona and Christie!** Come visit to enjoy Latin music, cuisine and dancing!



Little Jamaica Festival- July 13th-14th from **11:00-9:00pm**

Enjoy the two day celebration of Caribbean culture, including live performances, cuisine and art! Located at **1751 Eglinton Avenue West, between Dufferin Road and Marlee Avenue**.

BIG on Bloor - Festival of Arts and Culture - July 20th from **12:00-12:00am**; **July 21st** from **12:00-9:00pm** at Bloordale Village (**1140 Bloor Street West**). Join folks in celebrating through culture and art! Play different games and activities, while visiting small buisnesses.



OssFest - July 27th from **11:00am-12:00am** between **Queen Street West and Dundas Street West**. Enjoy delicious food, live music and other attractions with your friends!

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.

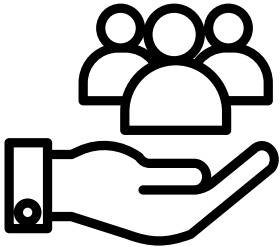
KeepSIX Consumption and Treatment Services at South Riverdale CHC

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

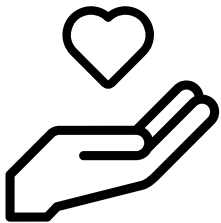
Monday-Sunday: 9:00am-11:00pm

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

Positive Mental Health



What is “positive mental health”? By Iman and Ishika

Positive mental health includes:

- Feelings of control in your life’s decisions.
- The ability to handle life’s stressors through healthy coping mechanisms and communication.
- Experiencing life events and changes with an optimistic lens.
- Feelings of belonging to a community, like Church, or even the Our Place community!

Positive mental health creates **resilience** in a person which means that you are more able to cope with issues and challenges in your life. Resilience strengthens the ability to learn new skills that help deal with stressful situations; in turn increasing feelings of confidence, positive attitude and self worth. It’s also important to implement healthy stress coping strategies, like positive self-talk, taking time to do things you enjoy, and maintaining supportive relationships with your friends and family.

What can impact our mental health?

Mental health can be enhanced through healthy relationships, a good diet and eating habits, community interaction, safe and maintained housing and access to community resources. Mental health can be harmed by harassment, unemployment, poor eating habits, discrimination, substance use, community isolation, and unsafe and badly maintained housing.

How can we encourage “Positive Mental Well-being”?

- **Stay Active**- A walk in the park can boost your endorphins (reduce feelings of stress/anxiety).
- **Community Activity** - Volunteering can foster sense of belonging and connection.
- **Building Relationships** - Creating and maintaining rapport with your friends, community and family members is key! Having a strong, supportive environment is crucial wherever you are.
- **De-stress** - Engaging in activities that encourage relaxation can support your overall health. Try doing some outdoor stretching, chair yoga, or breathing techniques to tackle stressors!
- **Workshops and Trainings** - Look for free events in your community that can help you enhance your problem solving skills and coping strategies.
- **Get your Zzz** - Prioritize your sleep! Adults should be getting between 7-9 hours of sleep a night. According to the Mayo clinic, sleeping less than 7 hours a night has been linked to higher rates of depression. More info here: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/how-many-hours-of-sleep-are-enough/faq-20057898>

Practicing health habits helps break down the stigma, around mental well being encouraging more individuals to seek assistance and care. Nurturing health plays a crucial role in enhancing overall wellness, resilience and creating a supportive and thriving community. The benefits of mental wellbeing impacts society as a whole. Did you know societies that prioritize health experience social bonds, lower crime rates and greater economic stability?



Nelson Mandela Day (July 18th)

By Li

July 18th is Nelson Mandela International Day. Nelson Mandela was a human rights lawyer and international peacemaker, as well as the first democratically elected president of South Africa from 1991 to 1997. His government aimed to dismantle legacies of apartheid (racial segregation) through racial reconciliation policies.

Nelson Mandela International day is celebrated every year on his birthday, July 18th, in recognition of his contributions to cultures of peace and freedom. Mandela dedicated his career in social justice to the protection of human rights, advocating for conflict resolution and improved race relations, gender equality, addressing poverty, and calling attention to the rights of children, prisoners, and other vulnerable communities. He was an anti-apartheid activist, having served 27 years in prison after leading a sabotage campaign against the apartheid government.

Nelson Mandela International Day celebrates each person's capacity to transform the world and to make it a better place to live in. Mandela endured poverty, failed to complete his education on several occasions, and was a convicted felon, but endured despite these experiences (experiences which seemed to only strengthen his commitment to advocating for vulnerable communities and pursuing positive change). Today he is well known for his contributions to humanity.

This Nelson Mandela International Day, remember how your experiences of hardship have strengthened you and your unique perspective, enhancing your capacity to create positive change in your corner of the world, no matter how big or small!

