

August

Our Place Newsletter

This Issue:

- August Birthdays
- Outings and Events
- Free Things in the City
- Community Resources
- Mental Health Tips
- Important Days of the Month
- Recipes

August Writing Group Submissions will be posted on the board next to the women's bathroom!

Our Place Community of Hope

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Happy Birthday!

Kimberly A - August 1st



Celebrate with us
on **Friday, August 30th** with a sweet
treat during the
**Friday Night
Dance!**

August Outings

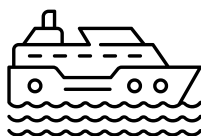
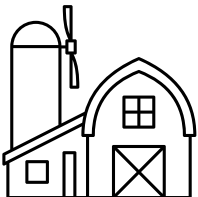
Riverdale Farm! (August 8th) - Join your Our Place Pals in enjoying the small but mighty Riverdale Farm! Have fun meeting pigs, goats and other beautiful farm animals. We will leave Our Place at 3:00pm.

Toronto Island (August 12th) - Take the ferry and enjoy the island with your friends at Our Place! We will be taking in the sun at the beach and will explore the Island. A \$2.00 deposit is required to secure your spot. Your deposit will be returned on the day of the outing. We will leave Our Place at 11:30am.

Self-Care Wellness Day (August 13th) - Join us between 12:30-4:30pm to enjoy free haircuts, beard trims, manicures and other self care! Sign up if you're interested in joining and let your friends know.

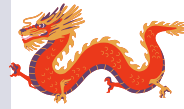
Fort York Historical Site Visit (August 21st) - Come with us to learn and explore the historical events that took place right in our city! We will be visiting the museum and will explore the grounds. We will leave Our Place at 2:30pm.

Friday Dance with Dj Bobby & Birthday Celebration (August 30th) - Swing by 3:00pm! Bring your friends and enjoy the music while showing off your dance moves.



Free Events Around the City!

Chinatown Festival – **August 17th-18th** at the **West side of Spadina Avenue**. Vi Enjoy Dragon Dances, Lion Dances, traditional performances and some tasty cuisine! Lucky draws will also be made for some prizes.



Toronto Korean Festival– **August 23rd-25th** at **Mel Lastman Square (5100 Yonge)**! Enjoy beautiful Korean tradition and culture with performances, delicious food and market stalls!

Butterfly Festival– **August 17th** at **Tommy Thompson Park (1 Leslie Street)**. See Monarch Butterflies before they migrate to Mexico for the winter!



Orchid and Garden Show: Cultivating Wellness – **August 24th** at the **Chinese Cultural Centre of Greater Toronto (5183 Sheppard Avenue East)**! Explore a variety of orchids, bonsai, and other plants! Join workshops, demonstrations and expert talks!

Indigenous Sounds Now – **August 31st- September 1st**. Experience the beautiful sound of Indigenous artists as they share their music and voices! Located at **Trillium Park, 955 Lake Shore Blvd W.**



Canadian International Air Show – **August 31st- September 2nd**. Celebrate North America's longest running air show! This year marks the 75th edition. Located at **Marilyn Bell Park; 1095 Lake Shore Blvd W.**

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.

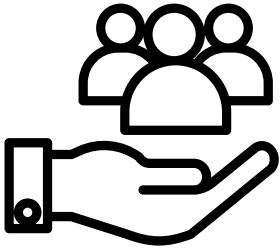
KeepSIX Consumption and Treatment Services at South Riverdale CHC

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



Activity Scheduling

By Sim



When we are feeling depressed, we often stop engaging in activities that we previously enjoyed. Instead, we tend to engage in more unhelpful behaviors, such as staying in bed and not being productive. Activity scheduling has been proven to be effective at reducing symptoms of depression and is an important part of behavioral activation, an approach used in CBT.

Participation in social activities is linked to positive moods and can be encouraged through planning, goal setting, and using activity schedules. Below are some tips that can be helpful in scheduling activities:

1. **Identify the activities to participate in** - Be clear on what you want to do. What do you no longer do that you once enjoyed? Create a list including how, where, and when you will do the activity.
2. **Make a commitment** - Schedule specific times during the week that are dedicated to doing those activities.
3. **Create a clear plan** - Are there any obstacles that might get in the way of the activities? Plan for them. For example, making a reservation.
4. **Stick to the plan** - Follow your plan through until the end without cancelling.
5. **Reflect on the outcome** - Once completed, whether it was successful or not, reflect on the activity. Did you enjoy it? How did it impact your mood? Do you want to do it again or replace it with something else?

Think of activity scheduling as a behavioral experiment. After repeating it a few times, you can learn what activities improve your mood and create excitement in your life. The chart below is available to you when you want to commit time to activities each day. You can create your own table to help yourself plan. After completing each one, mark it as complete and make note of your mood.

Time	Activity	Completed	Mood Rating (0-10)
8pm	<i>For example, go to the cinema with friends</i>	<input checked="" type="checkbox"/>	8
5-7am		<input type="checkbox"/>	
7am		<input type="checkbox"/>	
8am		<input type="checkbox"/>	
9am		<input type="checkbox"/>	

Supporting Your Mental Health

By Carolina

There are many life circumstances and challenges that can put your mental health at risk and affect your daily life. But even small changes can have a positive impact on your physical and mental health. For example, engaging in self-care practices can enhance our self-esteem and coping skills, increase optimism, and resiliency.

Here are some popular self-care tips you can put into practice:

- Meditating and Journaling
- Time in nature (going for walks, hikes, gardening, sunbathing)
- Physical activity (going to the gym, doing yoga, swimming, going for a walk)
- Spending time with your friends and family
- Getting your 8 hours of sleep
- Reframing your negative thoughts through positive self-talk

Having strong coping skills, self-esteem and resiliency can encourage people to:

- Build healthy and supportive relationships
- Positively interact with their community and support others
- Talk openly about their mental health and seek support (from loved ones, community services, etc.) when needed

In self-care there's no one-size-fits-all, you may want to try out different self-care activities to learn what works best for you based on your lifestyle and preferences. The most important thing is that you enjoy it and benefit from it.



Emancipation Day (August 1st) By Jessica



Emancipation Day was declared on August 1st, 1834 as an annually dedicated day in Canada. This day marked the end of slavery that was occurring for over 250 years through the Slavery Abolition Act being passed in 1833 that took effect on August 1st, 1834. Enslavement consisted of those in the black community exposed to many forms of abuse enforced by government law. This day recognizes those who were enslaved and how individuals in black communities have been impacted by slavery throughout Canada. On this day we honour those within this community through reflection and acknowledge those who risked their lives and fought for equality and freedom. Canada has celebrated this day through community gatherings, educational speeches, cultural performances and fundraisers that ensure their history is not forgotten. As this day approaches, we are encouraged to attend celebrations, do our own research on Canadian history to take part in stopping anti-racism in Canada to continue the fight for equality for all.

Resources

<https://parks.canada.ca/culture/designation/evenement-event/celebrations-emancipation#>

<https://www.canada.ca/en/canadian-heritage/campaigns/emancipation-day.html>

National Eye Exam Month By Li



August is National Eye Exam Month. This is a great time to learn about how to keep your eyes healthy and maintain your vision. Eye exams are especially important as we age, as they can detect the early signs of disease and damage. Ophthalmologist's recommend getting an exam every 2-4 years if you are between the age of 40 to 65, and 1-2 years if you are over 65. Eye exams can also help to identify other health issues, including diabetes, glaucoma, high cholesterol, and high blood pressure.

Things you can do at home to preserve a healthy vision include:

- Eating healthy foods like leafy greens (spinach, kale), and fish high in omega-3 fatty acids (like salmon, tuna).
- Physical activity can lower your risk for conditions that lead to vision problems.
- Quitting smoking can lower your risk for diseases like cataracts.
- Wearing sunglasses protects your eyes from the sun.
- If you are spending an extended period of time on the computer, looking at something 20 feet away for 20 seconds will give your eyes a rest.

This August, make sure to book an appointment for your next eye exam if its been a while since your last. Ask a staff for resources if you need to!

Public Service Pride Week(August 19th–23rd)

By Iman

Public Service Pride Week is the celebration of Pride in the federal public service. The fifth annual Public Service Pride Week. The theme this year is “Taking Action to Create a More Inclusive Public Service”. This week is a great time to reflect on the progress and actions the federal government has taken to foster an inclusive environment for everyone. Public Servants work to create a more diverse and equitable environment. By recognizing the importance of intersectionality and working to dismantle the intersectional systematic barriers faced by 2SLGBTQIA+ communities marginalized communities as a whole benefit.

Due to the increase in hate and discrimination towards 2SLGBTQIA+ communities celebrating Pride is even more important. During this week, employees can come together to honour and recognize the contributions of the 2SLGBTQIA+ communities and allies in the federal public service.

During Public Service Pride Week this year the Canada School of Public Service will be putting on one event every day along with independently organized events hosted by other federal organizations to promote equity, diversity and inclusion for all. The Canada School of Public Service is hosting events in Partnership with the Public Service Pride Network to showcase issues like access to safe inclusive washrooms, name and gender marker change in Government of Canada systems, intersectionality and allyship awareness, and the history of the LGBT Purge. More information on events is available at: <https://www.csps-efpc.gc.ca/events/pspw2023/index-eng.aspx>

There will also be the Public Service Pride Awards to honour this year’s theme of “Taking Action to Create a More Inclusive Public Service”. More information on Awards is available at: <https://www.canada.ca/en/department-national-defence/maple-leaf/defence/2023/06/public-service-pride-week-and-pride-awards.html>



Recipes from the Our Place Kitchen

White Bean Tuna Salad (20 minutes; 4 servings)

Ingredients:

- Cannellini beans, rinsed
- 2, 5-ounce cans of tuna packed in water, drained
- 1/2 small red onion, thinly sliced
- 2 cups of spinach
- 3 tablespoons of olive oil
- 1/4 cup of balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 lemon, juiced
- Toasted bread (grab a loaf from Our Place on Fridays!)

Directions:

1. Combine the beans, tuna, spinach, and red onion in a large bowl.
2. For the dressing, combine the balsamic vinegar, oil, salt, and pepper in a small bowl.
3. Pour dressing over the tuna mix and squeeze the lemon over the salad.
4. Enjoy with toasted bread!



Image from Elise Bauer; Simply Recipes

Chili-Pasta Skillet (35 minutes; 6 servings)

Ingredients:

- 1 pound of ground beef
- 3/4 cup chopped onion
- 1 can of beans (kidney, red, or black)
- 1 can of diced tomatoes
- 18 ounce can of tomato sauce
- 1/2 cup elbow macaroni
- 14 ounce can of green chile peppers, drained
- 2-3 teaspoons chili powder
- 1/2 teaspoon salt
- 1/2 cup shredded cheddar cheese

Directions:

1. In a large pan, cook the meat and onions until browned and tender (remember to drain the fat).
2. Stir in beans, tomatoes, tomato sauce, uncooked macaroni, peppers and spices.
3. Bring the pan to a boil and reduce the heat.
4. Cover the pan and let simmer for 20 minutes.
5. Remove pan from the heat and add cheese.
6. Enjoy your delicious meal!



Image from Crystal Hughes; Better Homes & Gardens

