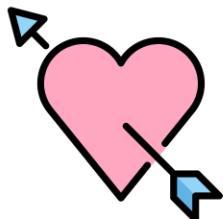


# February 2022

## NEWSLETTER



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**OUR PLACE COMMUNITY OF HOPE**

1183 Davenport Road | 416-598-2919

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## February Birthdays

### Our Place Birthdays

MaryAnne G. – February 5<sup>th</sup>

Jose C. – February 5<sup>th</sup>

Frank G. – February 8<sup>th</sup>

Oliver A. – February 13<sup>th</sup>

Marcelo O. – February 16<sup>th</sup>

James M. – February 17<sup>th</sup>

Jessica S. – February 26<sup>th</sup>

Jennifer S. – February 26<sup>th</sup>

David M. – February 26<sup>th</sup>



### Famous January Birthdays

Rosa Parks – February 4<sup>th</sup>, 1913

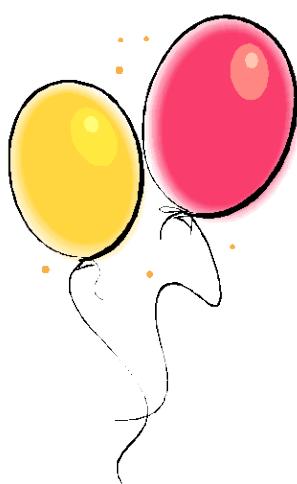
Babe Ruth – February 6<sup>th</sup>, 1895

Ashton Kutcher – February 7<sup>th</sup>, 1978

Jennifer Aniston – February 11<sup>th</sup>, 1969

Charles Darwin - February 12<sup>th</sup>, 1809

George Washington – February 22<sup>nd</sup>, 1732



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

## **Our Place Weekly Virtual Programs**

### **Anger Management – Mondays at 2:30 pm \*NEW\***

Anger management meetings are for anyone who are interested in gaining control over their anger and strong emotions. Trainings will utilize CBT tools and techniques! If you have any questions, please call us anytime on Monday-Wednesdays.

Link to Join Anger Management:

<https://us06web.zoom.us/j/88931569624?pwd=RnICbiszME50Y3RWT1RydEdpQ3VjZz09>

Join by Phone: 647-374-4685. When prompted, enter *Meeting ID*: 889 3156 9624

### **Bingo – Tuesdays at 2:00 pm**

Your favourite game will now be online! There are prizes to be won!

Link to Join Bingo: <https://us06web.zoom.us/j/89277215820>

Join by Phone: 647-374-4685. When prompted, enter *Meeting ID*: 892 7721 5820

### **Online Peer Support Group – Wednesdays at 3:30 pm**

*Peer support* meetings are a time to connect with others for support, encouragement, and hope. We'll 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 Peer Support: <https://zoom.us/j/94221242340>

Join by Phone: (647)374-4685. When prompted, enter *Meeting ID*: 942 2124 2340

### **Gaming Tournaments – Thursdays at 1:00 pm**

All are welcome to our game day! We will switch up games randomly, but we promise they will all be fun! Some games include Trivia, Pictionary, Guess Who and Scattergories.

Link to Join Gaming Tournaments: <https://us06web.zoom.us/j/81540195503>

Join by Phone: 647-374-4685. When prompted, enter *Meeting ID*: 815 4019 5503

### **Arts & Crafts Group – Thursday at 2:30 pm**

Art & Crafts is a time to explore your creative side and connect with others. It will include drawing and coloring, painting, and many more fun activities. ☺

Link to Join Arts & Crafts: <https://us06web.zoom.us/j/81001708067>

Join by Phone: 647-374-4685. When prompted, enter *Meeting ID*: 810 0170 8067

### **Online Writing Group – Fridays at 1:30 pm**

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:

<https://zoom.us/j/93536287038?pwd=RVpzR1pMSGcxQ01UQXZ6YVBHTlIOUT09>

Join by Phone, dial: 647-374-4685. When prompted, enter *Meeting ID*: 935 3628 7038

**Live Music – Fridays at 3:00 pm**

Join us as we sing-a-long to Kevin and Chas's greatest hits! We will now be broadcasting Virtual Live Music during Indoor Dine-In as you enjoy your meal!

Everyone is welcome!

Link to Join Live Music: <https://us06web.zoom.us/j/82850357199>

Join by Phone: 647-374-4685. When prompted, enter *Meeting ID*: 828 5035 7199



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## Welcome Back Natasha!



Hi Everyone!

I just wanted to say a quick hello and let you know that I am back from Maternity Leave and really looking forward to seeing you all soon.

It's hard to believe that we are still in the midst of a pandemic but I am grateful that we can still connect with one another in some way and hopeful that we can be together again soon.

Until then, keep taking care of yourselves... you are very important to this world. ☺

Ciao!

Natasha

**"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."**

**- Fred Rogers**

## **Meet Our New Students**

“Hello, nice to meet you all! My name is Angelica and I am a second-year placement student from the University of Guelph - Humber in the Community Social Services program.

In my free time, I enjoy singing, learning the guitar, and occasionally doodling in my sketchbook or through digital art. Spending some quiet time to pray and read the bible is important to me and how I get energized for the day. Sometimes when it is a touch warmer outside, I like to go out jogging as well. I look forward to knowing you all in the weeks to come.”

- Angelica

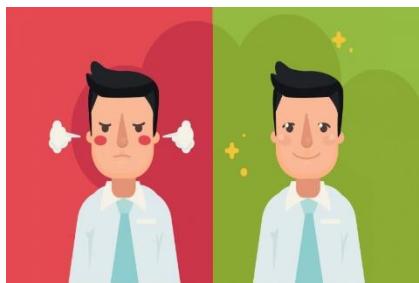
“I am currently a first-year student at Humber College, enrolled in the Social Service Worker program. I am passionate about this field and I love to interact with people. I firmly believe in everyone's best interests, and believe that social work will allow me to connect and assist people in achieving their objectives. I consider myself to be funny since my friends always laugh at my jokes, although I can't tell if they're laughing at me or my joke. However, I guess you guys can be the judge of that. I am excited to start my journey here, and get to know everyone. Let's make great memories!”

- Nyoka (pronounced nigh-o-kah)

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## **Join Our New Program!**

Anger Management – Online on Mondays at 2:30 p.m.



Our Place is starting a weekly virtual anger management group, which will start on February 8<sup>th</sup>, 2022. 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.

Anyone who is interested in attending is encouraged to talk to staff about participating.

## Other Community Programs & Supports

\*Please ask one of the Our Place Staff if you need support\*

**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>	<i>KeepSIX Consumption and Treatment Services (CTS)</i>	<i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i>
Toronto – call 1-888-811-3887	955 Queen Street East) – 416-461-1925 ext 2264	

**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 from the food bank once a week on either Thursday or Friday from 12:30 pm to 3:00 pm. All that are interested must register and complete the intake process if it is your first time attending. Please remember to bring your own bag!

**The Stop Community Food Centre** 1884 Davenport Road: The Stop’s Food Bank runs only on Mondays and Fridays from 12 pm to 3 pm. You must bring proof of address (piece of mail, ID, etc.). If you do not have any piece of identification, Our Place staff and The Stop’s staff can assist you.

**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 9:30 am to 12:30 pm, Friday from 1pm to 4 pm, Saturday and Sunday from 11 am to 3 pm.

**West Neighbourhood House: The Meeting Place** 588 Queen Street West: Multiple community resources are available, including: showers, laundry, harm reduction supplies,

case management, weekly Spirit Circles and access to a psychiatrist. They run a drop-in Tuesday and Wednesday from 11:30 am to 4 pm, Thursday – Saturday from 10 am to 4 pm.

**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; registration for these specific services start at 9 am.

**Davenport-Perth Neighbourhood Community Health Centre** 1900 Davenport Rd: Provides free harm reduction kits (needles, stem kits, syringe kits and condoms), as well as other supports. Contact (416) 656-8025 for more information. They also offer short term, one-on-one crisis support and information on community resources, OW, ODSP, shelter and housing, emergency needs and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

**Reconnect Community Health Services** 1281 St Clair Avenue West: A non-for-profit health service organization that provides mental health and addictions counselling, housing services and fun activities to promote better health for seniors. These are just some of the programs they offer! If you have any questions or are interested in their services, please call: (416) 248-2050.

**Warming Centres:** The City of Toronto will open Warming Centres (locations listed below) when an extreme cold weather alert is issued because the temperature drops below -15° C or if there's a wind chill -20° C or colder. Warming centres open at 7 PM on the day an alert is issued and will remain open until noon on the day the alert is terminated. They are pet-friendly and TTC buses will provide transportation between the sites from evening until early morning at approximately 2 AM. To see if an alert has been called, contact 311 or Central Intake at (416) 338-4766, 1-877-338-3398.

129 Peter Street	195 Princes' Boulevard Exhibition Place
5800 Yonge Street	150 Borough Drive Scarborough Civic Centre

**Shelter Beds and Respite Centres:** If you need a place to stay you can access 24-hour respite sites and shelters by calling central intake at (416) 338-4766 or toll-free at 1-877-338-3398.

**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.

## Call Lines & Online Chat Support

\* Please let one of the Our Place staff know if you need assistance \*



**Progress Place - Warm Line:** Warm Line is a confidential & anonymous service for adults. Think of them as a friendly ear. Chat online, text or call a Warm Line peer support worker. Call 416-960-9276 or/ 416-960-WARM between 8 pm to midnight or/ 416-323-3721 between 12pm – 8pm.

**Gerstein Centre:** Provides community-based crisis support that reflects and recognizes the needs and wishes of people experiencing a mental health crisis. Call 416-929-5200, 24 hrs/7 days.

**Distress and Crisis Ontario:** If you are experiencing distress or crisis and are in need of support, you can use their online chat function at <https://www.dcontario.org/> or text “SUPPORT” to 258258 from 2pm to 2am.

### Join our Call List!

Hi everyone, as you know COVID-19 cases are sky high. Meaning that we have temporarily closed all of our indoor programs. We are aware that other community drop-ins and support centers are also closing, which makes it harder to socialize and support each other. Our Place has always offered weekly check-in calls to catch up and ensure that all of us stay connected. If you are interested and would like to join our little call club, let us know and we will add you to the list. We are here to support you and look forward to speaking to you all! 😊

### Would you like a one-on-one Zoom Chat Session?

Hello everyone! We are reintroducing appointments for our online zoom meetings for anyone that is interested in catching up with both staff and students. Appointments are available for Wednesdays and Thursdays and last about 30 minutes. This can also be a time where we support you with various services and guidance you require. But, if you want to just chat, we are happy to talk!



# **Mental Health Tip of the Month**

## **The Double Standard Technique**

*By Angelica Lee*

Sometimes, we ourselves can be our toughest critics. Dr. David Burns tells us that “when we’re upset or fall short of our goals, we tend to beat up on ourselves with harsh criticisms. But if we’re talking to a dear friend with the same exact problem, we’d do so in a far more compassionate, supportive, and realistic way”. Upon learning this, you can ask yourself if you would be willing to talk to yourself in the same way you would to a close friend. The goal is to imagine you are talking to a very close friend that is going through the same struggles as you are, had the same upbringing, essentially a clone of yourself or long-lost identical twin.

An example of this role-playing technique can be explained through “A” who has been struggling with procrastination, depression and has the habit of telling themselves “I am so lazy” or “I am a failure” when stuck on a task. In most cases, we would never tell our close friend that they are a lazy failure if they have been going through a hard time. We would want to encourage “A” by reminding them “You are not lazy, nor a failure. Those words do not define you. Sometimes tasks can be hard, but I believe in you. Let’s break this assignment into easier parts to start.” and so forth. So that raises the question: if you respond with encouragement for your friend, why do you give yourself negative comments in the same situation? Learning to encourage yourself through another “friend” can be eye-opening and validating.

You may have demonstrated plenty of compassion for the others in your life, reserving harshness for yourself. The double standard technique can help one identify the distortions in our thoughts when one is being too hard on oneself. Role-play methods are often a powerful way to bring home a change. Alice has demonstrated plenty of compassion for the others in her life, reserving her harshness for herself, and she had already made progress identifying the distortions in her thoughts. Role-play methods are often a powerful way to bring home a change.

## **Making Time for Yourself**

*By Nyoka Todd*

It is important for us to take care of ourselves, especially our minds. Like Richard Davidson said, “The key to a healthy life is having a healthy mind.” Good mental health allows us to enjoy life while also allowing us to deal with issues. It can be extremely challenging especially during the pandemic, but if you are able to dedicate a couple minutes to yourself, it can make a world’s difference. It gives us a sense of inner power and well-being.

Being a high school student and having a job, it is sometimes stressful and hard to balance both without feeling stressed and upset. For me to power through whatever issue I have, I must make sure than my mind is well and clear, because I will only be able to focus then. To take care of our mental health, we don't have to do luxurious time-consuming tasks. Taking time out of a busy day for yourself is all we need sometimes. For a while now I have adapted to a routine in which no matter how stressed or busy I am, I always take a couple of minutes to myself. At least 10 minutes out of each day we all should prioritize ourselves.

A few tips that have worked for me are:

- Staying connected with friends and the community! During the pandemic, this can be simple interactions over the internet, through video calls and even through text or phone calls. *We have listed various call/text/online chat lines for anyone who is interested.*
- Making sure you are getting your sleep! A good night's rest can change your whole day.
- Do your best to have 3 meals per day. Breakfast always kick starts the rest of your day. ☺
- Engage in self-care tasks. These tasks include a variety of things: painting, listening to music, cooking your favourite meal, watching a movie, writing a short story or in your journal. Self-care is anything that brings you comfort and joy, the options are endless!

Staying in touch or interacting with others is important because they can also help increase our sense of belonging, improve our self-confidence and aid in reducing both stress and anxiety. Self-care is key as it helps to manage stress, lower your risk of illness, and assists in increasing your energy. At least once every month I have what I call a reset day. On that specific day, I take care of my whole being. I do a pamper routine, get my hair done, paint my nails, etc. Doing at least one of these tasks can make a huge impression on your wellbeing.

I cleanse my mind through journaling, which has made a huge difference in my life. It helps with exploring and expressing my feelings without having to speak to others. It is not healthy to bottle up our feelings because they can build up and come out negatively. In my journal, I talk about different events and goals I want to accomplish. I usually end off with watching a hilarious comedic film. Laughter is good for the soul! Small daily habits such as sleeping well allow our minds to relax as we are at peace with ourselves. Even if it's only for a single second, doing something you enjoy can refresh your mood and mindset!

# From the Kitchen of Our Place

\*This month's recipes include our favourite warm drinks\*

## Manisha's Best Cup of Cozy Masala Chai

### Ingredients

- 2 Cups of Water
- $\frac{1}{2}$  Cup to 1 Cup of Milk
- Sugar (white sugar or cane sugar)
- 2 Tetley Orange Pekoe Tea Bags
- Fennel
- 1 inch of Cinnamon Stick
- 1 inch of Ginger
- 2 Pieces of Cloves
- 2 Pieces of Cardamom



### Instructions

1. In a small pot on high heat, boil 2 cups of water.
2. While the water is warming, add the spices, ginger and sugar. The amount of sugar you put is totally up to you!
3. After the water starts boiling, add the Tetley tea bags and let them simmer for about 4 minutes.
4. Once the water changes colour, you can add your cup of milk and lower the heat to medium.
5. Let the tea simmer for 5 more minutes until the milk boils.
6. Grab your favourite mugs and a small strainer. Then pour and enjoy a cup of Indian Masala Chai. ☺

## Nutella Hot Chocolate

### Ingredients

- 4 Cups of Milk
- 2 Tablespoons of Nutella
- 2 Tablespoons of Cocoa Powder
- 2 Tablespoons of Sugar



### Instructions

1. Heat milk in a medium sized saucepan on medium-high heat until beginning to warm and steam.
2. Add the spread, cocoa powder and sugar, and whisk until dissolved and combined.
3. Bring to a gentle simmer while stirring, and take off heat.
4. Add any toppings (marshmallows, whipped cream, etc.) you would like and enjoy! ☺

## Black History Month

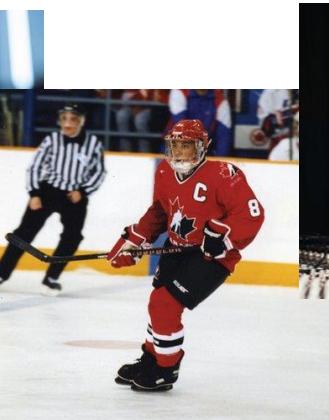
February is widely known as Black History Month and is dedicated to celebrate the various achievements and contributions made by the community. In 1915, Carter G. Woodson brought awareness to the limited availability of information on the accomplishments of Black people. A specific week in February was dedicated to Black history, which over the years has become a month to celebrate and acknowledge current and past creators! Specifically, the history of Black Canadians is often overlooked, even though their work has been extremely important and aided Canada in becoming culturally diverse and compassionate. We will now be listing some well known Black Canadians and a bit about what they are known for.

**Viola Desmond:** Challenged racial segregation when she refused to leave a “whites-only” section at the movie theatre in Nova Scotia (1946). Viola is featured on the \$10 bank note that was released in 2018.

**Angela James:** An extremely talented hockey player that was often compared to Wayne Gretzky. Angela was the second black athlete to be inducted into the Hockey Hall of Fame! Fun fact – Angela’s old ice rink is located in Toronto and has since been renamed after her.

**Ebony Oshunrinde (aka Wondagurl):** Ebony is a very well known producer that has been featured on various famous artists’ albums since her teen years! The list includes: Jay-Z, Drake, Rihanna and many others.

**Carrie Best:** A very well known civil rights activist that founded one of the first newspapers in Nova Scotia that was owned by Black Canadians. Carrie used this form to communicate and advocate against the various injustices faced by Black Canadians.



## Lunar New Year



The 1st day of February 2022 marks Lunar New Year, more commonly known as Chinese New Year. Following the zodiac cycle, this year is the year of the tiger.

You may have noticed that Chinese New Year is on a different day every year. Sometimes it is in January and sometimes February. That is because the date is decided by the Chinese Lunar Calendar, which is based on cycles of the moon and sun. Chinese New Year is a new moon day, usually the second after the winter solstice. In China, the 15-day celebration kicks off on New Year's Eve with a family feast called a reunion dinner full of traditional Lunar New Year foods. The celebration

typically ends with the Lantern Festival.

A very important tradition with Chinese New Year is the older generations giving red envelopes (In Cantonese "lai see") filled with money to their family and friends. The purpose of these envelopes is to wish good luck and fortune on to others. Gung hei fat choi (congratulations and may you be prosperous) and sun tai geen hong (wishing you good health)!

## Valentine's Day

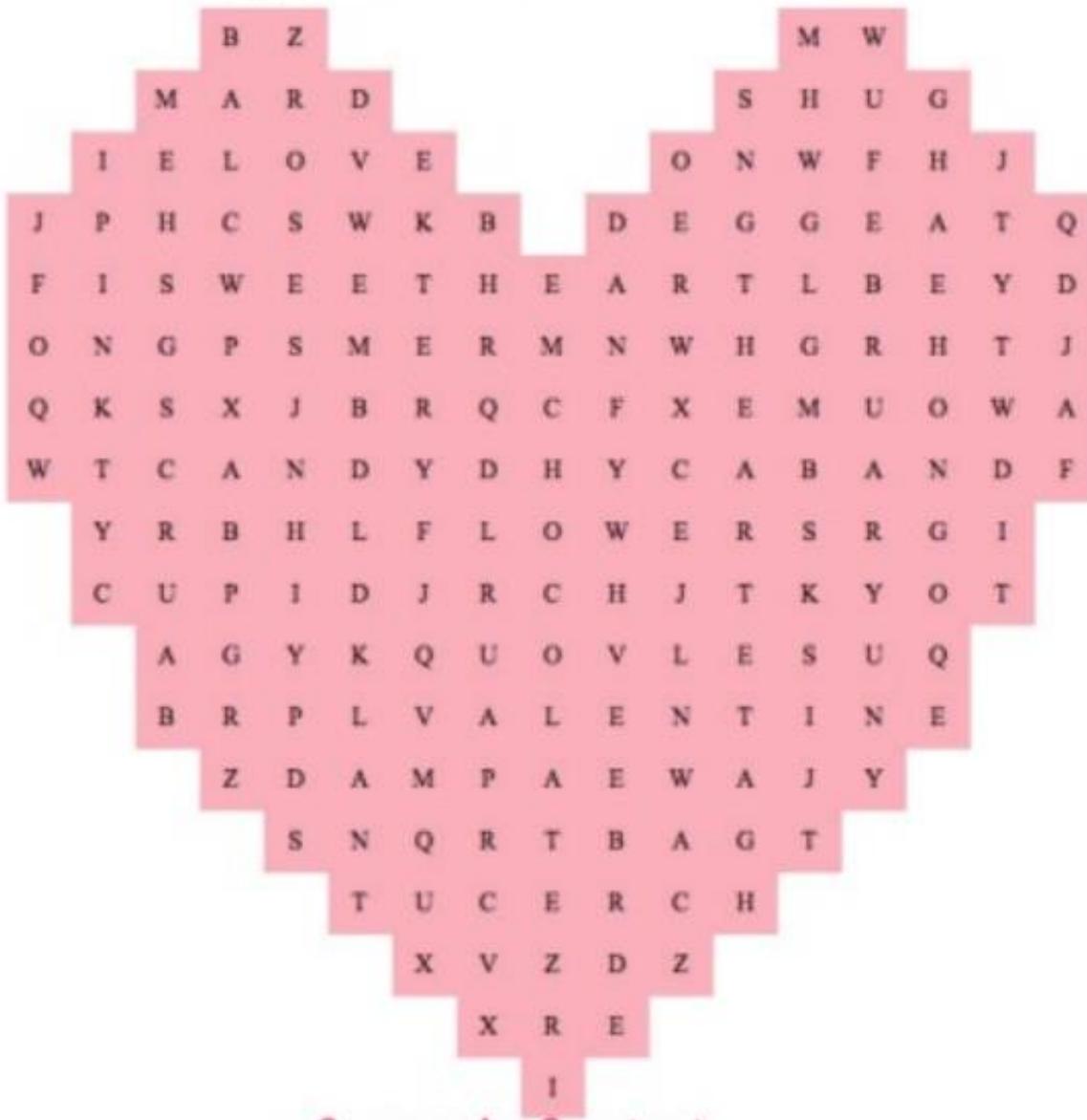


Everyone knows that the 14th of February is Valentine's Day but who is Valentine and why is this a romantic day of the year? There are multiple legends about St. Valentine.

One is that Valentine was a priest who served during the 3rd century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine defied Claudius and continued to perform marriages for young lovers in secret. Other stories suggest an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.

Today we celebrate this romantic day with loved ones, sending our feelings through quality time together, gifts, and cards.

# Valentine's Day Word Search



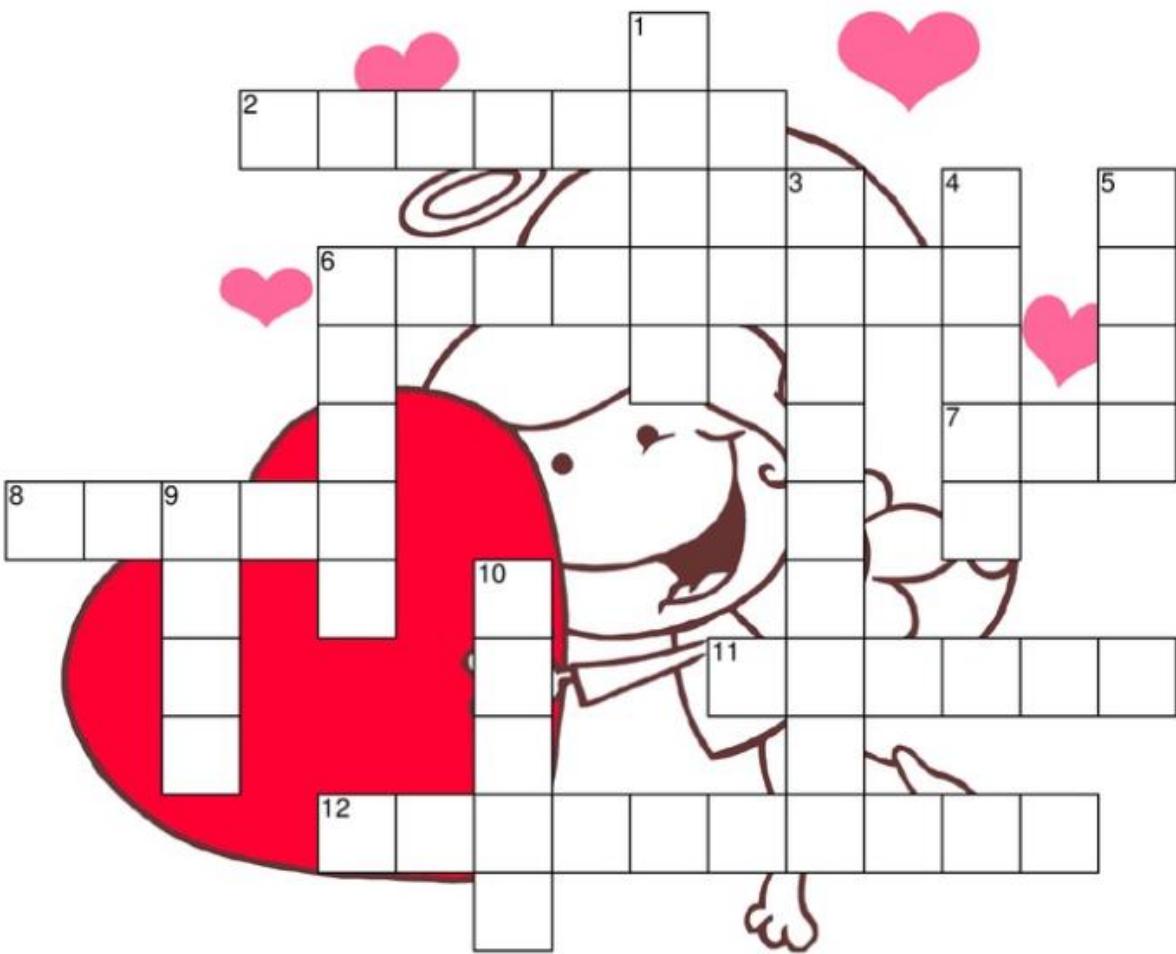
CouponsAreGreat.net

LOVE  
CHOCOLATE  
PINK  
VALENTINE  
ROSES

CUPID  
FEBRUARY  
RED  
HUG  
FLOWERS

CANDY  
HEART  
SWEETHEART  
CARD  
SWEET

## Valentine's Day Crossword Puzzle



### Across

2. They smell beautiful and we love to give them out on Valentine's Day.
6. This type of candy is brown and yummy.
7. The color of Valentine's Day.
8. He flies and shoots arrows.
11. We use this to tie around boxes.
12. We call someone special this name on Valentine's.

### Down

1. Cupid uses this to shoot with a bow.
3. Will you be my \_\_\_\_\_?
4. Valentine's Day shape.
5. We hand this out to friends and family on Valentine's.
6. It tastes sweet and we love to receive it.
9. Another color for Valentine's Day.
10. These flowers are red and have petals and thorns.

