



Newsletter

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Member Interview

Mental Health Tip

Our Place Community of Hope Drop-in

1183 Davenport Road, Toronto, ON

ourplaceinfo@stmichaelshomes.org

(416) 598-2919

Paul F Nov 1
Elizabeth H Nov 6
Janice B Nov 13
Paul S Nov 14
Sheila K Nov 18
Fermin Nov 18
Michael M Nov 19
Marina C Nov 22
Don H Nov 25
Kierov B Nov 30



Join us on Join us on
Friday 28th to
celebrate
the Nov Our Place
birthdays with a sweet
treat at **2:30pm!**



Free Events



Nature Connection

Date: November 9th from 2pm to 3:30pm EST

Location: 70 Canuck Avenue

Info: Capture the beauty of the November season while walking and exploring through Downsview park.
Bring your phone, video camera, or just yourself to capture the vibrant winter season.

Riverside Holiday Market

Date: November 23rd – 11am to 4pm EST

Location: 70 Canuck Avenue

Info: Capture the beauty of the November season while walking and exploring through Downsview park.
Bring your phone, video camera, or just yourself to capture the vibrant winter season.

The Bloor–Yorkville lightning ceremony

Date: November 22nd – 5pm to 7pm EST

Location: Village of Yorkville Park

Info: Experience the annual lighting ceremony which features the musical performance from the Juno award winner Rêve. A fun filled evening with surprise performances from various musicians and Christmas carolers

The Original Santa Claus Parade

Date: November 23rd – 12:30pm to 3:30pm EST

Location: The Parade starts at Christie St. and Bloor St. W.

Info: Enjoy the sounds and sights of the beautiful floats and surprise Christmas guests. Celebrate another year of a Toronto Christmas tradition ongoing for more then 120 years.



Community Resources

Drop-in Meal Programs for WEEKENDS

Sistering (Women only)

962 Bloor St. W

416-926-9762

Hours: 24/7

Parkdale Activity Recreation Centre (General Population; Adults)

1499 Queen Street West

416-537-2262

Saturday/Sunday Hours: 11:00am-2:00pm

St. Francis Table of Parkdale (General Population)

1322 Queen St West

416-532-4172

Sunday Hours: 11:00am-2:00pm

Syme Woolner Neighbourhood & Family Centre (General Population)

2468 Eglinton Ave West. Unit 3

416-766-4634

Saturday/Sunday Hours: 9:00am-3:00pm

Good Shepherd Ministries (General Population; Adults)

412 Queen St East

416-869-3619

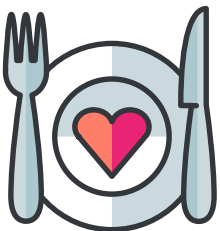
Hours: 24/7

Margaret's Toronto East Drop-in Centre (General Population; Adults)

323 Dundas St. East

647-367-2100

Hours: 7:00am-3:00pm



Community Resources

Drop-in Laundry Services

The Neighbourhood Group: Corner Drop-in

260 Augusta Ave. (College/Spadina)

416-925-2103 ex:2260

Hours: Monday to Friday: 7:30am-9:45am; Sunday: 8am-9:45am



Christie Ossington Neighbourhood Centre Drop-In

854 Bloor St. West (Bloor/Ossington)

416-792-8941 Ext: 1

Hours: Monday to Friday, 10am - 1pm

Agincourt Community Services Association, South Drop-in

202 Markham Rd (Markham/Highway 7)

647-472-6912

Hours: By appointment: Sunday to Wednesday, 9am - 1pm

Medical Services

The Non-Insured Walk-in Clinic (NIWIC)

AccessPoint on Jane; 761 Jane Street (2nd floor)

416-760-8677

Hours: Mondays & Thursdays 12:30pm-7:00pm; Tuesdays 9:30am-12:00pm; Wednesday 1:00pm-4:00pm; Friday 9:30am-4:30pm

Can be accessed by residents of Toronto that do not have a family doctor and do not have OHIP, IFHP, OTHIP, or private health insurance. Not available for those on vacation, tourists, or official visa holders.

Davenport-Perth Neighbourhood Community Health Centre

1900 Davenport Road

416-656-8025; or email info@dpmchc.ca

Hours: Monday to Friday 9:00am-5:00pm

Provide short-term crisis support and information on ODSP, OW, shelter and housing, health topics, and recreational activities.



Get to know... Fermin!

Tell us your name and a little about yourself and your interests?

I am Latin man that Loves God, and also I am man of faith.

What is your favourite hobby?

I love to ride my bike in the city.

What about Our Place keeps you coming back?

I love the vibe in Our Place, I have been a member for many years.

What is your favourite meal here?

My favourite meal here is beef stew and rice.

What is your favourite season?

Summer.

Do you have any special talents?

Can't think of any now.

Do you have any words of wisdom or advice for other members of the community here?

My advice is to believe in God, and be a good person.

What is your favourite thing to do at Our Place?

I like to participate in activities, get a nice warm meal and engaged with other members of the community, specially with the little Spanish community here.

If you could have any superpower, what would it be and why?

I would like to fly.

What is your favourite movie?

Tarzan movie.

What is your favourite holiday?

Christmas.

If you were the boss for one day at Our Place, what would you do?

I would keep Our Place open for 24 hours.

What do you think makes a strong community?

Getting together, specially during an activity during an event or holiday.



Mental Health Tip of The Month

8 Mental Health Tips: "Small steps to a healthier Mind"

1. **Prioritize Sleep:** Aim for 7–9 hours of a quality rest. A well rested mind improves focus, decision making, emotional balance and overall well-being.
2. **Take Short Breaks:** Step away from your work or studies for a few minutes. Stretch, breathe deeply, or go for a short walk to reset your mind.
3. **Stay Connected:** Talk to friends, family or anyone with whom you feel comfortable. Social support reduces stress and helps you feel understood and grounded.
4. **Practice Mindfulness:** Spend a few minutes each day focusing on your breath or simply noticing your surroundings, it helps calm racing thoughts.
5. **Eat and hydrate well:** Nourish your body with balanced meals and drink sufficient water, our brain functions well when we are well nourished and hydrated.
6. **Set Realistic Goals:** Break tasks into smaller steps and celebrate smaller wins to avoid feeling overwhelmed.
7. **Develop a hobby:** Start reading a few pages or play any sport you like or simply indulge in any hobby of your choice, it improves mood and reduces stress.
8. **Ask support/help if required:** Its okay to ask for help, talk to a counsellor, a trusted friend or family member, if you are feeling low or anxious.

