



January



Our Place Newsletter

This Issue:

- January Birthdays
- Community Resources
- Community Member Interview! *NEW*
- Mental Health Tip
- Important Days of the Month
- Recipes



Our Place Community of Hope

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ST. MICHAEL'S HOMES
Substance Use
Mental Health
Services Toronto



OUR PLACE
Community of Hope

Happy Birthday!

Teresa C - January 9th
Rachael S - January 16th
Norman B - January 23rd
Mair D - January 30th
Raymond D - January 30th



Celebrate with us
on **Friday January
31st** with a sweet
treat during meal
time!



Free Events Around the City!



2025 Recreation, Respite & Life Skills Fair

Date: Saturday January 25th, 2025

Location: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Road Toronto, ON

Event: An event for Youth and Families with Disabilities looking for Recreation, Respite and/or Life Skills programs in the community. Join the event to Learn, Talk, Find, connect, and register with programs and Services to become involved.

Free Sewing Classes for Beginners

Date: Wednesdays from 1:00-3:00pm, starting January 22nd

Location: Scadding Court Community Centre, 707 Dundas Street West, Toronto, ON

Ongoing Event: Will run for 6-8 weeks, registration is required to join the group. Please contact Sugandha at sugandha@scaddingcourt.org or call 416-392-0335 to join.

Free Public Art Tour on Dundas West

Date: Saturday January 25th, 2025 at 11am and 2:00pm

Location: Little Portugal Toronto, BIA; Dundas West, Toronto, ON

Event: Showcasing art made by local and international artists! To join, reserve a spot by calling 416-540-6750 or email communications@lptbia.com



Goodbye Messages From Students Michael and Misha

As my placement at St. Michael's comes to an end, I want to express my heartfelt gratitude for the support and guidance I've received from all of you. This experience has been incredibly enriching, and I will cherish the memories and lessons learned during my time here. Working alongside such dedicated individuals has truly inspired me. While I am sad to say goodbye, I look forward to carrying these experiences into my future endeavors. Thank you all for everything, and I hope to stay in touch! - Misha

Sadly, my time at St. Michael's Homes has come to an end. It has been a privilege to meet so many unique individuals who welcomed me into this vibrant drop-in center so warmly. I am grateful for the moments we shared and everything I was able to contribute to here. Though my time here was brief, the memories and lessons will stay with me for years to come. Thank you for making this journey so special. Thank you all. - Michael



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.



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 peer-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



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

Community Resources

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



Get to Know... Patty!

By Adrian



A: Tell us your name and about yourself and your interests.

P: My name is Patty. I'm interested in coming to Our Place to learn new things and have new opportunities. I find the staff very helpful. If I have a problem or feel like I'm going to get angry, I just go outside and come back and I'm fine. Thanks to the staff here.

A: What do you mean you were born on a rock?

P: Cross stitching and rug hooking. When I was younger my dad taught me rug hooking, and instead of going out to buy a rug, I would make them by hand.

A: What about Our Place keeps you coming back?

P: The activities and outings. I love bingo, karaoke, and anger management. I also love trivia and charades. Every time I come here, I learn a new thing that I haven't learned before.

A: What's your favourite meal here?

P: I like them all! But the first meal I had was the best. It was shepherd's pie. It was delicious! I also like it when Jeanne makes the salads. They are very healthy. And also, coffee, of course.

A: Do you have any special talents?

P: Singing. One time I wasn't at Our Place for karaoke, and when I came in the next day, everyone missed me so much. Something about my voice, gets to people. I sing from the heart. Which I love.

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

P: To be kind to one another and be respectful. That's the golden rule.

A: What is your favourite thing to do at Our Place?

P: Playing pool, board games, or card games. But mainly pool. I like playing with the staff and members.

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

P: I would be invisible. Because then nobody could see me. I could turn around and prank people and tap someone on the shoulder and they wouldn't know it was me.

A: What is your favourite movie?

P: Dr. Dolittle. I always liked that movie because Eddie Murphy talks to the animals and understands them. I watched it for years. And when they took his dog away, it was so sad.

A: What is your favourite holiday?

P: Christmas. It's my daughter's birthday. I'm the only one who had a Christmas baby in the family.

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

P: I'd make sure that people clean up after themselves and don't leave plates or cups on the table. And if I hear something that doesn't sound right, I'd ask them politely not to say that.

A: What do you think makes a strong community?

P: When everyone pitches in and helps out. I think it's important to try to keep the neighbourhood clean and be respectful to each other.

Setting Yourself Up for Success in the New Year

By Li

The New Year is a great time to start fresh and establish new goals that will help you succeed in the year to come. Resolutions can be easy to make but hard to keep, studies show that only 12% of people feel that they succeed in achieving their New Years resolutions each year. However, another study shows that those who make New Years resolutions are 10 times more likely to make changes than those who don't set goals at all. Here are some ways you can make reasonable goals and set yourself up for success in the New Year.

Choose a specific goal

Be very specific in your goal setting. For example, instead of making a goal such as "being more productive", try setting a goal that sets a specific plan in motion. For example, commit to reading one chapter of a book each day, spend 30 minutes journaling a week, or try leaving the house at least once a day. Goals with a specific time frame and action are less ambiguous than general goals like being more productive and can feel much more achievable.

Focus on one resolution at a time

Instead of creating a long list of things you would like to change this year, pick one goal at a time that you can focus your efforts on. Taking on too many goals at once can be overwhelming and create too much change in your life to handle, whereas focusing on one goal at a time increases your likelihood in being able to stick to it and will give you the confidence to achieve other goals down the line.

Large goals require small steps

Breaking down a larger goal into smaller steps can help you achieve it. For instance, if you resolve to run a marathon this year, start out going for a jog once or twice a week and slowly build up your strength and tolerance. If you want to eat healthier, instead of making a huge overall change to your diet, try replacing one or two of your usual food options with more nutritious foods, and once you've accomplished that, try it again with another aspect of your diet.

Happy New Year and good luck with your goals this year!



Bell Lets Talk Day – January 22nd



By Misha

Bell Let's Talk is an initiative by Bell Canada that aims to raise awareness about mental health challenges and reduce the stigma attached to mental illness. The campaign raises awareness about mental health, seeking help, and supports mental health organizations in many ways across Canada.

- They create awareness by listening to and sharing space for people to open up about their personal journey with mental health.
- They challenge stigma by recognizing change needed to be more empathetic and by confronting common stereotypes and misunderstandings about the community.
- They contribute donations to the important cause by telling the general public to engage using the #BellLetsTalk hashtag!

The day is a way to share the importance of funding and dedication to developing better community and individual supports for communities and people impacted by mental illness. However, it is critical that we remind others that this is more than a hashtag, we are talking about people's lives.

More info: <https://letstalk.bell.ca/>



International Education Day – January 24th

International Education Day is celebrated on January 24 every year to emphasize education as the cornerstone for building peace, development, and human rights in the world. In 2018, the United Nations declared this day to be observed annually, in hopes that it will increase awareness of the key role education plays in the transformation of society and the empowerment of people. Education is recognized as a fundamental human right and as the key to unlocking all other rights and opportunities, but millions of children and adults alike continue to lack access to quality education worldwide.

Every year, the UN selects a theme in collaboration with various education institutions that focuses on specific educational challenges and strategies that aim at tapping their solutions. For example, past themes have highlighted the need for innovation in education systems, the role of education in creating peaceful societies, and the imperative of international cooperation to ensure that education systems are resilient and inclusive.

International Education Day has been a moment when governments, organizations, educators, and all people assess the progress realized toward and the gaps in fulfilling the global commitment to quality education for all. This is a reminder that education is critical in finding solutions for major world issues, like poverty inequality, and climate change.

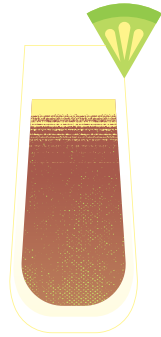
More info: <https://www.un.org/en/observances/education-day> and <https://www.worldbank.org/en/topic/education>

Holiday Recipes from the Our Place Kitchen

Holiday Mocktail (recipe from Mindful Mocktail)

Ingredients:

- Mint leaves
- Maple syrup
- Cranberry juice
- Apple juice or cider
- Lime juice
- Sparkling water



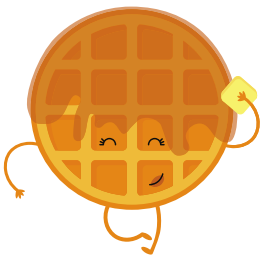
Directions:

1. Place mint in hands and clap – this will help make the flavour pop.
2. Put mint and syrup in your glass – as much as you'd like.
3. Add in 1:1 ratio of apple and cranberry juice.
4. Add a splash of lime juice and sparkling water.
5. Pop some ice in and enjoy!

Cinnamon Sugar Waffle Bites (recipe from Reasons to Skip the Housework)

Ingredients:

- 7.5 oz flaky biscuit dough (canned kind)
- 2 tablespoons butter (melted)
- 1/4 cup of granulated sugar
- 1 teaspoon cinnamon



Directions:

1. Preheat your waffle iron on medium.
2. Put a refrigerated biscuit on each quarter or half of the waffle iron.
3. Cook the dough for about 3 minutes, or until golden and waffle-shaped.
4. While the dough is cooking, combine cinnamon and sugar in a shallow dish.
5. Brush melted butter onto both sides of the cooked waffle bite.
6. Coat each waffle bite in the cinnamon and sugar. Serve while warm!