



Newsletter

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Our Place Community of Hope Drop-in

1183 Davenport Road, Toronto, ON

ourplaceinfo@stmichaelshomes.org

(416) 598-2919

Kimberly A – August 1
Diana B – August 24



Join us on **Friday
August 29th** to
celebrate
the August Our Place
birthdays with a sweet
treat at **2:30pm!**

Free Events

Toronto Chinatown Festival

Location: West side of Spadina Avenue, between St. Andrew St and Sullivan St

Dates: August 9th (12:00pm to 11:00pm) and August 10th (11:00am to 8:00pm)

Details: Celebrate Asian culture by enjoying live cultural performances, lion dances, activities, and of course – some delicious food!

Warriors' Day Parade

Location: Canadian National Exhibition, 210 Princes' Blvd

Dates: August 16th at 10:30am

Details: Join the parade for the 102nd anniversary honoring our veterans and members of the Canadian Armed Forces.

Butterfly Festival

Location: Tommy Thompson Park, 1 Leslie Street

Dates: Saturday August 23rd from 10:00am to 3:00pm

Details: See the beautiful Monarch butterflies before they migrate to Mexico for the colder seasons! Go on a beautiful butterfly walk with a guide, enjoy some fun games and activities as well.

Canadian International Air Show

Location: Marilyn Bell Park, 1095 Lakeshore Blvd West

Dates: August 30th– September 1st

Details: Enjoy the Canadian International Air Show's 76th round this year! Have sights of the beautiful skies.



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

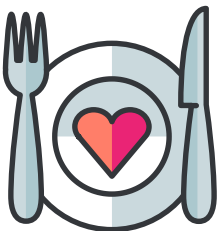
Hours: 24/7

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... Shirley!



Tell us your name and a little bit about yourself and your interests.

My name is Shirley. I have a strong appreciation for music, skulls, and horror films. Coming to this space provides me with the opportunity to connect with friends, which I truly value. I also enjoy playing games such as Crazy 8s and Countdown. In the past, I had a passion for dancing and still hold fond memories of it.

The full interview will be posted on the bulletin board!

What is your favourite hobby?

My favourite hobbies include listening to music and watching horror movies. I also used to enjoy creating diamond art paintings; however, I took a pause as my workspace became too cluttered.

What is your favourite meal at Our Place?

I enjoy spaghetti and meatballs, or meatballs served with rice.

What is your favourite season?

I am especially fond of the fall season. I enjoy the crisp and cool weather, and of course, Halloween, which allows for dressing up and celebrating. It is also a great time for camping.

Do you have any special talents?

Yes, I have a talent for both singing and dancing.

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

My advice would be: hang in there, keep trying, and never give up! Perseverance is key.

What is your favourite thing to do here?

I enjoy participating in activities like Bingo, pool tournaments, and trivia games.

Important Days in August

World Humanitarian Day by Carolina

World Humanitarian Day is observed annually on August 19th it was established by the United Nations General Assembly in 2008 to pay tribute humanitarian workers. It also highlights the vital work of those who continue to support people in crisis and inspire collective action for humanitarian efforts. This observance acknowledges the anniversary of the 2003 bombing of the UN headquarters in Baghdad, Iraq, where 22 humanitarian workers tragically lost their lives.



Ways to commemorate this date:

- Donating and volunteering with organizations that assist communities impacted by natural disasters, conflict or global crises;
- Raise awareness about the importance of humanitarian work;
- Advocate and support the cause;
- Participate in events or fundraising activities.

More info: <https://www.awarenessdays.com/awareness-days-calendar/world-humanitarian-day/>

International Overdose Awareness Day by Jessica

International Overdose Awareness Day annually held on August 31st, is a time to bring communities together and raise awareness about overdose prevention. This serves to honour the lives lost to overdose and support those impacted by this crisis. We are encouraged to have open conversations without shame to help prevent the lives lost to overdose and reduce the stigma around substance use.

Having open conversations can make it easier for those who need help to feel less alone and reach out for support. By coming together to acknowledge this day, we recognize that everyone deserves access to dignified care. It is also a moment to reflect, to speak out, and to support life-saving resources such as access to safe spaces, harm reduction services, safe consumption sites and community-based support. International Overdose Awareness Day reminds us that behind every number is a person, and behind every person is a story that matters and together we can build a community where people feel safe, supported, and valued. One step in bringing awareness to overdose prevention is checking in on our friends, family and neighbours and being aware of the supports in our own communities. Below are some supports for overdose prevention in Toronto.



Parkdale Queen West Community Health Centre

1229 Queen St W, Toronto, ON M6K 1L2 | (416) 537-2455

Open: Monday, Tuesday, Thursday (9:00am – 8:00pm) Wednesday (1:00pm – 8:00pm) Friday (9:00am – 5:00pm)

Street Health

338 Dundas St E, Toronto, ON M5A 2A1 | (416) 921-8668

Open: Monday, Wednesday, Thursday, Friday (9:30am – 5:00pm) Tuesday (11:00am – 5:00pm)

Mental Health Tip of The Month



Prioritizing Sleep!

This month's mental health tip is prioritizing the importance of sleep which supports our mental health and overall well-being. Sufficient sleep supports several areas including but not limited to such as stress management, emotional regulation, and cognitive function.

Stress management – Having adequate quality sleep allows the brain to process stressors of the day and regulate stress hormones like cortisol, allowing the mind and body to repair itself. A well-rested nights reduces anxiety and increase the ability to cope; it has also shown that people are calmer and are less reactive to negative situations after a good night's sleep.

Emotional regulation – Sleeping is important to regulating our emotions and feelings, allowing us to better control and cope with day-to-day hurdles. It is crucial because during sleep the brain process and stabilizes emotional experiences. Having a poor night's sleep may leave you irritable and anxious the next day, making it difficult to regulate and or understand your emotions.

Cognitive Function – Our cognition comprises of several aspect of our brain including memory, focus, problem solving, and decision making. The lack of sleep may impair these function and cause difficulty in maintaining our mental health and well being.

More info: <https://www.everlywell.com/blog/sleep-and-stress/how-does-sleep-reduce-stress/>

Easy, Delicious Recipes

From the Our Place Kitchen

Classic Deviled Eggs (From Delish)

Ingredients:

- 6 large eggs
- ¼ cup mayo, miracle whip, or yogurt
- 1 tsp mustard
- 1 tsp hot sauce, garlic powder, & onion powder
- Salt and pepper to taste
- 1 tsp paprika powder for garnish
- 2 tsp green onions, or chives, or parsley for garnish



Directions:

1. Place eggs into a pot and cover with 1 inch of water. Cover pot and bring to boil with medium to high heat.
2. Once the pot is at a boil, remove from heat and let sit for 12min.
3. After 12min remove eggs from pot and rinse under cold water.
4. Once eggs are room temp, peel under running water – makes it easier!
5. Once peeled cut eggs in half, and remove yolks; place in bowl, refrigerate whites.
6. Mix mayo, hot sauce, and salt and pepper to together with egg yolks and mix till smooth.
7. With spoon or filled piping bag, fill egg white halves with prepared yolk mixture
8. Garnish eggs with paprika, and chives.



Easy, Delicious Recipes

From the Our Place Kitchen

Yogurt Flatbread (From Cooking with Hayeh)

Ingredients:

- ¾ cup yogurt
- 1 cup self rising flour
- 1 tsp baking powder (only if using regular flour)
- Salt and pepper to taste
- Oil for cooking

Directions:

1. In a large bowl add flour and stir through salt and pepper. If using plain flour add baking powder.
2. Add yogurt and stir together with a wooden spoon. Then using one hand mixed together in bowl until it forms one rough ball.
3. Transfer dough to clean flowered surface / table. Need with your hands for 3 to 5 minutes until you achieve a smooth ball (if it is too sticky or wet, sprinkle lightly with flour). Allow the dough to rest for 10 minutes.
4. Cut dough into four equal pieces and roll them into balls.
5. Dust the table with flour, and using a rolling pin flatten the dough to create a flat circle shape approximately 6 to 7 in. Remember to keep sprinkling flour on the dough and flip it upside down whilst rolling it flat.
6. Add 1 tsp of oil to a frying pan, heating over medium temp and add one dough and cook for two to three minutes until you start to see some bubbles appear.
7. Lift one side of the corners and once golden brown, gently flip the flatbread using a spatula. Cook the second side for 1 to 2 minutes. Once it pops up and is golden brown it's ready.
8. Transfer the flatbread to a plate and continue the above step for the remaining pieces. To keep them warm, cover with a kitchen towel or aluminum foil.
9. Enjoy with dips like hummus or for wraps and sandwiches.

