



# *May*

## **Our Place Newsletter**

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**Community Member Interview!**

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**Recipes**

**Our Place Community of Hope**

**1183 Davenport Road, M6H 2G7**

**[ourplaceinfo@stmichaelshomes.org](mailto:ourplaceinfo@stmichaelshomes.org)**

**(416) 598-2919**

# Happy Birthday

Jose C - May 2nd

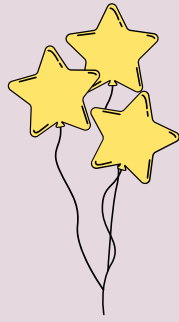
Maijka O - May 9th

Tim H - May 22nd

Kirk C - May 24th

John S - May 24th

Donna H - May 25th



Celebrate with us on  
**Friday May 30th** with a  
sweet treat during meal  
time!

## Messages From Our Students

I've greatly appreciated the opportunity to do my placement at Our Place. It was a pleasure interacting with the members and growing my skills in the social services and community work. Thank you to all the members and staff for making this such an enriching experience.

**Madelyn**

I had an amazing time doing my student placement at Our Place. Everyone made me feel welcome from the start. I learned how to play Crazy 8s and pool, and we had a lot of fun along the way. It was so special getting to know all of you. The team is also amazing, kind, and helpful. This experience has taught me a lot and will guide me in my future work as a social service worker.

**Mohamed**

As a student at Our Place, my time here has been incredibly meaningful and memorable. I felt so welcomed by both the staff and community members, and I've learned so much that will help me continue growing into the best version of myself in the social services field. From gaining experience facilitating a journaling group to learning card games I'd never played before but always wanted to learn, every moment has been valuable. THANK-YOU all for the opportunity and for creating such a supportive and inspiring space!

**Nate**

Thank you so much for having me here at Our Place, it was really great getting to know you all and learning all of your names. As I move on in my professional journey I wish you all good health and healing. You all are amazing people with big hearts and a lot of resilience. I know that you all can overcome anything and will still be well supported from the amazing staff members at Our Place. I hope you all have an amazing summer!

**Amiya**



# Free Events Around the City!

## **A Transit Through Time**

**Date:** Until August 31st, 2025.

**Location:** Union Station West Wing; Accessible

**Event:** A free exhibition focused on the idea that humans are all part of the past and we are responsible for shaping the future! The exhibit highlights the work of Black artists, Jordan Sook, Destine Adelakun, Pixel Heller, and others.

## **Built Environment: An Alternative Guide to Japan**

**Date:** Until July 15th, 2025.

**Location:** 2 Bloor Street East, Unit #300; Accessible (11:30am–4:30pm Tuesday–Saturday)

**Ongoing Event:** An art exhibition featuring 80 examples of Japanese engineering and landscapes from different regions across Japan. It's a great way to connect with their diverse structures that survive natural disasters.

## **Wish You Were Here**

**Date:** Until May 25th (9:00am–8:30pm Monday–Friday; 9:00am–5:00pm Saturday; 1:30pm–5:00pm Sunday)

**Location:** Toronto Reference Library, 789 Yonge Street; Accessible

**Event:** Join the annual Beaches Lions Club Easter Parade to enjoy the lively music, bright colours and fun that comes with Easter!

## **Step Into My Shoes - An Exhibition**

**Date:** Until May 31st (9:00am–4:00pm Everyday)

**Location:** Clark Centre for the Arts, 191 Guildwood Pkwy, Scarborough; Accessible

**Event:** Enjoy some beautiful photography by Anahita Khalilian, in collaboration with Riley Steward. The photographs highlight the connection between fashion, identity, and disability within our own identities and personalities.

## **Sunrise, Sunset Art Exhibition**

**Date:** Until May 8th

**Location:** Assembly Hall, 1 Colonel Samuel Smith Park Dr; Accessible

**Event:** A collection of paintings reflecting on the sun's rising and setting, which would mirror our life cycles of sorrows and joys.



# 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

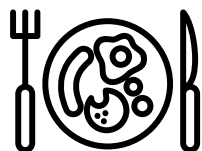
**Food** - If you require food support beyond our meal programs, please do not hesitate to register with the following agencies. *Some may require Identification and may follow an intake process.*

## **Daily Bread Food Bank**

DBFB helps you find a food bank local to you. Visit [dailybread.ca](http://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](mailto:info@dpmchc.ca)



# Get to Know... Dave B! – By Li

## **Tell us your name and a little bit about yourself and your interests!**

I'm Dave B. I'm not the friendliest appearing person because I keep to myself a lot and I want my privacy respected as I will respect others. Since I am no longer employed, I like to go on long walks, hikes. I travel extensively, not just within the GTA but outside the GTA. I like painting and drawing. I like music, I like watching programs about technology and about geographical and geological subjects. I've got wide range of interests in different things. I like construction, anything to do with building and design, technology, things that improve the way we do things. I'm very scientific oriented also.

## **How long have you been a member here at Our Place?**

This goes back to well before the pandemic, I would say about 2016/17 to present, maybe even before that because I was at the other Our Place on Yonge, which would be before 2000, probably 97. I try to keep to myself, I do like non competitive, fun activities. I don't like bingo, I don't like the tournaments because it's too much for me, people get too serious about it, there's a lot of bad hurt feelings- I'll pass. I could probably do pretty well in a lot of things, like jeopardy but I don't necessarily want to show off, I know my limitations, I don't have to be sounding off about that. If there's people that have a mutual like for a game, like we've been playing Wizard, or we used to play a lot of Euchre, or a simple game like Sorry that Lisa and I play sometimes. But I don't like it if people are going to be obnoxious. I immediately get turned off and like to disappear- forget it

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

Invisible. The people that I want to avoid, they won't see me. And the people who I want to know is going on with them, since I'm a face that people really people say is an outstanding face, I would be ok to walk around and be like "hmm... what is this that you were saying the other day, are you sure you didn't do this?". I'd like to be able to know that and say "aha!", without people catching on. If I anonymously came across horrific information, I could use it to right the situation. But I wouldn't have to take credit for it, just state the facts and walk away.

## **What is your favourite movie?**

Brian Song. It's about a football player. This is going back to the 60s or 70s, Brian develops a cancer and it was one of the first black and white players paired together. Brian is the white man in the team, so he struggled through this cancer with his teammate by his side, and his wife so it was all about the comradery and the way he lived his life until he passed away from cancer. It was a very good movie, very sad, it was based on a true story. I can't say it is my all-time favorite but it is one of the top, first things that comes to mind when people ask me that question.

## **What's your favourite meal here?**

I don't know if I have a favourite. I like a lot of meals that have meat. I don't like tofu at all, I don't have a taste for specifically lamb, so that's one of the meats I avoid.

***Find Dave's full interview posted on the bulletin board near the women's bathroom!***

# Check Your Skin/ Sun Awareness Month – By Nyoka

**Fun Fact:** Did you know that sunburn isn't just caused by direct sunlight and UV rays? Natural substances like sand, water, and even snow can bounce UV rays, which can increase your sun exposure.

In the month of May, National Sun Awareness Week is a campaign led by the British Association of Dermatologists from the 5th to the 11th which focus is to highlight the unknown dangers of sun exposure. UV radiation is the main cause of skin cancer, so it is important to know of its risks. Our skin is the largest organ, hence why it is important to make sure that we are taking care of it. With summer right around the corner, National Sun Awareness Week offers guidance on how we can be exposed to the sun safely!

## 5 ways you can stay safe in the sun:

- Wear UV protective clothing
- Use sunscreen – the higher the spf the better, but make sure to reapply throughout the day
- Limit your outdoor time between 10am–4pm since these are peak UV hours
- Wear sunglasses and protect your eyes from the harsh UV rays

More info: <https://www.twinkl.ca/event/national-sun-awareness-week-2025#:~:text=From%2012th%20-%2018th%20May%202025,Committee%20is%20overseeing%20the%20week.>



# Spring Into Supporting Your Mental Health – By Jessica and Carolina

The change in season offers opportunities to spend time outside and soak up some sunshine. Being in nature can improve our mental well-being. Natural light helps your body produce vitamin D, which plays a key role in mood regulation as it can help reduce feelings of depression and anxiety. Nature has a calming effect, especially when we hear birds sing or smell flowers. Nature encourages relaxation and helps lower our stress hormone levels. Being surrounded by nature can boost focus, reduce mental fatigue, and help you feel refreshed!

With the change in sunlight and activity, our sleep patterns may change as well. Prioritizing sleep and maintaining a schedule during this season, can help you improve your physical and mental wellbeing. Getting 7-9 hours of sleep per night supports your brain's functioning! While we sleep, our brain forms new pathways that support learning, memory, and ability to manage stress and anxiety. Poor sleep can impact our ability to control our own emotions as we can have reduced attention spans and problem-solving skills. To have repairing sleep, it is important to create a relaxing night routine; you may want to limit your caffeine intake and screen time.

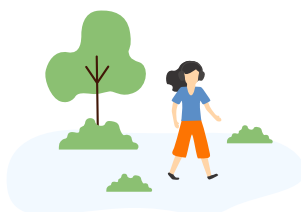
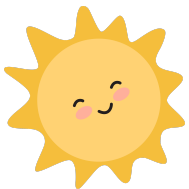
## Here are a few ways to support your mental wellness this spring:

- **Get outside and enjoy the sunshine:** Find a comfortable spot outside, sit in the sun for a few minutes, and take deep breaths. This can help you reset and feel a sense of calmness.
- **Take a walk in the park:** Walking in the fresh air can clear your mind and reduce stress.
- **Try something new:** Spring is the perfect time for this! Whether it's gardening, birdwatching, or a gentle yoga session in the yard, engaging in different activities can boost your mood and keep your mind active.

Spring also brings a fresh start, which can be a good reminder to check in on your emotional health. As flowers bloom and the world around you comes alive, take the time to reflect on what brings you joy and what helps you feel calm. Whether it's journaling, gardening, or listening to music, finding simple ways to nurture your mental wellness can make a lasting impact on your mood. Remember, it's okay to ask for support —your well-being is important!

Check out these resources to learn more!:

<https://www.vibrant.org/spring-into-action-using-springtime-motivation-to-cultivate-healthy-habits/>





# Fun Breakfast Recipes from the Our Place Kitchen

## Simple French Toast (recipe from Love and Lemons)

### Ingredients:

- 4 large eggs
- $\frac{2}{3}$  cup milk
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon cinnamon
- Sea salt
- Butter or oil, for the pan
- 8 thick slices bread
- Maple syrup and/or powdered sugar



### Directions:

1. Whisk together eggs, milk, vanilla extract, cinnamon, and salt
2. Heat a nonstick skillet or griddle over medium heat and brush with butter or oil.
3. Dip each slice of bread into the egg mixture. Place into the skillet and cook for 2 minutes per side, or until golden brown.
4. Serve with maple syrup and/or a dusting of powdered sugar.

## Yogurt Breakfast Bowl (recipe from Modern Honey)

### Ingredients:

- $\frac{1}{2}$  cup of Fresh berries
- $\frac{1}{4}$  cup of granola
- 1 tsp Honey or more if desired
- Dried fruits of your choice (Coconut Flakes, Dried Cranberries, Chia Seeds, Dates, Pumpkin Seeds)
- Nuts of your choice

### Directions:

1. Place Yogurt into bowl
2. Drizzle with sweetener
3. Top with fresh fruits, dried fruits and nuts



Enjoy

TREAT  
yourself