



OUR PLACE

Community of Hope

AUGUST 2020 NEWSLETTER

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BETTER LATE THAN NEVER

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AUGUST BIRTHDAYS

Happy Birthday to all of our friends born in August!

Kimberly A – August 1

Rick P – August 5

Pamela M – August 7

Dorian D – August 10

Lynn W – August 14

Diana B – August 24



FAMOUS AUGUST BIRTHDAYS

Jason Momoa – August 1, 1979

Michael Ealy – August 3, 1973

Louis Armstrong – August 4, 1901

Neil Armstrong – August 5, 1930

Meagan Good – August 8, 1981

Antonio Banderas – August 10, 1960

Chris Hemsworth – August 11, 1983

Alfred Hitchcock – August 13, 1899

Halle Berry – August 14, 1966

Mila Kunis – August 14, 1983

Jennifer Lawrence – August 15, 1990

Chris Tucker – August 31, 1971



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

Hello from Our Place

Hi Everyone!

We hope this newsletter finds you well and enjoying the sunshine.

We are really excited to share with you some program updates that you will be seeing over the next few weeks (keep reading!) and have a bit of news for you as well.

Updates:

- **Volunteers:** Sister Ann has decided to retire from leading the Our Place Scripture Reflection group. While we are so sad to see her go, we are very grateful for her many years of service and wish her all the best. Thank you Sister Ann! Sending you lots of love from all of us.
- **Students:** Emily and Zoe, students who were with us in the Spring, are joining us again until mid-Fall. We also have a Social Work student beginning in September who will be running virtual support groups and are available for individual appointments. We are so excited to have them join the team!
- **Meals:** If you are coming for a meal and have a dietary restriction (vegetarian, allergies, etc.), make sure you call the office before 12pm on the day you will be coming. Please be sure to discard of all garbage in the bins provided around the corner from the main entrance.
- **Program Updates:** We are increasing our services to **5 days a week** and allowing one person at a time into the centre. Please see below for an up-to-date list of programs and services offered in August:
 - ♥ **Take-away Meals:** Monday-Friday, between 2:00pm and 5:00pm. Just ring the doorbell!
 - ♥ **NEW: Individual Appointments to come into the centre!**
Appointments will be available for you to come into the centre to use the computer, Wi-Fi and/or phone, as well as meet with a staff member for support.
To sign up, email info@ourplacecommunityofhope.com, phone the office or let us know when you come to pick up your meal.
Appointments are Monday to Friday at: 1:30-2:15 | 2:30-3:15 | 3:30-4:15
** You must wear a mask, follow physical distancing and comply with COVID-19 screening questions prior to entry.
 - ♥ **Friendly Check-Ins:** Sign up for once a week phone calls, Zoom calls or emails from staff. This will give you a chance to let us know what services you need

and for us to provide you with support, information and referrals. If you would like to schedule a Zoom video call, please call the office or email Kristel at kristel@ourplacecommunityofhope.com

♥ **Referrals & Assistance:** If you need assistance filling out forms, requesting a shelter bed, finding housing, etc., call the office and we will do our best to help you.

♥ **Phone the Office:** Staff will be available by phone Monday-Friday, between 1:00 and 5:00pm. Call at **(416) 598-2919** if you need support.

The pandemic has been really difficult for a lot of people (including us!) and it isn't unusual to experience feelings of isolation, sadness and hopelessness. Please make sure to pay attention to how you're feeling and talk to someone if you're struggling.

Stay connected with your support network and know that we are only a phone call away if you need a good listener.

~ Our Place



Virtual (Online) Programs

Coming Soon:

Peer Support Group, Current Events/Discussion Group and Writing Group will soon be offered online! Stay tuned for more information...

Offered Now: Anger Management

St. Michael's Homes is offering an extensive Anger Management course to anyone who is interested. It is free of charge and will be offered virtually (on Zoom).

The training utilizes Cognitive-Behavioural tools and techniques to help individuals navigate tough situations. With topics such as Communication, The Cycle of Violence, and Learning from Mistakes, participants can dive deeper into the root of their anger and learn more about themselves in the process.

There are also many opportunities for individuals to connect the lessons with their past and/or current experiences, as open discussion is encouraged. This group operates from a trauma-informed perspective, and aims to provide a safe, open, and non – judgemental space for individuals to explore their emotions and find new ways to grow.

Due to the sensitive nature of the topics being discussed, we feel that it is best to keep the groups gender-specific. This means that there is a group available for women and a separate group for men. These groups are currently being offered virtually so please inquire for information on how to access them.

When: Every Thursday, starting on July 9th. The Women's Group will meet at 2:30pm and Men's Group at 3:30pm.

Where: Zoom (through your phone or computer. *Must have Internet access.*)

To Sign Up: Email info@ourplacecommunityofhope.com or call the Our Place office- (416) 598-2919. To complete your registration, the group facilitator will call you to introduce themselves and have a quick chat with you.



COVID-19 UPDATES

1. Information about CERB Transition to EI

More details about what will come next for the millions of Canadians who have been relying on the CERB benefit will be announced by the end of August, but Prime Minister Justin Trudeau promises that nobody will be left behind.

- Everyone on the CERB will be switched to Employment Insurance, because EI should cover every Canadian who is looking for work.
- Gig workers, contract workers, and other workers who don't currently qualify for EI, will be put on a new transitional, parallel benefit (similar to EI). This benefit will include access to training, and being able to work more hours and earn more money while receiving the benefit
- A sickness and caregivers benefit for Canadians not covered at work if they get COVID-19, or if their kids or parents get it and they have to take care of them

2. One-time \$600 Payment for Canadians with Disabilities

On July 17, the federal government announced a one-time \$600 payment in recognition of the extraordinary expenses faced by persons with disabilities during the COVID-19 pandemic. More details have been announced, including this website, which will be kept up-to-date.

The payment will be *automatically* issued to persons with disabilities who:

- Have a valid Disability Tax Credit (DTC) certificate provided by the Canada Revenue Agency or are eligible for the DTC and apply for it by September 25, 2020;
- Are beneficiaries, as at July 1, 2020, of Canada Pension Plan Disability or Quebec Pension Plan Disability; or
- Are beneficiaries, as at July 1, 2020, of disability supports provided by Veterans Affairs Canada

Anyone eligible for the above programs will not have to apply to receive this payment.

The payment consists of a one-time, non-taxable and non-reportable amount of \$600.

The payment of up to \$600 will be *automatically* issued in the form of a cheque or direct deposit. Payments are expected to be issued beginning this Fall.

3. Accessing Pet Supplies

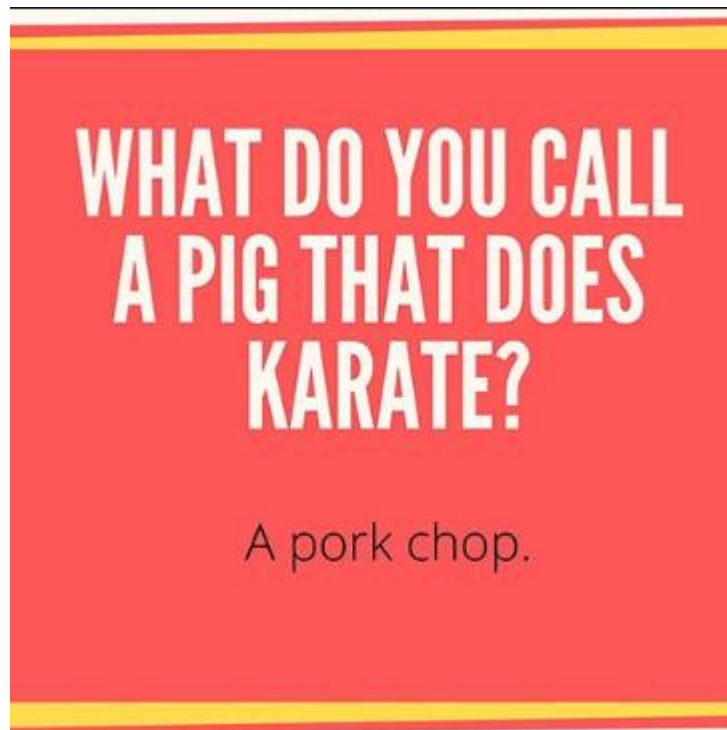
Toronto Animal Services is providing assistance to pet owners from low income households who are affected by the COVID-19 pandemic. Assistance will be provided with the purchase of pet food and supplies, such as cat litter and pee pads.

Pet owners who require assistance can contact Toronto Animal Services by doing one of the below:

- Filling in and submitting an online survey (ask Our Place staff for more details)
- Emailing taspartnerships@toronto.ca
- Calling 416-338-0934 between noon and 4 p.m.

4. Canada Child Benefit Increased

In July, the Canada Child Benefit (CCB) was increased for the 2020-21 benefit year. That means families with children under the age of 6 can receive a maximum benefit of \$6,765, and \$5,708 for children between 6 and 17. This is in addition to the one-time payment of \$300 per child that parents should have received with their May payment as part of the COVID-19 Economic Response Plan.

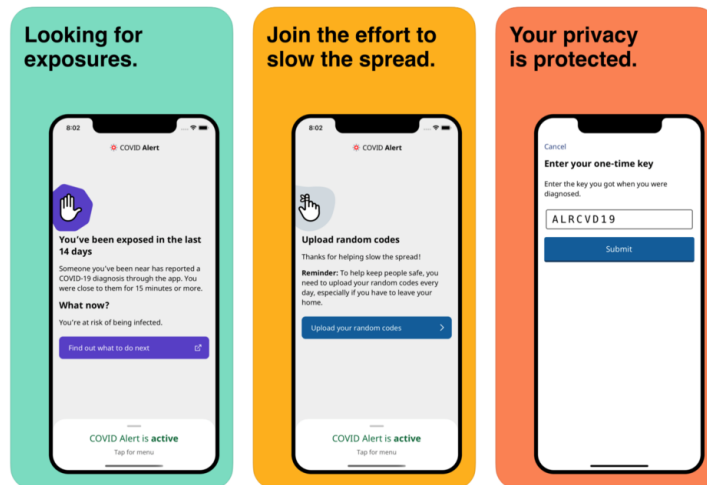


Information About the COVID Alert App

The COVID Alert App is now available to download for free. The app, developed by the Government of Canada, in collaboration with the Government of Ontario, lets users know if they might have been exposed to COVID-19.

Here are some key details about it:

- COVID Alert **does not track a user's location or collect personally identifiable information**. It uses Bluetooth to detect when users have spent more than fifteen minutes close together.
- While the exposure notification app is voluntary, **the more Canadians who use it, the more useful it will be** in protecting our loved ones and limiting further infection.
- You can [download](#) the app in the App Store and Google Play.
- Ontario is the first province to link its health system to the app, with other provinces to follow. During this first phase, people in Ontario who get a positive COVID-19 test result will be given a one-time key from health authorities in Ontario.
- When the one-time key is entered into the app, COVID Alert will notify other users who may have come in close contact with that person.
- The federal government is working with provinces and territories to have COVID Alert implemented in all jurisdictions so that all Canadians can benefit from the exposure notification app. The timeline will depend on circumstances in each province.



Managing Mental Health During COVID-19

(<http://bcepilepsy.com/blog/managing-mental-health-during-the-covid19-pandemic>)

If the COVID-19 pandemic has you feeling overwhelmed, you are not alone. In fact, many of us are feeling the exact same way. It's completely normal to be worried – about how long this will last, about whether or not you and your loved ones will be impacted and if you're prepared enough to self-quarantine.

However, it is important to remember that when things feel out of control, our mental health is still in our hands. There are steps we can all take to help calm some of our anxieties and boost our mental health. We wanted to share some tips with you on how to manage your mental health during this challenging time. Please see below for our tips:

Tip 1: Acknowledge that your feelings are valid

- It's completely normal to feel worried, stressed, overwhelmed, angry or scared
- This may be the first time that most of us have experienced anything of this calibre
- Knowing that your feelings are valid can help you understand them and work towards pushing past them to optimize your mental health

Tip 2: Don't dwell on your fears

- Although this is a difficult time in the world, try not to dwell on your fears because you won't be able to see the light at the end of the tunnel
- Instead, try to focus on the positive and what you can control rather than getting stuck focusing on the negative and what you can't control
- If the COVID-19 pandemic is making you anxious, try doing things like breathing exercises, mindfulness or meditation to help you feel some calm again

Tip 3: Be mindful of the news and the media

- At times, it can seem that everywhere you look, you will find something about COVID-19
- There is a lot of information out there, so it is important to be mindful of the source
- Ensure you are getting facts from experts not rumours/opinions/misinformation from other people

Tip 4: Take breaks from the news and the media

- Sometimes, the news and media surrounding COVID-19 can seem like it is never-ending
- Don't get sucked into a news whirlpool and take breaks from watching, reading or listening to news that causes you to feel anxious

- Allow yourself a short time to get caught up on the necessary information and then try to move on by focusing on other things

Tip 5: Start the day with a positive

- Instead of starting your day getting bogged down by the COVID-19 news media, try starting your day with a positive as this can have an impact on the rest of your day
- You can try doing things like FaceTiming with a loved one, watching some videos on YouTube or reading a good book

Tip 6: Talk about it

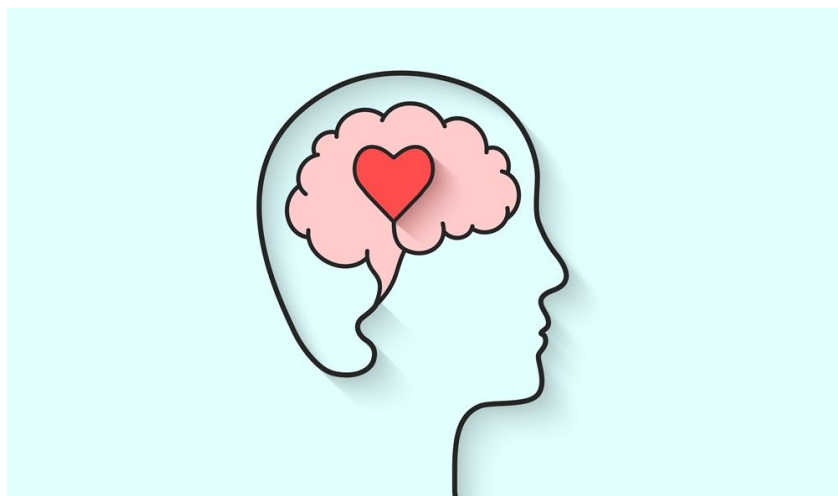
- Talk about your mental health regarding COVID-19 with your loved ones is important because changes are that people in your life are also feeling the exact same way
- Just talking through your anxieties with others can help make things better

Tip 7: Stay connected

- Isolation and loneliness can come with COVID-19 due to social distancing and self-quarantine
- Stay connected with your loved ones and maintain your support networks
- If you are limiting your physical contact with others, use alternative means to stay connected, like phone, text, FaceTime/Skype, email, social media, etc.

Tip 8: Pay attention to your needs

- Keep regular sleep routines, drink enough water, eat healthy food and partake in light exercise to maintain both your physical health and your mental health
- Engage in activities that you enjoy and find relaxing, such as doing a crossword, putting together a puzzle or listening to music



Support If You Are Facing Violence at Home

The Toronto Police Service has not experienced an increase in reports of crimes against vulnerable people, including those for child abuse, intimate partner violence, or elder abuse during the COVID-19 pandemic, however multiple hotlines across the city have been receiving an increase in calls relating to family violence.

These crimes often go unreported, and current circumstances may pose additional barriers for people to get the help and support they need. If you are a victim of *any* kind of violence or abuse, or if you believe someone you know is being victimized, there are community resources available and police are actively responding to these calls for service.

Below is a list of service providers that you can connect with to receive crisis counseling, emotional support, safety planning, information and referrals, free of charge.

Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
2. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
3. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
4. Gerstein Crisis Centre: **(416) 929-5200** (24/7). This is a community-based crisis service for adults age 16+ in Toronto who are dealing with mental health issues and/or substance use issues and are currently in crisis. Also offers online face-to-face support, wellness groups, short term follow-up support, and referrals to other services.
5. Crisis Services Canada: **1-833-456-4566** (24/7) or text **START to 45645** (4pm-midnight). This is support for people who are thinking about suicide.
6. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
7. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
8. Assaulted Women's Hotline: **(416) 863-0511 or 1-866-863-0511** (24/7 crisis line)

If you or someone you know is in immediate danger, call **911**.

RESOURCES OPEN DURING PANDEMIC

****For a full list of Drop-Ins and meals, please go to the Toronto Drop-In Network website <https://www.tdin.ca/> or call the Our Place office (416) 598-2919****

WIFI Access

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30pm, Sat & Sun 11am to 3pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm – Computers available

Church of St. Stephens In-the-fields: Safe Space Drop-in (103 Bellevue Ave) Fri 6pm to 10pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

*WiFi has been reported to work outside of several places it was previously publicly available, including Toronto Public Libraries, TTC subways, some caf  /restaurant chains (Tim Hortons, McDonalds, etc.)

Public Washrooms

◆ **Sunnyside Park:** 755 Lakeshore Blvd W ◆ **Little Norway Park:** 689 Queens Quay W ◆ **Dundas Square:** 1 Dundas St. E ◆ **Alexandra Park:** 275 Bathurst St. ◆ **Jimmy Simpson Park:** 872 Queen St. E ◆ **Regent Park:** 600 Dundas St. E. ◆ **Wellesley Community Centre:** 495 Sherbourne St. ◆ **Moss Park:** 150 Sherbourne St. ◆ **Scott Mission:** 502 Spadina Ave. ◆ **Evangel Hall Mission:** 552 Adelaide St. W (Mon – Thurs 9am to 12:30 pm) ◆ **Sanctuary:** 25 Charles St. E ◆ **The 519:** 519 Church St. (Mon–Fri 9:30am to 6pm, Sat & Sun 10am to 4pm) ◆ **Nathan Phillips Square:** 100 Queen St. W (7 days/week 10am to 10pm) ◆ **Union Station:** 65 Front St. (Mon–Sun 5:30am to 12:45am) ◆ **South Market:** 91-95 Front St. (lower level, Tues–Fri 9am to 5pm, Sat 9am to 4pm) ◆ **Young St. Mission:** 365 Spadina Ave (Mon to Thurs 12 to 4:30pm) ◆ **All open drop-ins offer bathroom access**

Open Drop-ins

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30pm, Sat & Sun 11am to 3pm

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

Church of St. Stephens In-the-fields: Safe Space Drop-in (103 Bellevue Ave) Fri 6pm to 10pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm

St. John the Compassionate Mission: Broadview Drop-in (155 Broadview Ave.) Tues 5am to 9am, Wed 5am to 5:30pm, Thurs & Fri 5am to 4pm, Sat 9am to 1pm

Friends of Ruby (489 Queen St. E. - LGBTQ2S+ youth, 16 to 29) Mon to Fri 1:30 to 4:30pm (*Tues is BIPOC day)

Clothing

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

All Saints Church Community Centre (315 Dundas St. E.) Mon to Thurs 8am to 3pm – Emergency clothing available

The 519 (519 Church St. – general population, LGBTQ2S+) Mon to Fri 1 pm & 4pm, Sat & Sun - 12:30pm, Emergency Clothing

Evangel Hall Mission (552 Adelaide St. W) Mon to Thurs 10am to 12:30 pm

◆ Most information found at TDIN.ca ◆

COVID-19 Resource Guide

A basic resource list put together by the folks at The Redeemer's Common Table Drop-in (May 26th, 2020)

Meals To-go

The Stop Community Food Center (1884 Davenport Rd.) Breakfast: Mon, Tues, Thurs, & Fri 9 to 10am, Lunch: Mon, Tues, Thurs & Fri 12 to 1pm

Our Place Community of Hope (1183 Davenport Rd – Adults who self-identify as living with mental illness) Meals: Tues to Fri, 2 to 5pm

Davenport-Perth Neighbourhood and Community Health Center (1900 Davenport Rd) Meals: Mon & Weds, 5 to 7pm

Native Child and Family Services of Toronto: Native Youth Resource Centre (655 Bloor St. W. – Indigenous youth, 16 to 24) Breakfast: Mon to Fri, 10am, Lunch: Mon to Fri, 12 to 1pm, Dinner: Mon to Sat, 5 to 6pm, Brunch: Sat, 1 to 2pm

Good Shepherd Ministries (412 Queen St. E.) Meals: 7days/week, 2 to 4pm

The 519 (519 Church St. – general population, LGBTQ2S+) Lunch: Mon to Fri 1 to 2:30pm, Sat & Sun - 12:30pm, Dinner: Mon to Fri 4 to 5:30 pm

Yonge Street Mission (YSM): Evergreen Centre for Youth (365 Spadina Ave. – youth, 16 – 24) Meals: Mon to Fri, 12 to 4:30pm

St. Stephen-in-the-Fields (103 Bellevue Ave) Meals: Fri, 6 to 10pm, Breakfast: Sat & Sun, 7 to 8:30am

Church of the Holy Trinity (19 Trinity Square) Lunch: Mon to Fri, 11am to 1pm

St. James Cathedral (65 Church St.) Meals: Tues & Fri 1:30 to 3:30pm

Toronto Council Fire Native Cultural Centre: The Gathering Place (439 Dundas St. E.) Breakfast: 7days/week 9am, Lunch: Mon to Thurs, & Sun, 12 to 12:30pm, Fri & Sat 1 to 1:30, Dinner: Mon to Thurs 3:15 to 3:45

Margaret's Drop-in (323 Dundas St. E.) Breakfast: 7days/week 7 – 8:30am, Lunch: 7days/week 10:30am to 12pm, Dinner: 7days/week 6:30 to 7:30pm

All Saints Church Community Centre (315 Dundas St. E. – general population, women and trans-identified Sex Workers) Breakfast for women & trans-identified sex workers (& harm reduction kits): Fri 8 to 10:30am (distributed in parking lot) Meals (general pop.): Mon, Tues & Thurs 8am to 3pm, Wed 10:30 to 3pm, Fri 10:30 to 11am
South Riverdale Community Health Centre (955 Queen St. E.) Meals: Mon to Fri 10am to 5pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Breakfast: Mon to Fri, & Sun 8 to 11:30 am

Haven Toronto (170 Jarvis St. – men, 50+) Breakfast: 7days/week, 8:15 to 9:15am, Lunch: 7days/week, 12:15 to 1:15pm

Fontbonne Ministries: Mustard Seed Drop-in (791 Queen St. E.) Lunch: Fri, Sat, & Sun 11:30am to 1pm

Parkdale Activity-Recreation Centre (1499 Queen St. W.) Breakfast & Lunch: Mon to Thurs, 9:15 to 10:15am, Fri, 1 – 2pm, Sat & Sun, 11:15 to 12:15

Fred Victor: Women's 24/7 Drop-in (67 Adelaide St. E. – women & trans identified) Breakfast: 7days/week, 9 to 10am, Lunch: 7days/week 12 – 12:45pm, Dinner: 7days/week 6 – 7 pm

Fred Victor: CRC Drop-in (40 Oak St.) Breakfast: Mon & Fri 9 to 10am, Lunch: Mon, Tues, Thurs, Fri 12 – 1pm, Sun 11:30am to 1pm, Dinner: Sat 5 to 6pm

Fred Victor: Open House Drop-in (145 Queen St. E.) Meals Mon-Fri, 12 to 4pm

Woodgreen Community Services (650 Queen St. E.) Meals: Tues 11am to 1pm

Seeds of Hope (6 St. Joseph St.) Meals: Tues & Thurs 1 to 5pm

St. Basile Catholic Parish (50 St. Joseph St.) Meals: Tues & Thurs 11 to 12pm, Sun 3 – 4pm

Christ Church Deer Park (1570 Yonge St.) - Breakfast 1st, 3rd, 4th, & 5th Sat 8 – 930am, Lunch: Wed 12 to 1:30pm

St. John the Compassionate: Broadview Drop-in (155 Broadview ave) Meals: Tues 5am to 9am, Wed to Fri 5am to 4pm, Sat 5am

Church of the Redeemer – The Common Table (162 Bloor St. W.) Lunch: Mon to Fri 10 to 11:30am

St. Felix Centre (25 Augusta Ave) Breakfast: 7 days/week, 7 to 9am, Lunch: 7days/week, 11:30am to 1pm, Dinner: 7 d/w, 5 to 6:30pm

Christie Ossington Neighbourhood Centre Drop-in (854 Bloor St. W) Meals: Mon to Sat 10am to 12pm

Evangel Hall Mission (552 Adelaide St. W) Lunch: Mon to Thurs 10am to 12:30 pm

Phone Access

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30om, Sat & Sun 11am to 3pm

Margaret's Drop-in (323 Dundas St. E.)

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

All Saints Church Community Centre (315 Dundas St. E) Mon to Thurs 8am to 3pm

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave.) Mon to Fri 8 am to 11:30 am, Sun 8 to 11:30am

Church of the Redeemer – The Common Table (162 Bloor St. W.) Mon to Fri 10 to 11:30am

South Riverdale Community Health Centre (955 Queen St. E) Mon to Fri 10am to 5pm

Central Intake/Shelter

In-person services at 129 Peter St. are temporarily closed. To access shelter services (intake and referral), call Central Intake at 416-338-4766 or 1-877-338-4766

Food Bank

To find your nearest food bank, call 416-203-0050 (The Daily Bread) or 211

For **HARM REDUCTION** services, search "supervised consumption sites" or "harm reduction" at Toronto.ca, or call 211

Laundry

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

Weston King Neighbourhood Centre (2017 Weston Rd.) Mon to Sat 9am to 3pm (by appointment)

Showers

Parkdale Activity-Recreation Centre (1499 Queen St. W. – open to homeless individuals only) Mon to Thurs 9am to 1pm, Fri 12:30 to 4:30om, Sat & Sun 11am to 3pm

Sanctuary (25 Charles St. E. – 5 people at a time in the drop-in) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

Evangel Hall Mission (552 Adelaide St. W) Mon to Thurs - 9am to 12:30 pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Tues & Wed 11:30 to 4pm, Thurs, Fri, & Sat 10am to 4pm

Weston King Neighbourhood Centre (2017 Weston Rd.) Mon to Sat 9am to 3pm - Showers by appointment

Margaret's Drop-in (323 Dundas St. E) 7days /week – from 6:45 to 10:45 am & 11am to 12pm

Harrison Pool (15 Stephanie St) Tues to Sat 8 am to 3:30pm (last shower at 3pm)

Wallace Emerson Community Centre (1260 Dufferin St) Sun to Thurs 10am to 5:30pm (last shower at 5pm)

Regent Park Community Centre (402 Shuter St.) Sun to Thurs 10am to 5:30pm (last shower at 5pm)

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave. – showers emergency only) Mon to Fri 8 am to 11:30 am

Lampart Stadium (1155 King St. W) Sun to Thurs 8am to 3:30pm (last shower at 3pm)

Amesbury Arena (155 Culford Rd.) Sun to Thurs 10am to 5pm (last shower 4:30 pm)

From the Kitchen of Our Place

Kristel's Turon (Banana Lumpia with Caramel)

Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 6 people

Ingredients:

- 6 pieces bananas or plantains, cut in half (lengthwise)
- 1 cup jackfruit, sliced (optional)
- 1 ½ cup sugar
- 12 pieces lumpia wrapper (spring roll)
- 2 cups cooking oil



Instructions:

1. Roll the banana on the sugar plate and ensure the banana is coated with enough sugar.
2. Place the banana with sugar coating in the spring roll wrapper and add some ripe jackfruit.
3. Fold and lock the spring roll wrapper, use water to seal the edge
4. In a pan, heat the oil and put-in some sugar. Wait until the brown sugar floats.
5. Put-in the wrapped banana and fry until the wrapper turns golden brown and the extra sugar sticks on wrapper
6. Serve hot as a dessert or a snack.

Enjoy!

Jeanne's Minestrone Salad

Ingredients

- 1.5 cups fingerling or baby red potatoes
- 1 cup green beans, cut in half
- 2 cups asparagus, trimmed and cut into 1-inch pieces
- 2 cups gemelli or tubetti (or any short pasta you choose)
- 1/2 cup pesto
- one 15 1/2-ounce can cannellini beans (drained and rinsed)
- one 6-ounce jar roasted peppers, sliced into strips
- salt and pepper to taste

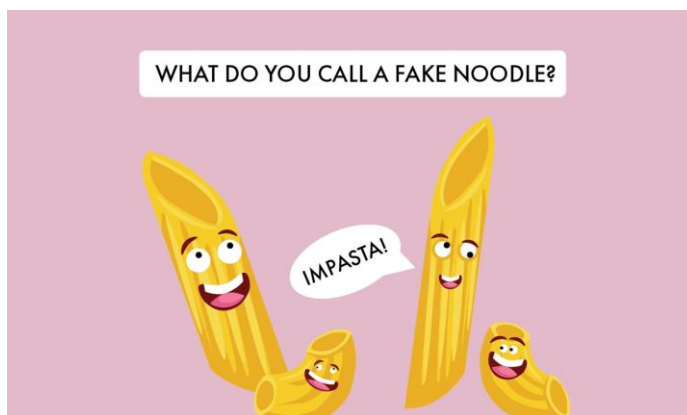
Preparation

1. Place **12 ounces fingerling or baby red potatoes** in a medium saucepan and cover with cold water. Bring to a boil and cook until the potatoes are tender when pierced with a fork, about 10 minutes. Spread them out on a baking sheet to cool, then slice the potatoes into 1/2-inch coins.

2. Bring a large pot of water to a boil and add 1 teaspoon salt. Prepare a bowl of ice water. Add **1 cup green beans, cut in half**, and **2 cups asparagus, trimmed and cut into 1-inch pieces** so they're about the size of the pasta you're using, and blanch the vegetables just until they're bright green, 1 to 2 minutes. Scoop the vegetables out of the hot water with a spider or a strainer, rinse them with cold water, and submerge them in the ice water until completely cool, then drain, pat dry, and set aside.

3. Add **2 cups gemelli or tubetti (or any short pasta you choose)** to the boiling water and cook until al dente. Drain the pasta and put it in a large bowl to cool a bit.

4. Toss in the potatoes, asparagus, green beans, **1/2 cup pesto**, **one 15 1/2-ounce can cannellini beans (drained and rinsed)**, **one 6-ounce jar roasted peppers, sliced into strips**, and **salt and pepper to taste**. If preparing ahead of time, combine all of the ingredients 1 to 2 hours before serving.



Natasha's Scrambled Eggs with a Kick

Ingredients

Scrambled Eggs

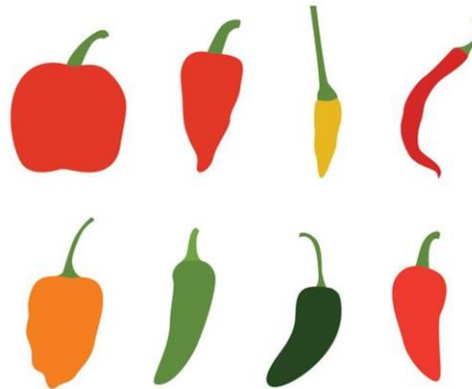
- 3 green onion stalks, chopped
- 1 bell pepper, chopped
- ¼ jalapeño, seeds removed, chopped (optional - if you don't like spice, don't use!)
- ¾ can of black beans, rinsed and drained
- 6 eggs, beaten
- 1/3 cup grated cheese
- Salt and pepper to taste

Toppings

- ½ cup grated cheese
- Salsa
- Sour cream
- Hot sauce of your choice (optional)
- Avocado, pitted and chopped

Base

- Soft Tortillas



Instructions

1. Heat oil in large skillet. Add onion, peppers, jalapeños & black beans. Stir until peppers are cooked.
2. Add beaten eggs, salt and pepper, mix and stir frequently until eggs are cooked.
3. Heat tortillas in the oven or in separate pan until lightly browned (if you like them crispy, brush with oil and heat for longer).
4. Stack scrambled eggs on top of tortillas and top with cheese, salsa, sour cream, avocado and hot sauce. Serves 4.

Enjoy!

Alanna's Bruchetta

Ingredients

FOR THE TOMATOES

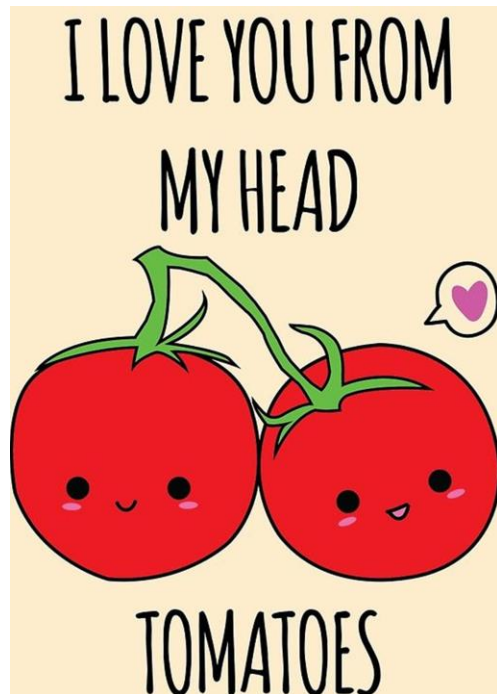
- 4 tbsp. extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- 4 large tomatoes, diced
- 1/4 c. thinly sliced basil
- 2 tbsp. balsamic vinegar
- 1 tsp. kosher salt
- Pinch of crushed red pepper flakes

FOR THE BREAD

- large baguette, sliced 1/4" thick on the bias
- Extra-virgin olive oil, for brushing
- cloves garlic, halved

Instructions

1. Make marinated tomatoes: In a medium skillet over medium-low heat, heat oil. Add garlic and cook until lightly golden, 2 to 4 minutes, then remove from heat and let cool.
2. In a large bowl, toss together tomatoes, basil, vinegar, salt, and red pepper flakes. Add garlic and oil from skillet and toss to combine. Let marinate for at least 30 minutes.
3. Meanwhile, toast bread: Preheat oven to 400°. Brush bread on both sides lightly with oil and place on large baking sheet. Toast bread until golden, 10 to 15 minutes, turning halfway through. Let bread cool for 5 minutes, then rub tops of bread with halved garlic cloves.
4. Spoon tomatoes on top of bread just before serving.



12 Free Things to Do in Toronto This Summer!

1. Relax under one of the iconic pink umbrellas of Sugar Beach (11 Dockside Drive) for a beach getaway that you don't have to leave the city for.
2. Take a hike through the Scarborough Bluffs for a great view of Lake Ontario!
3. Check out the BIG on Bloor Festival from now until September 22. Art and installations will be scattered throughout the Bloordale neighbourhood; going along Bloor Street West, starting from Dufferin and continuing along to Lansdowne.
4. Go to the AGO on Wednesdays for free admission between 6 and 9pm.
5. Visit Toronto Botanical Garden - 777 Lawrence Avenue East – for a little escape into nature and spend the day amongst the flowers.
6. Take a stroll through the colorful Kensington Market. They have a really cool Flea & Artisan Market on Saturday and Sundays, 11am-6pm.
7. Check out the Evergreen Brick Works Farmers Market every Saturday from 8am- 1pm
8. Explore the world of historical ceramics at the Gardiner Museum (111 Queen's Park). This summer, admission is free every weekend!
9. Take a free yoga class in Trillium Park (955 Lake Shore Blvd W.) on Saturday at 10am and Sunday at 11am. Bring your own mat.
10. Go and say 'hi' to the animals in the High Park Zoo (Deer Pen Rd.). They are open every day from 7am to dusk.
11. Admire the awesome graffiti in Graffiti Alley – located in the back-alley between Spadina and Portland Street in the Queen Street West neighborhood.
12. Color a Mandala...

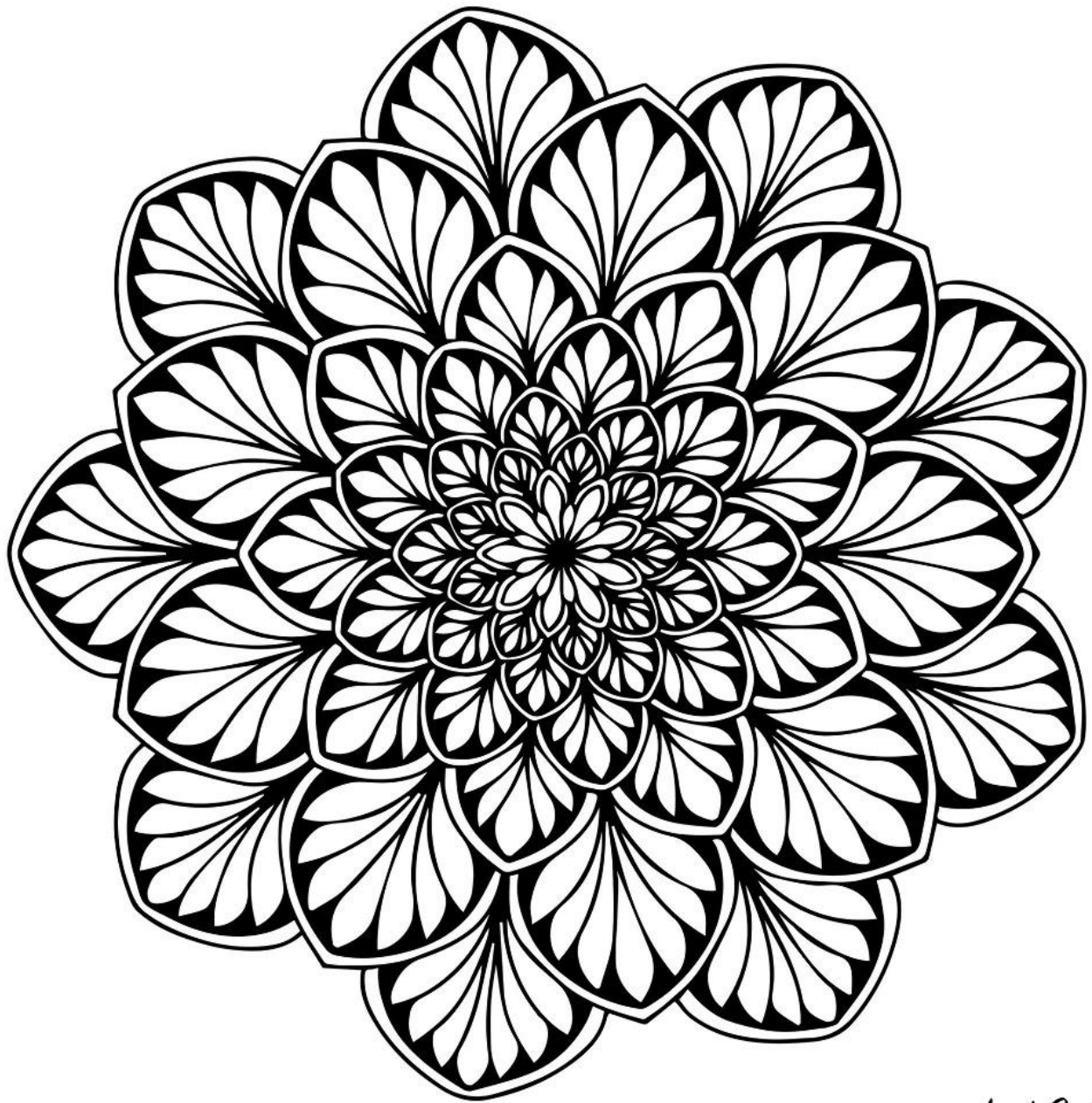
Coloring Mandalas

(<https://www.color-meanings.com/benefits-coloring-mandalas/>)

Coloring is often thought of as an activity for children. However, more and more research is finding it is beneficial to adults too – in particular the stress reduction benefits of coloring of mandalas.

According to a Harvard doctor named Dr. Herbert Benson, coloring mandalas leads to a relaxation response due to repetitive movement that requires us to put aside thoughts that arise and return to the point of focus or repetition.

So grab your crayons, pencils, paints or felts and give it a shot...



Just Color

Word Search

★ Dreams

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S U D D E N N I G H T M A R E
D R R E B A E F R E Q U E N T
M I E N G R K I S E U G A V O
S C E P F T A E N T S W E A T
L O D E R C W I M A G I N E O
E N A R M E A P N L F E A R T
E F F S A N S W E R S A R I C
P U E P L E A S A N T D B T I
W S D I R O N F I H A A L L D
A I U R E E F J U O H C I U E
L N E E M O H N O A N H O T R
K G R I E N E T G Y I L S S P
I O F Z M M G E A N A U T I M
N E O S B P N E D E O B O P L
G D E C E A A E N I R E L V E
R U C E R N R F R L Y B I E N
C H A R A C T E R T H E B E D
I R D M E S S A G E R E A M S

FADE
FEAR
FREQUENT
FREUD
HABIT
HINDER
IMAGINE
LATE
LOUD
MESSAGE
NIGHTMARE
PERSPIRE
PLEASANT
PREDICT
RECUR
REMEMBER
REPRESSION
SERIOUS
SLEEPWALKING
STRANGE
SUDDEN
SWEAT
VAGUE

ANSWERS
AWAKEN
BED

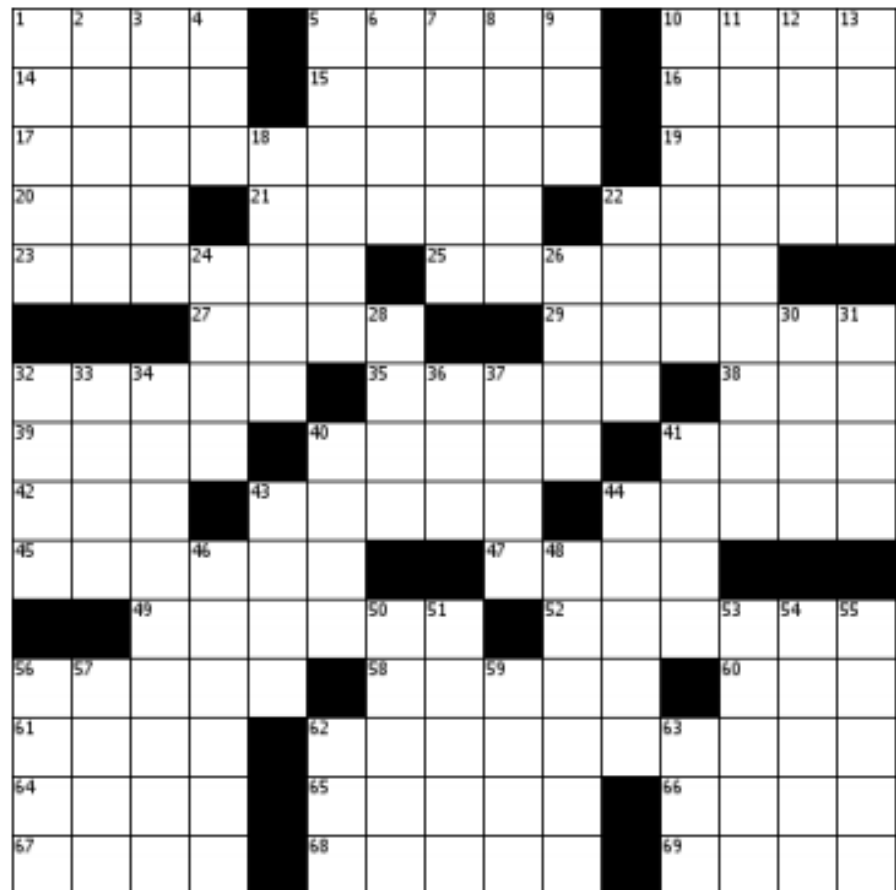
BRAIN
BREATHE
CHARACTER

CONFUSING
DOZE OFF
ENJOYABLE

Crossword Puzzle

Across

1. Darn it!
5. Excuse
10. Mormon State
14. Sunburn remedy
15. Make merry
16. Fodder tower
17. 100th anniversary
19. Prayer's end
20. Before, in poems
21. Misplaces
22. Chubby
23. Walk leisurely
25. Pilfers
27. Garden plots
29. Ironed fold
32. Baseball great Hank _____
35. Malicious looks
38. Struggle
39. Enlightened one's words (2 wds.)
40. Louisiana marsh
41. Inform
42. "Viva _____ Vegas"
43. Consumed
44. Bakery items
45. Type of staircase
47. Stocking mishap
49. Most painful
52. Preoccupy
56. Sum
58. Of sound
60. School org.
61. Lamenting cry
62. Unfriendly
64. Tenant's monthly bill
65. Pebble
66. Peak
67. Cooking vessels
68. Rabbits' kin
69. Recipe units (abbr.)



Down

1. Track events
2. Warn
3. Copier's need
4. Tennis term
5. Mr. Schwarzenegger
6. Contact _____
7. Climbing plants
8. Creature
9. Sick
10. Functional
11. Modern convenience
12. Pub offerings
13. Whetstone
18. Actress _____
DeGeneres
22. Boat paddles
24. Musical instrument
26. Light brown
28. Narrow board
30. River deposit
31. Elongated fish
32. Is sick
33. Urgent acronym
34. Water _____ (like
some watches)
36. Hurricane center
37. Ages and ages
40. Hay bundle
41. Stickers
43. James _____ Jones
44. Prohibition
46. Uses the oven
48. Sounds
50. Yule visitor
51. Private teacher
53. Heroic poems
54. Postage sticker
55. Bargain events
56. Canvas cover
57. Butter alternative
59. Eat
62. Fire residue
63. Puma, e.g.