



OUR PLACE

Community of Hope

October 2020 NEWSLETTER

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1183 Davenport Road | 416-598-2919 | info@ourplacecommunityofhope.com |

www.ourplacecommunityofhope.com

OUR PLACE OCTOBER BIRTHDAYS

Peter C – October 3rd

Caroline M – October 18th

Louis W – October 6th

Suzanne L – October 22nd

Patrick M – October 9th

Linda R – October 27th

Eric T – October 12th

Nicola G – October 27th

Jeff G – October 13th

Nancy L – October 30th

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

FAMOUS OCTOBER BIRTHDAYS

Hugh Jackman – October 2nd

Simon Cowell – October 7th

Matt Damon & Bruno Mars – October 8th

Tim Robins – October 16th

Eminem – October 17th

Zac Efron – October 18th

Snoop Dog - October 20th

Carrie Fisher & Kim Kardashian – October 21st

Ryan Reynolds – October 23rd

Drake – October 24th

Julia Roberts - October 26



Program Updates from Our Place

We were so excited to re-open in September and then the number of COVID-19 cases started to climb and we had to change our plans...

Drop-In

For most of September, we had an outdoor drop-in and held programs and meals out there. The weather cooperated and it was so nice to hang out, physically-distanced, and enjoy the beautiful Fall air.

We are going to continue this into October, as long as the weather permits. We are taking it day-by-day so please check the website and/or Facebook page for daily updates or give us a call at (416) 598-2919 to see if the outdoor drop-in will be open.

To come into the outdoor drop-in area, you will need to be screened, wear a mask, use hand sanitizer and maintain a safe physical distance from others. You are welcome to enjoy the Our Place meal when served at 2:00pm but no outside food or drink is allowed (to encourage mask-wearing).

Meals

Meals will continue Monday-Friday between 2:00pm and 5:00pm. To make sure that everyone gets a meal, we are not able to give more than one meal per person. Seconds will only be given between 4:45pm and 5:00pm, *if we have enough*. Seconds are not guaranteed.

Virtual Programs

Virtual programs will continue (see below). We are able to set a limited number of people up inside the centre to participate in the online programs with our computers but you need to register ahead of time and must wear a mask while inside.



Clothing Give-a-Way

We are holding another clothing give-a-way outdoors on Wednesday, October 14th between 1:00pm and 4:00 pm.



happy fall

OCTOBER PROGRAM CALENDAR

<div>  OUR PLACE PROGRAMS October 1-9  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TO-GO MEALS 2-5 OUTDOOR DROP-IN 12:30-3:30 Current Events 1-2:00 Appointments to use computer/Wi-Fi/phone 12:00-4:30 	TO-GO MEALS 2-5 OUTDOOR DROP-IN 12:30-3:30 Painting 1-3  Appointments to use computer/Wi-Fi/phone 12:00-4:30 	TO-GO MEALS 2-5 OUTDOOR DROP-IN 12:30-3:30 Trivia 1-2 Appointments to use computer/Wi-Fi/phone 12:00-2:00 VIRTUAL PROGRAM Peer Support 2:30-3:30	TO-GO MEALS 2-5 OUTDOOR DROP-IN 12:30-3:30 Name That Tune 1-2  Appointments to use computer/Wi-Fi/phone 12:00-2:00 VIRTUAL PROGRAM Anger Management Women: 2:30 Men: 3:30	TO-GO MEALS 2-5 OUTDOOR DROP-IN 12:30-3:30 Painting 1-3  Appointments to use computer/Wi-Fi/phone 12:00-1:00 & 3:00-4:30 VIRTUAL PROGRAM Writing Group w/Peter 1:30- 2:30
To Go Meals * Anyone welcome! * Seconds not served until after 4:45 & are not guaranteed * If you have a dietary restriction, please call before noon.	Outdoor Drop-In * Weather-permitting * 15 people at a time * Everyone will be screened & must wear a mask * Physical distancing please!	Individual Appointments * Please book with staff * Everyone will be screened & must wear a mask. * Please practice physical distancing	Virtual Programs * All virtual programs use Zoom * See staff for sign-up information * If you need help downloading Zoom/learning how to use it, just ask us! * If you do not have a computer/phone/internet, let us know. We can allow 2 people in to use our computers and participate.	

NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.

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Virtual (Online) Programs

Peer Support Group – Wednesdays at 2:30pm

These meetings are a time to connect with others for support, encouragement, and hope. We'll learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try to have a better life. There will be a different topic each week. Input on future topics is more than welcome.

These meetings are open to everyone.

Writing Group – Fridays at 1:30pm

Writing Group is back up-and-running! Join our volunteer Peter (professional journalist!) for a time to connect with others, build friendships and get creative together.

There are some known benefits to being a part of a Writing Group:

- Writing and sharing helps to process emotions.
- Helps us to gain perspective about ourselves and others.
- Offers you support and encouragement.
- Gives you a voice – experience the power of reading your words out loud, helping you to develop and strengthen your voice.
- Inspiration – gives you the opportunity to hear what others have wrote, ask them questions, share ideas and brainstorm.
- Motivation – Knowing you are meeting with others weekly will motivate you to write during the week.

Please let staff know if you would like to sign up. If you don't have access to a computer, you can always phone in or we can set you up at the centre.

Everyone is welcome to join in and no experience is necessary!

Anger Management

The virtual Anger Management course continues for anyone who is interested. It is free of charge and will be offered virtually (on Zoom). As with Writing Group, if you do not have access to a computer, you are welcome to phone in or take the courses with an Our Place laptop. Speak to staff for more information.

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-judgmental space for individuals to explore their emotions and find new ways to grow.

When: Every Thursday. The Women's Group will meet at 2:30pm and Men's Group at 3:30pm.

Where: Zoom (through your phone or computer or a computer at the centre – *see staff for more information*).

To Sign Up: Email info@ourplacecommunityofhope.com or call the Our Place office- (416) 5982919. To complete your registration, Tia or Clarence will call you to introduce themselves and have a quick chat with you.

Free Rapid-Access Psychotherapy!

St. Michael's Homes is temporarily expanding their existing Psychotherapy program. They will be working with ten Student Therapists through to March 31, 2021 and are looking for clients ages 18 and up.

Sessions can be done by phone, tablet, or computer and in-person sessions will begin when conditions permit.

This is a great opportunity to access **free** one-to-one psychotherapy (up to 16 sessions per person).

Please let the staff at Our Place know if you would like to register.

Other Virtual Programs to Come...

Please let us know if you have any ideas for virtual programs.

Thanksgiving



Gratitude

This year has been difficult and unprecedented, as we have all tried to navigate a path through the pandemic.

Usually at this time, we would gather together and reflect on what we are grateful for. While Covid is preventing us from being together, it can't stop us from finding things to be thankful for.

The National Alliance on Mental Illness reports that people who practice gratitude ...

- * Are more generous and helpful
- * Are more likely to offer emotional support
- * Have improved immune function
- * Have lowered risk for major depression, generalized anxiety disorder and substance dependence and abuse
- * Demonstrate an improved ability to cope with stress
- * Are more willing to forgive others

This Fall, despite all of the hardships the year has brought, let's all challenge ourselves to sit down and come up with a few things that we have to be thankful for.

We already have one thing on our list... we are thankful to know you!

Our Place Thanksgiving Programs

- * We will be serving a Turkey Dinner on Friday, October 9th between 2pm and 5pm. Please note we can only give *one meal per person*.
- * The week of October 5th, write down what you're thankful for and enter to win a \$20 Tim Horton Gift Cards.
- * The drop-in, meals and programs will be closed on Monday, October 12th but we will be back on Tuesday, October 13th.



HALLOWEEN FESTIVITIES

Halloween Guessing Contest. Guess the Number of Chocolates between Monday, October 26th and Wednesday, October 28th. The person with the closest guess will win the giant jar of goodies. Winner will be announced Thursday, October 29th. *One guess per person, per day.*

Trick-or-Treat! Ring the doorbell between 2:00pm and 5:00pm to get some Halloween candy.

Halloween Costumes. Wear your Halloween costume when you come for your To Go meal and get a special treat!



Introducing... June

Hi everybody!

You may have met me already, and if not I'm looking forward to meeting you soon.

My name is June, and I'm a Social Work student at York University. I'll be doing my placement here at Our Place until the spring.

A little bit about me: I grew up in Edmonton, Alberta, so I'm looking forward to the nice warm winters here, ha ha. My favourite colour is green, I love it so much that I even dye my hair green sometimes!

I am passionate about facilitating workshops on consent and sexual health, which often include information on respecting people of 2SLGBTQ+ identities.

Please feel free to chat with me and ask me any questions you may have.

Stay safe,
June

MYTORONTO Photo Contest

Ve'ahavta is leading a photography contest in October to encourage people dealing with poverty express themselves through photography. Entry to the contest is FREE and no experience is necessary.

Between October 19th and 26th, submit up to 10 of your photos that showcase Toronto's beauty for a chance to win cash prizes! Photos will be sent in through an app (MyToronto) with login information provided by Ve'ahavta.

A smart phone is needed to participate. If you don't have one you may be able to receive one for free -- until the supplies run out. A phone can be requested when registering for the contest by stating that one is needed.

To register: Email your name and contact information (email or phone) to mytoinfo@veahavta.org or call (416) 964-7698. Please let us know if you want help registering for the contest or submitting photos.



Community Updates

* Second Wave

Prime Minister Justin Trudeau addressed the nation about rising case numbers of COVID-19 and says the second wave is under way.

Ontario's premier Doug Ford will be announcing the plan for Ontario's approach to the second wave on Monday, October 5th.

While we can't change today's number of cases, we can change how things look through the fall and heading into winter by:

- Continuing to wear masks
- Using the COVID-19 Alert app
- Keep your social circle small
- Get your flu shot
- Wash your hands!

* COVID-19 Temporary Benefits

The Canada Recovery Benefit (CRB):

- Will provide \$500 per week for up to 26 weeks
- Will cover workers who are self-employed or are not eligible for EI, and who still need support
- Will support Canadians who have not returned due to COVID-19 or whose income has dropped by at least 50%

The Canada Recovery Sickness Benefit (CRSB):

- \$500 per week for up to two weeks for workers who are sick or must self-isolate for reasons related to COVID-19

The Canada Recovery Caregiving Benefit (CRCB):

- \$500 per week for up to 26 weeks per household or eligible Canadians unable to work because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19 or because the child or family member is sick and/or required to quarantine

Canadians will be able to apply for the CRB, CRSB, and CRCB through the Canada Revenue Agency (CRA) for one year, up until September 25, 2021.

* Voluntary Self-Isolation Centre

Toronto Public Health is establishing a voluntary self-isolation centre for those who test positive for COVID and don't have the opportunity to self-isolate due to their living situation. For more information, contact Toronto Public Health at (416) 338-7600.

* **COVID-19 Testing**

- Up to 60 pharmacies in Ontario will begin offering COVID-19 testing at pharmacies for those who do not have symptoms. It will be by appointment only, with further locations coming online in the coming weeks.
- Women's College, Mount Sinai and University Health Network—Toronto Western Hospital assessment centres will be offering saliva testing. More assessment centres will offer this less invasive method in the coming weeks, giving Ontarians more options to access testing for COVID-19.
- FYI: with current capacity of more than 40,000 daily tests, Ontario has been processing an average of 39,500 tests per day over the past seven days and is working on building testing surge capacity.
- Canada has just approved a new rapid COVID-19 test for use in coming weeks. The new nasal swab will deliver results within minutes.
- Ontario will be limiting COVID-19 testing at assessment centres to only those experiencing symptoms, vulnerable populations and contacts of known cases, in order to reduce ongoing lineups and backlogs.

* **COVID-19 Restrictions**

Reverting back to Stage 1 or 2? At a news conference on Thursday, October 1st, Ontario's Chief Medical Officer of Health, Dr. David Williams said the province may be forced to impose more restrictions from Stage 2 and even Stage 1 in order to slow the spread of COVID-19. However, it will be a targeted and regional approach if and when a decision is made to force more businesses to close.

Restaurants - On September 30th, Toronto City Council passed a motion to lower restaurant capacity limits indoors from 100 to 75, the number of people at a table be reduced to no more than six, contact information be gathered from every patron, and background music be lowered to no louder than a normal conversation.

Other commercial Settings - City council voted in favour of a motion that directs Dr. de Villa to "consider any additional measures that may be required to maintain a COVID-19 reproduction rate below 1.0", including gyms and other commercial settings.

- * The **Out of the Cold Program** has unfortunately been discontinued for 2020/2021. The Dixon Hall site, at 188 Carlton, will become a year-round permanent shelter space. Please let us know if you or someone you know is concerned about shelter during the winter or any time throughout the year.

- * **PAID ID Clinic** is open to application over the phone – 416-691-4707.

- * **Court Services** for municipal offences reopened on September 14th. Call 416-338-7320 to book an appointment if you are wanting to dispute a ticket and request a trial.
 - * **TTC**
 Presto Card – if you need one, please let us know. We have a limited amount that do not require an activation fee. You will still need to load it and register it online (if you want).
 Tokens – TTC still accepts tokens!
 - * **Rights for Encampment Residents.** If you're wanting to know your rights when it comes to police and/or security guards in an encampment dwelling, please talk to drop-in staff. The Ontario Coalition Against Poverty (OCAP) has a really great resource that we can give you and we would be happy to put you in touch with someone who can help if you have experienced police illegally entering your tent and/or other abuses in encampments. You can also contact OCAP directly at 416-925-6939.
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Things to Do in October

- **BigArtTO.** Walk or bike by the art installations being projected outdoors, 8pm to 11pm on the following dates:
 - September 30th to October 3rd, walk or bike by an art installation being projected on the long-abandoned Canada Malting Co. Plant.
 - October 21st to October 24th at the Donald D. Sommerville Olympic Pool.
- **Check out the Fall Colours.** Take a walk through these parks that are beginning to give off fall splendor, showcasing trees covered in yellow, red and orange leaves:
 - Edward Gardens (southwest corner of Leslie Street and Lawrence Avenue East)
 - Sunnybrook Park (1132 Leslie Street, North York)
 - Trinity Bellwoods (790 Queen St. West)
- **Nuit Blanche.** The 15th annual Nuit Blanche Toronto is delivering a special online edition this year to ensure the safety of attendees and artists during the pandemic. Check it out online, Sunset to Sunrise – 7pm to 7am.
- **Queer Online Music Festival.** Stream for free October 1-18. Register at www.musicgallery.org/live
- **The Resounding Concert.** Free Livestream concert featuring Meryl Streep, Buffy Sainte-Marie, Lang Lang, Sondra Radvanovsky, Jan Lisiecki, Zakir Hussain, James Ehnes, Alex Cuba, Daniel Hope and others. October 24th at 8:00pm. RSVP at <https://www.rcmusic.com/giving/gala-events/the-resounding-concert>
- **Downsview Natural Heritage Walk.** Free on Tuesday, October 27, 10:00am-11:30am. Register at Eventbrite.ca.

Coping with Loneliness

Many studies have found there is a significant association between social isolation and loneliness and poorer mental health outcomes, highlighting the importance of taking care of your mental health during times of decreased social interactions.

It is totally normal to feel more stressed out when you're spending more time indoors and interacting less with others, especially when that is added to the underlying stress of living in a pandemic.

Below are some strategies you can try to cope with loneliness and promote mental well-being:

- **Stay in virtual contact.** Join an online group or connect with others by Skype, Facetime, email, text, etc.
- **Structure your day.** Try to stick to a routine by getting up at the same time every day and having meals at a regular time. This can help to make you feel more settled and bring back a sense of normality.
- **Reach out for help.** If you are struggling, speak to a friend, family member, doctor, helpline, or give us a call. We would be happy to hear from you! See page 15 for a list of support and/or crisis contacts.
- **Distract yourself.** Keep yourself busy by finding little projects to work on or activities you enjoy doing that will distract you from current events and reduce boredom.
- **Take care of yourself.** Make your health a priority by ensuring you are getting sleep, exercising and following a healthy diet.



FIRE SAFETY



Toronto Fire Services Invites You to Team Up With Us To Make Sure You and Your Family Stay Safe.

PREVENTION

Check your home for hazards and eliminate them. Most home fires are still caused by careless cooking, smoking and candle use.

DETECTION

Working smoke alarms are so important, it's the law to have them on every storey of your home and outside sleeping areas.

ESCAPE

Plan your escape with two ways out of every room, practise your plan and pick a meeting place in front of your home.

There is so much more you need to know to make sure your family stays safe. Please contact your local Fire Station, Fire Prevention/

Public Education office, call Access Toronto at 416-338-0338 or visit www.toronto.ca/fire

Fire Safety Tips



Working smoke alarms will provide you with the early warning you will need to escape a fire. Install them and make sure the batteries are replaced at least once a year.



Install carbon monoxide alarms near all sleeping areas.



Stay in the kitchen while cooking, keep the stove area clear and keep a pot lid handy to "Put a Lid on It" if a fire starts in a pan.



In case of fire, get out and call 911 immediately.



Pull to the right and stop when you see emergency vehicle lights and hear sirens—every second counts.



Blow out all candles before leaving the room or going to bed. Use sturdy holders and keep candles up and away from children and pets.



Keep matches and lighters up out of sight and reach of children



Ensure cigarettes are stubbed out and empty only cold cigarette butts in the trash.




Use power bars with built-in circuit breakers, never use damaged cords and keep heaters away from things that can burn.





Excessive drinking contributes to fatal fires—watch anyone in your home who drinks excessively and then smokes or cooks.


How to Prevent Fires





1  **If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.

2  **Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off heaters when you leave or go to bed.


3  **Stay in the kitchen when frying food.** Never leave cooking unattended. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.

4  **Stop, drop, and roll.** If your clothes catch on fire stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

5  **Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, use interconnected alarms so when one sounds, they all sound. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.

6  **Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.

7 Know your local emergency number. Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone.

8  **Plan your escape around your abilities.** Have a telephone near your bed in case you are trapped by smoke or fire. Have other necessary items near your bed, such as medications, glasses, wheel chair, walker, scooter, or cane.

Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
2. Canada Suicide Prevention Helpline: **1-833-456-4566**
3. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
4. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
5. 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.
6. 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.
7. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
8. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
9. 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.

Open Drop-ins

Parkdale Activity-Recreation Centre (1499 Queen St. W. – 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.) 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 7:30 to 11:30 am, Sun 8 to 11:30am

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

St. John the Compassionate: Broadview Drop-in (155 Broadview ave) Tues 5 to 11am, Wed to Fri 5am to 4pm, Sat 5am to 2pm

Friends of Ruby (489 Queen St. E. - LGBTQI2S+ youth, 16 to 29) Mon to Fri 1:30 to 4:30pm

Margaret's (323 Dundas St. E) 7dlw- 7am to 7pm

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

Covenant House (20 Gerrard St. E, Youth 16-26) Mon to Fri 12 to 5pm *To access, call first: 416-598-4898

The 519 (519 Church St. LGBTQI2S+, gen. pop.) *by appointment only call for info: 416-392-6874

All Saints Church Community Centre (315 Dundas St. E) Mon, Tues, & Thurs 8a - 3pm, Wed 11a - 3pm

Fred Victor CRC Drop-in (40 Oak St.) Mon 10:30-11:30am, Tues & Thurs 9-11:30 am, Wed 9a-1:15pm

Our Place Community of Hope (1183 Davenport Rd) * by appointment only: 416-598-2919, Mon-Fri 2-5pm

Native Child and Family Services of Toronto: Native Youth Resource Centre (655 Bloor St. W. – Indigenous youth, 16 to 24) Mon-Fri 11am-7pm

Yonge Street Mission (YSM): Evergreen Centre for Youth (365 Spadina Ave. – youth, 16 – 24) Mon-Thurs 12 – 4:30pm, Fri 12 – 3pm

For HARM REDUCTION services, search "harm reduction" at toronto.ca, or call 211

WIFI Access

Wifi has been reported to work outside of several public spaces (Libraries, Subways, some café/food chains) Parkdale Activity-Recreation Centre (1499 Queen St. W. – 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.) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

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 7:30 am to 11:30 am, Sun 8 to 11:30am

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

Friends of Ruby (489 Queen St. E. - LGBTQI2S+ youth, 16 to 29) Mon to Fri 1:30 to 4:30pm

Our Place Community of Hope (1183 Davenport Rd) * by appointment only: 416-598-2919, Mon-Fri 2-5p

All Saints Church Community Centre (315 Dundas St. E) Mon, Tues, & Thurs 8am - 3pm, Wed 11a - 3pm

Native Child and Family Services of Toronto: Native Youth Resource Centre (655 Bloor St. W. – Indigenous youth, 16 to 24) Mon-Fri 11am-7pm

Public Washrooms

* SOME City of Toronto Park Washrooms & Water Fountains are Now OPEN (not open in Moss Park)

◆ Sunnyside Park 755 Lakeshore Blvd W ◆ Little Norway Park 689 Queens Quay W ◆ Dundas Square 1 Dundas St. E ◆ Alexandra Park 275 Bathurst St. ◆ Jimmie 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. ◆ Nathan Phillips Square: 100 Queen St. W (7 dlw 10am to 10pm) ◆ Union Station: 65 Front St. (M-Su 5:30am to 12:45am) ◆ South Market: 91-95 Front St (T-F, 9am to 5pm, Sat 5am to 4pm) ◆ Washroom access at all open drop-ins ◆

Central Intake/Shelter

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

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 (Sept. 16th, 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: Mon 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, LGBTQI2S+) Lunch: Mon to Sun 1pm

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

Christie Ossington Neighbourhood Centre Drop-in (854 Bloor St. W) Meals: Mon to Fri 10am to 1pm

All Saints Church Community Centre (315 Dundas St. E – general population, women and trans-identified Sex Workers) Breakfast: Mon, Tues & Thurs 9:30am, Fri 8 to 11am, Lunch: Mon to Thurs 12 pm

The Stop Wyehwood's Open Door (729 St. Clair W.)
Breakfast: Wed 9 to 10am, Lunch: Wed 12 to 1pm

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

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

Sistering (962 Bloor St. W. – Women and Trans-identified folks) Lunch: 7days/week 12 to 1pm

The Scott Mission (502 Spadina Ave) Meals: Mon to Fri 9am to 5pm

Christ Church Deer Park (1570 Yonge St.) -
Breakfast 1st, 3rd, 4th, & 5th Sat 8 - 9:30am

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 7:30 to 11:30, Sun 8 to 11:30 am

Haven Toronto (170 Jarvis St. – men, 50+) Breakfast: 7days/week, 8:15 to 9:15am, Lunch: 7d/w, 12:15 - 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: 7d/w 12 – 12:45pm, Dinner: 7d/w 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: Friends Community Meal Program (145 Queen St. E) Brunch: Mon-Fri 10 to 11:30am, Dinner Mon to Fri 4 – 5:30pm

Salvation Army Bloor Central (789 Davenport Rd) Meals: Sat 4 – 6pm

West Neighbourhood House: The Meeting Place (588 Queen St. W.) Lunch: Sat 1pm

Met United (56 Queen St. E) Meals: Wed 11:30 - 3pm

St. Felix Centre (25 Augusta Ave) Breakfast: 7 days/week, 7 to 8am, Lunch: 7days/week, 11:30am to 1pm, Dinner: 7 d/w, 5 to 6:30pm

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

St. Basil's Catholic Parish (50 St. Joseph St.) Meals: Tues & Thurs 11 to 12pm, Sun 3 - 4pm

Evangel Hall Mission (552 Adelaide St. W.) Meals: Mon - Fri, 10:30 am to 12:30 pm, Sun 5pm

St. John the Compassionate: Broadview Drop-in (155 Broadview ave) Breakfast Tues to Sat 9 to 11am,

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

Covenant House (20 Gerrard St. E. – Youth 16-26) Meals: 24/7 until meals run out (restocked in the AM)

Lamp CHC (185 5th St.) Meals: Mon-Sat 9:30-11:30a

Clothing

Sanctuary (25 Charles St. E.) Tues & Fri 11am to 4pm, Thurs & Sun 5pm to 9pm

The 519 (519 Church St. – general population, LGBTQ2S+) Mon to Sun 1 pm (Emergency clothing)

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

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

Covenant House (20 Gerrard St. E., Youth 16-26) Mon to Fri 12 to 5pm *To access, call first: 416-598-4898

Phone Access

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

All Saints Church Community Centre (315 Dundas St. E) Mon, Tues, & Thurs 8am - 3pm, Wed 11a - 3pm

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 7:30 am to 11:30 am, Sun 8 to 11:30am

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

(Phone access continued...) **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

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

Friends of Ruby (489 Queen St. E - LGBTQI2S+ youth, 16 to 29) Mon to Fri 1:30 to 4:30pm

Native Child and Family Services of Toronto: Native Youth Resource Centre (655 Bloor St. W. – Indigenous youth, 16 to 24) Mon-Fri 11am-7pm

Shower

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

Sanctuary (25 Charles St. E.) 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

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

St. Stephens Community House: The Corner Drop-in (260 Augusta Ave. – showers emergency only) Mon to Fri 7:30 am to 11:30 am

Evangel Hall Mission (552 Adelaide St. W.) Tues & Thurs, 9am to 12pm

Harrison Pool (15 Stephanie St) Tues - Sat 8a - 3pm

Lamport Stadium (1155 King St. W) Sun - Thurs 8a to 3pm

Covenant House (20 Gerrard St. E., Youth 16-26) Mon to Fri 12 to 5pm *To access, call first: 416-598-4898

Laundry

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

Covenant House (20 Gerrard St. E., Youth 16-26) Mon to Fri 12 to 5pm *To access, call first: 416-598-4898

Evangel Hall Mission (552 Adelaide St. W.) Tues & Thurs, 9am to 12pm

Food Bank

Call 416-203-0050 (The Daily Bread) or 211 for info

FREE Tax Clinics

With the pandemic, lots of us have put off doing our taxes... you are not alone!
If you still need to get your taxes done, check out these free tax clinics below:

- **Ralph Thornton Community Centre** - 765 Queen St E, Toronto

Available online (through Zoom), over the phone or you can drop your documents off in-person. If you drop your documents off, you must bring ID, wear a mask, answer screening questions & have your temperature taken. There is a 2-3 week waitlist (see... you're not the only one!)

Open Monday-Friday, 10am-4pm. For more information, call 416-392-6810 or email info@ralphthornton.org

- **Sorig Khang Canada**

This is virtual tax clinic and completed over Skype, FaceTime, WhatsApp video call, Google Hangouts or Zoom.

To book appointment, call 416-832-7891 or email tsuching.yu@gmail.com.

- **Vietnamese Cambodian Laotian Community Services Association**

To book appointment, call 416-593-0803 or email vclcsa@gmail.com.

- **Loyola Arrupe Centre for Seniors**

Virtual Tax Clinic for Adults 55+. Ends October 29, 2020.

To book an appointment, please call Suran at 416-638-3407 or email sellsdurai@yahoo.ca.

Please note that for all clinics, you must provide all necessary documentation, as well as government issued ID.

If you do not have access to a computer/phone/email and need to complete your taxes, please let staff know and we will do our best to help you!



From the Kitchen of Our Place

Emily's Shepherd's Pie

Ingredients

Meat Filling:

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef -or ground lamb
- 2 teaspoons dried parsley leaves
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves -minced
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1 cup beef broth

- 1 cup frozen mixed peas & carrots*
- 1/2 cup frozen corn kernels

Potato Topping:

- 1 1/2 - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1 inch cubes
- 8 tablespoons unsalted butter -1 stick
- 1/3 cup half & half
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup parmesan cheese

Instructions

Meat Filling

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
5. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400 degrees F.



Potato Topping

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

Assemble the casserole

1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. Cool for 15 minutes before serving.

Zoe's Veggie Spaghetti

Ingredients

- 2 or 3 chopped garlic cloves (or your preference)
- ½ a red onion
- 2 bell peppers (red, orange, yellow, green)
- 1 pack of pre-washed, pre-sliced mushrooms
- 1 can of tomato basil spaghetti sauce
- 1 can of diced tomatoes
- 1 tbsp. of olive oil
- 1 tbsp. of salt
- 1 tbsp. of ground black pepper
- ½ tsp of chili flakes (optional)
- 1 tbsp. of oregano (optional)
- 1 tbsp. of parsley (optional)
- 1 tbsp. parsley (optional)
- 1 tsp of brown sugar
- Half a package of spaghetti noodles

Instructions:

- Heat up a large sauce pan on medium heat
- Add your olive oil to the saucepan
- Mince your garlic gloves and add them to the heated oil
- Once fragrant, the oil is hot enough

- Next, chop up your red onion and them to the frying pan
- Once brown, chop up your red/orange/green/or yellow bell peppers and add them to the pan
- Wash and add your pre-sliced mushrooms to the pan
- Cover your sauce pan and stir occasionally until veggies are browned
- Next, open you can of tomato basil pasta sauce and add as much sauce as you'd like to the pan
- Next, you can open you can of diced tomatoes and add as much as you'd like to the pan
- Next, you can add your salt, pepper, sugar, and any other spices you would like to your sauce
- Now cover your sauce with the sauce pan lid and turn the heat down to low – let simmer and stir occasionally
- At this time, fill a separate medium sized pot halfway with water and heat it up on medium-high heat
- Once boiling, salt your water and add as many dried spaghetti noodles as you'd like to the water (half a package will serve approximately 3/4 people)
- Turn the heat down and cook spaghetti for about 10 minutes – stirring occasionally
- Frequently check your pasta sauce pan and stir occasionally until slightly boiling
- You may now remove your pasta sauce from the heat
- Next, you may check your spaghetti noodles in the medium sized pot – they should be soft but not mushy
- Once the spaghetti is cooked, strain and rinse your noodles
- You may now add the strained noodles to the sauce pan of spaghetti sauce
- Mix your pasta thoroughly with your sauce
- Now you can plate and serve your spaghetti!

Enjoy! :)



Fire Safety Word Search

Q	A	O	T	N	J	S	T	A	Y	A	F	S	C	O	O	K	I	N	G
F	L	A	D	D	E	R	B	R	A	N	U	B	L	U	S	D	M	W	S
X	A	H	Y	U	L	N	C	F	I	R	E	G	O	J	E	A	V	R	M
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1. Air
2. Alarm
3. Alert
4. Attentive
5. Batteries
6. Burn
7. Call
8. Candles
9. Carbon
10. Cooking

11. Closer
12. Door
13. Electrical
14. Emergency
15. Escape
16. Evacuate
17. Exit
18. Extinguisher
19. Fire
20. Firefighter

21. Flames
22. Floors
23. Fuel
24. Gas
25. Heat
26. Home
27. Hose
28. Ladder
29. Life
30. Monoxide

31. Night
32. Oxygen
33. Plan
34. Risk
35. Save
36. Smoking
37. Shelter
38. Smoke
39. Stay
40. Two

