

THE WELLNESS POST

HOME FIRST COMMUNITY SUPPORT

Winter 2021

The Power of Hope

Photo by Maggie Fullerton

CONTENTS:

NATHAN'S STORY	2
SURVIVING THE HOLIDAYS...	3
EMPLOYMENT PROGRAM.....	4
EASY PIZZA RECIPE.....	5
MENTAL HEALTH & JUSTICE.....	6
H.O.P.E. POEM.....	7
COLD WEATHER SAFETY... ..	8
FOOD RESOURCES.....	10
MESSAGE OF HOPE.....	11
FROM THE PEERS.....	12

HOPE IS REAL!

Hope has been studied scientifically since the 1950's, however, the medical field further increased their attention on the topic of hope in the 1990's and continue to do so to this day. During this time, Charles Richard Snyder introduced "hope theory" and defined hope as the ability to find routes to desired goals (pathway thinking), as well as follow different pathways to reach your desired future.

Studies have shown that hope can reduce anxiety, trauma and depression. It can also help get us through hard times and recover faster from setbacks. Hope does have a connection with resilience. Finding the willpower and determination to overcome obstacles which may be blocking the pathway is key. This is keeping hope alive!

Here are some suggestions that Charles Richard Snyder and others have made. It can be useful to:

- * Make sure that your goals are something you want and not what others want for you.
- * Rank goals from the most to least important, and then select a few most important goals on which to work.
- * Recall your earlier successes, especially when you are in a jam.
- * Set aside sufficient time to do the work and not let yourself be interrupted as you work on these goals.
- * Learn how to talk to yourself in positive voices. For example: "I can do this".
- * Laugh at yourself and enjoy a good laugh with your friends.
- * Get enough sleep, eat healthily, spend time in natural light and exercise.
- * View problems as challenges.
- * Enjoy starting your goals as much as reaching them.

The Peer Support Specialists, Natalie, Maggie, Domenic & Bill would like you to know we are here to assist you in your journey. Sometimes we need help to see things in a different way. Contact your Case Manager if you would like added support in finding the strength to believe that hope is a possibility!

Nathan's Story

Dear readers,

When it comes to mental health and homelessness at times it can be difficult for us to accept the support. With my journey I needed to put my pride aside if I wanted to thrive.

I had previously live with my mother and older sister moving multiple times across Canada. When I was 14 years old we were removed and placed into the foster care system and when I was 16 years old I was able to sign myself out of the system and became my own legal guardian. I started to work to get on my feet but after a short while I found myself in a lot of back pain. After multiple doctor's appointments, the doctors diagnosed me with scoliosis and complex regional pain syndrome (CRPS). The diagnosis made me feel depressed because I was focusing on the pain a lot of the time, only making things worse. I realized that I needed a change, so I decided to make the best of the situation and changed my mindset which is not easy. With medication and change of mindset and the support of my mother I regained control of my limbs and strengthened my back, I eventually moved back to Ontario to live with my grandma in 2019. I found a room to rent just a couple doors down but eventually that broke down and started living in my grandmother's basement after a year. I knew I couldn't stay there long and eventually struggles occurred in the home finding myself homeless.

I accessed supports through 360 kids in Richmond Hill and ended up finding work again. I was excited, I was back on track but I had to move to Salvation Army Sutton Youth shelter as you can only stay a couple months in the shelter and I had not found housing yet. My grandfather gifted me a car so I was able to get to work and back to the shelter. In January 2021 on my way back from work I was in an accident that left me with my C7 in my neck broken. After my discharged I was put in a neck brace, unable to stand or walk. I was helpless and homeless. I couldn't do anything to physically take care of myself. I could barely get up to go to the washroom. They took such good care of me. They brought me blankets, they brought me my food, everything. They were just amazing. To the staff at the shelter I am forever grateful for the support. While recovering at Sutton Youth shelter, I wanted to focus on my goals of not only recovering but my housing goals and getting back into the community and this is when I met the outreach worker at CMHA. I remember saying to the mental health outreach worker, this is a wakeup call for me. I am not dead I am alive and I need to focus on my goals. CMHA helped me get connected to resources I needed at the time. I was connected with a court support worker and in the process of gaining a case manager.

What can seem like a long time was really only a couple weeks before I found myself connect with a case manager and a housing specialist on the homes first community support team, offering me housing support. The case manager explained the program which CMHA homes first team provides a rent supplement that pays half my rent and supports me with my goals whether it be, employment, school, programming, connecting back with my family in a healthy way and so much more.

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housing and need to secure a place by. I was able to find a place within a week of being on the program. I was determine and found a nice place with a nice landlord. CMHA has since been a big part in my life of accomplishing my goals.

I am still continuing to be supported by CMHA since being housed in May. CMHA has provided me with gift cards for the first fourth months of me being housed which has been a big help with groceries. I have started working again and have even started my own business. With my case managers support I have defined goals that I work on and get the support I need with accomplishing them. CMHA holds me accountable on things I want to accomplish and provided ongoing encouragement, we all need to be held accountable in some way. If I have any concerns with my housing or really any concerns in general my support at CMHA is always there to listen and act on my concerns.

My story started off with a lot of struggles but without these struggle I would not be where I am today. If you are someone who needs the support whether it's with mental health or physical health reach out, you never know what supports are out there if you don't ask. You are not alone, you do not have to struggle in silence supports are out there and are available to anyone in need.

Surviving the Holidays

1. **Understand you are not alone-** While you may be feeling alone right now, many people experience loneliness, especially during the holidays/winter months. Talking to others who may have similar feelings/experiences might help you not feel so alone.

"While it may be uncomfortable to feel lonely, it is OK to feel this way."

2. **Be good to yourself-** While it may not erase the feeling of loneliness, self-care can help you feel better. (Bake yourself a treat, build a snowman, take a bubble bath, go for a mindful walk).

3. **Re-think your expectations**
- Society places such pressure on the holidays. The absence of a romantic partner/family seems magnified during this time when we are all "supposed to be going to parties, exchanging gifts and feeling jolly". Create your own traditions (watching

a certain movie that brings you joy, bake or cook your favorite treat/meal, decorate ornaments, attend a community meal, etc.).

4. **Get connected-** Being involved in the community may help reduce your feelings of loneliness/isolation. Say "hello" to a Neighbour, reach out to family and friends, join a group- check out CMHA's Community Connections calendar and look into the community meals around in your area.

5. **Practice Gratitude-** If you are feeling a lack of social connection in your life, make an effort to focus on the love/things you do have. Some examples include being newly housed, a pet, family/friends, CMHA staff, etc.

Gratitude activity: On a piece of paper, write down 1-3 things you are grateful for. Do this every day during the holiday season/ winter months. Each day write down something different and pull out the paper to read to yourself whenever you are having feelings of sadness/loneliness.

6. **Give to others-** Helping others can fill you with feelings of love and pride. For example, compliment a stranger (example: the grocery store cashier or a neighbor), make a card or small gift/baked good for someone you care about, open the door for someone, etc. Can be big or small gestures. Sometimes making someone smile may make you smile.

Adapted from

<https://www.verywellmind.com/loneliness-and-the-holidays-3144645>

Submitted by Natalie Rogers

Did you know?

- * *Hand hygiene saves lives, and it is more important than ever that we practice hand hygiene on a regular basis!*
- * *Thousands of people die every day around the world from infections acquired while receiving health care.*
- * *Hands are the main pathways of germ transmission when providing health care; therefore, hand hygiene is the most important measure to avoid the transmission of harmful germs and prevent health care-associated infections.*

The Employment Program

If one of your HOPES is gaining employment, give the Employment Team a try. They are very accommodating and can assist you every step of the way!



The Employment Program provides individualized placement and job development through one-to-one job searches based on clients' interests, goals, previous work experience and education. Employment Specialists connect with potential employers to discuss clients' suitability for employment opportunities and advocate for accommodations when necessary.

Who is This Program Intended For?

- Individuals 16 years of age or above
- Those experiencing mental health challenges, who are ready and motivated to enter the workforce; and
- Residents seeking employment in York Region and South Simcoe.

The Employment Program Offers

- One-on-one support from an Employment Specialist
- Opportunities to develop employment plans, prepare for work, and overcome challenges to gainful employment
- Career Café drop-in for help with job searches, website information, career assessments, resume review, cover letter and interview help, along with many other pre-employment skills
- Referrals can also be made to join the Employment Services program to receive ongoing one-on-one supports
- **Groups run all year round and range from the Trailblazer training program, Job Retention, Goal Setting, Barriers to Employment, Humble Tiger, Career Cruising, COVID-19 and Work, Disclosure and Workplace Accommodations.**

Download and Print the Calendar <https://cmha-yr.on.ca/get-support/employment-program-16/>

Contact Us to Register for Support

H.O.P.E

A Reflective Poem on H.O.P.E.

Here on Planet Earth by, Suzanne Borduas

Home is where I am standing right now.

Here On Planet Earth.

Home is where my relations are.

Here on Planet Earth.

Here is where I tend my wounds.

Here on Planet Earth.

Here is where I sing to the land.

Here on Planet Earth.

Here is where I lay my head.

Here on Planet Earth.

Here is where my child was born.

Here on Planet Earth.

Here is where we live our lives.

Here on Planet Earth.

Here is where my bones will rest.

Here on Planet Earth.

Here is where the compost is made.

Here on Planet Earth.

Here is where our lives will rise.

Here on Planet Earth.

GOOD NEWS:

Rise and Shine!

Aurora United Church continues to provide a take-away breakfast from the Trinity Anglican Church (79 Victoria Street, Aurora) parking lot every Saturday morning from 9-10 am. You can expect to receive a hot coffee, a juice box, a breakfast sandwich, fresh fruit, yoghurt and a muffin, plus a homemade soup to enjoy later. Note: if you are sleeping rough, ask for a protein pack since you may not have anywhere to heat up the soup later on.

Mental Health & Justice

Where there is someone to help you navigate, there is HOPE!

This program can provide assistance with developing bail plans, assist people in custody, and upon their release. Staff can also provide assistance to accused persons and their families to navigate the court system (i.e. how to complete fingerprinting, how to apply for legal aid, how to connect with Duty Counsel or private counsel, what to expect at a first appearance and subsequent appearances) and can provide support during court appearances. The staff also assist clients in applying to the Community Treatment Court or for mental health diversion when eligible, and liaise with the Crown Attorney's and Duty/Defence Counsel, gather and provide the necessary documentation, and assist clients in developing treatment plans, including making appropriate referrals.

Contact Natalie St. John for Newmarket Court 289-221-3296 or
Nadia Mirza 416-319-8445 for Newmarket and Bradford Court

Community Legal Clinic of York Region (CLCYR)

The Community Legal Clinic of York Region provides free legal advice for low income residence of York Region in the following areas: Housing and Tenant's Rights, Social Assistance, Criminal Injuries, Compensation Board Claims, Employment Law, & Immigration Law

21 Dunlop Street Suite 200

Richmond Hill, Ontario L4C 2M6

Telephone: 905-508-5018 Toll-free: 1-888-365-5226

Fax: 1-905-508-7539

***"There is a crack in everything,
That's how the light gets in"***
~Leonard Cohen

Mini Pizza Recipe

This recipe is very adaptable. You can add your favorite vegetables, meats and cheese. It is a great way to use left-overs in your fridge! You make them & cook the amount today and freeze the rest for a quick meal in the future.

Ingredients:

Package of 6 English Muffins
Can of Pizza sauce
1 package of Pepperoni slices
1.5 cups of shredded cheese
(use your favorite, mozzarella or cheddar)



Directions:

Line 2 cookie sheets with foil or dollar store aluminum foil cookie sheets. Split the English muffins in half for pizza base. Place cut side up on cookie sheet.

Spread 1 teaspoon of pizza sauce on each muffin.

Place 4 pepperoni slices on each muffin.

Top each muffin with grated cheese.

Cover the baking sheets with plastic wrap and freeze for 8 hours or until pizza are solid. Once the pizza is frozen, pizza can be transferred to large zip lock bags for storage.

To bake, remove the amount of pizza you wish to bake. Put on cookie sheet and pre-heat oven 400 degree F. Once the oven is fully preheated bake for 15 minutes or until lightly golden brown and cheese has melted.

A Journey called Hope

I was never asking you to fix me just to listen.
Keep telling me, I am listening. But I am not ready.
Remind me of my value because I sometimes forget.

Share gratitude so I am reminded of what I have.
I want to be included but be kind because sometimes I just can't.
Share your light, because a little spark makes all the difference.
Often it's not what you say or do, but I will never forget how you made me feel.

I need to find my own path, so encourage me on my journey.
I may make mistakes along the way, but these become life lessons.

We all have our own story that makes us unique.
We all have value and I have my own voice.
Where I am today is not a life sentence.

I am on a journey called HOPE.

~Bill Ayotte

Seven Steps to Cold Weather Safety

Winter weather has arrived in much of the country. Do you know the signs of hypothermia, and what to do if you get frostbite? Read on to make sure you're ready for cold weather!



1) Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a wind chill warning. Warnings are based on local climate and are issued when significant wind chills are expected.
- Visit Environment Canada's new Weather and Meteorology website: [http://ec.gc.ca/meteo-weather/Environment Canada's Weatheradio service](http://ec.gc.ca/meteo-weather/Environment%20Canada's%20Weatheradio%20service), and online at www.weatheroffice.gc.ca.

2) Plan ahead

- Develop a cold weather safety plan in advance to ensure that safety concerns are addressed when it's very cold, or when the wind chill is significant. For example, reduce the amount of time you spend outdoors. Have a plan where you can go to get out of the cold.

3) Dress warmly

- Dress in layers, with a wind resistant outer layer.
- When it is cold, wear a hat, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
- Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.

4) Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

5) Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

6) Keep active

- Walking or running will help warm you by generating body heat.

7) Be aware

- Watch for signs of frostbite and hypothermia.
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

Continue on Next Page

Continued: Seven Steps for Cold Weather Safety

Hypothermia

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

What to do:

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb or tingling.

What to do:

- Frostbite can be serious, and can result in amputation. Get medical help!
- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually; use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

These tips have been brought to you by Environment Canada in collaboration with Public Safety Canada.

To learn more about how to prepare for a range of emergencies, visit GetPrepared.ca or follow us on Twitter [@Get_Prepared](https://twitter.com/Get_Prepared).



***“When you feel like you have reached the end of the line,
“HOPE” will be sitting there waiting for you”
~Dom Polito***



YORK REGION EMERGENCY FOOD RECOURCES

Aurora

Organization	What they offer	When	Contact Information
Aurora Food Pantry	Take away food hampers	2nd, 3rd and 4th Tuesdays 9:00am- 11:30am 2nd, 3rd and 4th Thursdays 5:30pm- 7:30pm Saturdays 9:00am - 11:30am	350 Industrial Parkway South Aurora, Ontario L4G 3V7 Phone: 905-841-1577 Email: info@aurorafoodpantry.ca
Welcoming Arms (Martha's Table and Welcome Table)	By request, urgent need	Phone 905-726-1483 for information	Phone: 905-726-1483
The Salvation Army - Northridge Family Services	Emergency assistance, by request	Phone 905-895-0577 for information	15338 Leslie St, Aurora, ON L4G 7C4
York Region Food Network	Breakfast for take away	Tuesday mornings 9:30-10:30am	350 Industrial Parkway South Aurora, ON L4G 3V7 Phone: 905-841-3101; Toll-Free: 1-866-454-YRFN (9736) Email: 4moreinfo@yrfn.ca

East Gwillimbury

Organization	What they offer	When	Contact Information
Holland Landing Food Pantry	Food Bank	Hours: Last Saturday of each month from 10:00 am to 2:00 pm Open "as normal" during COVID-19	Holland Landing Public Library, email: christine@networknorth.ca 19513 Yonge St., Holland Landing, ON L9N 1L8
Mount Albert Food Pantry	Food Bank	Hours: Last Wed. each month 3:00-6:00 p.m.	Mount Albert United Church 41 Alice Street, Mount Albert, ON L0G 1M0 Phone: 905-473-2562

Georgina

Organization	What they offer	When	Contact Information
Georgina Community Food Pantry	Food Bank- offering prepackaged food outside the entrance	Hours: Thurs 5 – 8 p.m.; Friday: 9 a.m. – 12 p.m.	20849 Dalton Rd; Sutton, ON Phone: 905-596-0557
Gathering Place	Meals- Take away (no community dinner)	Thursdays 5-6:30pm	177 Church St, Keswick, ON L4P 1J4
St. Andrew's Presbyterian Church - Sutton	Community meals cancelled, but still offering a food pantry	Tuesdays 1-5pm	St. Andrew's Presbyterian Church, 20858 Dalton Road; Phone: 905-722-3544
Georgina Pop Up Breakfast Club	Open to anyone with child(ren) living in Georgina - no application process. To receive a bag of food, Facebook Messenger @TheGeorginaPopUpBreakfastClub and ask for a bag. Bag are dropped off at recipients' front door.	Ask on Facebook: @TheGeorginaPopUpBreakfastClub	Facebook: @TheGeorginaPopUpBreakfastClub

King Township

Organization	What they offer	When	Contact Information
King Township Food Bank	Food Bank.	Third Saturday of the Month. Register to receive assistance.	Phone: 905-806-1125 Email: ktfoodbank@gmail.com

Markham

Organization	What they offer	When	Contact Information
Markham Food Bank	Food Bank	Hours: Tues. 6:30 pm – 8:30 pm Thur. 12:30 pm – 2:30 pm Sat. 9:00 am – 11:00 am	190 Bullock Drive, Unit 11 Markham, ON L3P 7N3 Phone: 905-472-2437
Cornerstone Christian Community Church	Emergency assistance, by request. E-mail to pantry@cornerstonechurch.ca		9680 Ninth Line, Markham, ON L6B 1A8 Phone: 905-294-3554 ext 3663 (FOOD) Email: pantry@cornerstonechurch.ca

Newmarket

Organization	What they offer	When	Contact Information
Inn from the Cold	Take away meals	Drop-in hours 3 pm-7 pm Monday/Wednesday/Thursday. Until further notice, the Friday Community Meal will be take-out only.	510 Penrose St. Newmarket, ON. L3Y 1A2
Town of Newmarket	Take away meals	Meals available daily from 10am-3pm	Town of Newmarket Municipal Offices (in front of building) - 385 Mulock Drive
Community Bread	Take away meals	Mondays 5-6pm	St. John Chrysostom Church – 432 Ontario Street (at Main St.) Phone: 905-898-4137
Crosslands Church	Take away meals.	Saturdays 5-6 p.m.	47 Millard Ave. W.; Phone: 905-868-9920
Valleyview Alliance Church	Take away meals.	Sundays 4-6pm	800 Davis Drive; Phone: 905-830-9619
Newmarket Food Pantry	Delivering Food Hampers. Must call to book a delivery.	10:00 a.m. and 1 p.m.	1251 Gorham Street, Unit 8 & 9, Newmarket L3Y 8Y6 (905) 895-6823 ext. 120; Email: info@newmarketfoodpantry.ca

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YORK REGION EMERGENCY FOOD REOURCES

CONTINUED

Richmond Hill			
Organization	What they offer	When	Contact Information
Richmond Hill Community Food Bank	Food Bank	Hours: Mon. – Fri.; 9:00 – 11:30 am	55 Newkirk Ave., Richmond Hill, ON L4C 3G4 Phone: 905-508-4761; Email: rhfoodbank@bellnet.ca
Vaughan			
Organization	What they offer	When	Contact Information
Humanity First	Food Bank	By request	600 Bowes Rd, Unit # 40, Concord, Ontario, L4K 4A3 Phone:(416) 440-0346; Email: info@humanityfirst.ca
Vaughan Food Bank	Food Bank	Hours: Thurs. 10:00 am – 3:30 pm Fri. 10:00 am – 3:30 pm	5732 Hwy # 7, Units 3 & 4, Woodbridge, ON L4L 3A2 Phone: 905-851-2333; Email: vaughan.foodbank@bellnet.ca
Whitchurch-Stouffville			
Organization	What they offer	When	Contact Information
Whitchurch-Stouffville Food Bank	Food Bank	Hours: Mondays 9:30 am – 12:00 pm Wednesdays 9:30 am – 12:00 pm	86 Ringwood Drive, Unit 24 Stouffville, ON (North of Aurora Rd.) Phone: 905-591-4443

For further information for Food Banks and Community Food Programs

<https://www.centralhealthline.ca/listServicesDetailed.aspx?id=10572®ion=YorkRegion>

HOPE

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest times. Let it be hope you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the right path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

~Nikki Banas

A Sincere Message From Your Peer Support Team

The good news is that if you are living with substance use issues, depression, PTSD, and/or other mental health issues, you are not alone. Often, you can find an amazing amount of support simply by turning to the people who have gone through these issues and who have worked through to their recovery. Peer support offers a range of benefits. Some of these include:

Meeting with people who speak your language: It's common to share your experience and talk about what you've been through and what you've done — things that relate to why you are there and seeking support. It's helpful to know that you are speaking to people who understand the lingo. You don't have to explain acronyms; peers get it because they lived it too.

Learning from people who have been where you are: You will meet someone who has started out where you are and have seen what you have seen — and moved forward to a place of recovery. This provides you with a regular reminder that healing and hope are real.

No judgment: No matter what you've been through, what you say or how you say it, your peers may have gone through it, seen it before, or heard it from someone else. There is no need to fear the judgment when you are doing nothing more than sharing your experience. We are here to listen.

Knowing when to reach out and ask for help is the first step in taking advantage of all that peer support has to offer

The Peer Support Specialists, Natalie, Maggie, Domenic & Bill would like you to know we are here to assist you in your journey. Sometimes we need help to see things in a different way. Contact your Case Manager if you would like added support finding the strength to believe that hope is a possibility!

"Having support from a peer support worker made a lot of difference. Being supported by someone who gets it, means so much to me. It has helped me to feel less isolated and alone. It's a very special experience when someone can relate to what you are going through. When talking with my psychiatrist I don't get the same feeling."

~Anonymous



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

15150 Yonge Street Suite 201, Aurora, On, L4G 1M2

Phone: 905-841-3977 Toll Free: 1-866-345-0183

Central Intake: 1-866-345-0183 ext.3321 or