Stay Connected: Winter Zine 2020
Emotional Wellness
Peer Support

Volume 6
Information & Resources In Your Community
Community Advocacy Office

We are pausing our in-person programming until the spring, but we are only a phone call away!

The Advocacy Office and Financial Empowerment program can be reached through our hotline at

416-652-7867 x243
Monday to Friday between 10am-2pm.


There's something you must remember:
You're braver than you believe, and stronger than you seem, and smarter than you think.
~ Christopher Robin to Winnie the Pooh

Everyone grows at their own rate—try to have patience with your progress.

Just broke my personal record for consecutive days lived. Going for the record again tomorrow.

Flowers need time to bloom. So do you.
It is important to remind yourself that this is not a race. Do what you can do today. You will get to where you are going. Progress happens in layers.
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It is important to remind yourself that this is not a race. Do what you can do today. You will get to where you are going. Progress happens in layers.
During the holidays, all programs at The Stop

1884 Davenport Road and 729 St Clair Ave West (WOD)

will be CLOSED on:

Thur Dec 24, Fri Dec 25,
Mon Dec 28, Wed Dec 30,
Thur Dec 31, & Fri Jan 1st

The Food Bank will be OPEN on
Mon Dec 21, Tue Dec 22, & Tue Dec 29

STAY SAFE & TAKE CARE!
The Zine is usually compiled and produced by the Community Advocacy Office Team. This year, Sharon has put together a shorter version as part of the Emotional Wellness Peer Support Program.

The Zine is an information booklet that connects you to free community and social services within the neighbourhood. Check out what’s inside for holiday meal information, ways to connect with others, ways to take care of yourself, ways to get help, and of course, ways to have fun this holiday season.

You are not alone. Let’s stay connected instead of struggling on our own!

WHAT’S INSIDE:

- Holiday Crossword Puzzle
- Toronto Crisis Lines, Mental Health, Counselling Services
- Housing/Tenant Rights
- What’s Open/Closed
- Toronto Public Library
- Wordsearch Puzzles
- Public Skating Info
- TTC Info
- Self Care Resources
- Update from Economic Empowerment program
HAPPY HOLIDAYS
(7 Different Ways)

No matter what your fellow community members celebrate – if anything at all – here’s a handy guide to wishing them a happy, mindful, sombre, holy, or just plain fun holiday, as the case may be. Use the clues to name some of them.
(Solution near end of the ‘zine)

Outdoors skating rinks
Most of the City’s 54 outdoor artificial ice rinks open November 28. The City’s rinks will be open daily, weather permitting, into March 2021. Check the status page for information on your local ice rink.

Reservations are encouraged. A small number of spots will be available for participants who are not able to make a reservation online.

- Capacity is limited to 25 people per ice pad and skaters should only skate with members of their household.
- Leisure skate times will run in 45-minute sessions and skating is only permitted during supervised hours.

Indoor washrooms will be available, however, change rooms are closed and skaters should come ready to skate.

EVENTS
The City of Toronto has extended the cancellation of City-led and City-permitted outdoor major events through December 31 and all outdoor special event permits during this time period are cancelled. This includes festivals and other large gatherings held at outdoor sites managed by the City or other public locations, such as roads, parks and Civic Squares.

The City is committed to working with event organizers to mitigate the impacts of these cancellations and to determine potential future dates once it is safe to do so.
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ACROSS

2 Falls on December 8th, and celebrates the day Buddha achieved enlightenment on his 35th birthday nearly 2,500 years ago. Ficus trees are decorated with lights and some Buddhists take the day to focus on their commitment to the path by practicing longer meditation and performing acts of loving kindness for others.

5 This holiday is celebrated on Saturday, December 26 by Zoroastrians around the globe, although it is a day of mourning and praying to the Prophet Zarathustra. The Zoroastrian faith is one of the oldest faiths in the world and perhaps the only faith that can rival with Hinduism in terms of longevity.

6 This begins the evening of Thursday, December 10th and ends the evening of Friday, December 18th. The Jewish festival is observed by lighting a unique candelabrum, the nine-branched menorah, one additional light on each night of the holiday and progressing to eight on the final night. The extra light is used to light the others. It commemorates the miracle of a small flask of oil keeping the flame in the temple alight for eight days.

7 From Saturday, December 26 to Friday, January 1. For seven days some African Americans celebrate this relatively new holiday that was introduced in 1966 and named for the time of year when African tribes traditionally celebrated their harvest. During this, people deck their homes with straw mats, ears of corn, and a kinara candleholder. They light a candle in the home each evening and may exchange homemade gifts. The celebration ends with a feast, usually held at a community center and featuring music and dancing.

DOWN

1 A week-long celebration on Thursday, December 17 and culminates with the Yule Solstice on Tuesday, December 22. This Wiccan holiday begins with feasting, general merrymaking, and often role reversals and ends on the shortest day and longest night of the year when the season officially changes to winter.

3 The Eve, Day, and Orthodox celebrations fall on Thursday, December 24, Friday, December 25, and Monday, January 7, 2020 (respectively). Some Christians, particularly those of a British background leave their tree up until January 7, which they call 'Little This'.

4 The Japanese name for 2 Across.
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4 The Japanese name for 2 Across
REFLECT ON WHAT YOU’RE GRATEFUL / THANKFUL FOR:
TRY TO LIST 3 AS WELL

1. __________________________________________________
2. __________________________________________________
3. __________________________________________________

WHAT ARE SOME GOALS/RESOLUTIONS YOU WANT TO ACCOMPLISH? Kick start 2021 with some realistic plans.
Examples: Call The Stop’s Advocacy Office for help with an issue—they can help figure it out with you!

Sit in nature for 20 minutes at least once per week

1. __________________________________________________
2. __________________________________________________
3. __________________________________________________
4. __________________________________________________
Contact Information for Health:

Telehealth Ontario
Call if you develop symptoms.
Telephone: 1-866-797-0000

Toronto Public Health Hotline
8:30 a.m. – 8 p.m.
Call if you have questions about COVID-19. Translation is available in multiple languages.
Telephone: 416-338-7600
TTY: 416-392-0658
Email: PublicHealth@toronto.ca

Solution for Holiday Crossword

1. Bodhi Day
2. Christmas
3. Kwanzaa
4. Hanukkah
5. Bodhi Day
6. Christmas
7. Kwanzaa
## Safe Injection Sites

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<tr>
<th>Service</th>
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| **Parkdale Queen West Community**<br>Health Centre | Monday, 10 a.m. – 6 p.m.  
Tuesday, 10 a.m. – 6 p.m.  
Wednesday, 1 p.m. – 6 p.m.  
Thursday, 10 a.m. – 6 p.m.  
Friday, 9:30 a.m. – 4:30 p.m. | |
| **The Works**                    | Mon-Sat, 1:30-8pm        |
| **277 Victoria St. (at Dundas St. E)** | Sunday, 11am-6pm        |
| **By appointment only:** 416-392-0520 |                          |

## Harm Reduction Supplies/Support

- DPNCHC—kits available Mon-Fri, call 416-656-8025
- PharmaSave—1892 Davenport Rd
Mental Health and Counselling

**Distress Centre of Greater Toronto**
24/7 emotional support and suicide prevention + intervention + postvention. Translation is available in many languages for crisis calls.

Call 416-408-4357, 24 hours a day, 7 days a week

Text 45645 between 4pm and midnight

**Gerstein Crisis Centre**
24-hour community-based crisis services for adults 16+ who are dealing with mental health, concurrent, or substance use issues and are currently in crisis. Telephone crisis line, mobile crisis team, community-based crisis beds, short term follow-up support, and referrals to other services.

Call 416-929-5200 24 hours a day, 7 days a week

Translation is available in many languages.

**Alcoholics Anonymous (A.A)**
24 hours phone number 416-487-5591 or aatoronto.org. Multiple meetings on all holidays. Call number for info.

**Kids Help Phone**
24/7, national support service offering professional counselling, confidential information, referrals and text-based support to young people.

Call 1-800-668-6868 or text CONNECT to 686868, 24 hours a day, 7 days a week

**Assaulted Women’s Helpline**
24/7 crisis counselling hotline for women facing or who have experienced abuse. Provides counselling, emotional support, information and referrals.

Crisis Line: 416-863-0511
TTY: 416-364-8762
Toll-free: 1-866-863-0511
Toll-free TTY: 1-866-863-7868

**Senior Safety Line (SSL)**
Support for older adults who are being abused or at-risk of abuse. Family members and services providers can also call for information about community services.

1-866-299-1011
Landlord/Tenant Issues

This time of year can be especially difficult if you are dealing with unexpected issues about your living space. Here are a couple of numbers where you can get help:

**Call the Tenants Hotline line at:** 416-921-9494

Federation of Metro Tenants Association (FMTA): Offers information on rights as a tenant in Toronto. Hotline Counsellors offer information about tenants' rights to any tenant who calls. At the FMTA, you won’t be judged for how you look, what you do, or your source of income.

The Hotline operates from 8:30 a.m. until 6:00 p.m., Monday through Friday. After-hours callers are encouraged to leave a detailed message. Email the Hotline at hotline@torontotenants.org

**You can also call:**
West Toronto Community Legal Services if you are dealing with an Eviction, or West Toronto Housing Help Services for market rental searches, subsidized housing applications: both at 416-531-7376
Unison Legal: 416-787-1676 ext. 3232.

If you have concerns about hot water in your unit, please speak to the owner, landlord or property manager. You should make your request in writing and keep a copy of your request.

If the issue is not addressed within a reasonable amount of time, a service request can submitted for investigation by Municipal Licensing & Standards online at [http://www.toronto.ca/311](http://www.toronto.ca/311), or by calling 311.
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DOWNLOADS, eBooks & Streaming Video

FREE with Your Library Card -- access at any library or on-line at home.

--- Comics
--- Digital Magazines
--- Audiobooks
--- Mobile Apps
--- eBooks
--- eLearning

Hoopla

Borrow movies and TV shows to stream in your web browser or enjoy offline on your smartphone or tablet.

Criterion Collection

350+ quality feature and documentary films from world-renowned directors that can be streamed. Includes transcripts for each film.

OverDrive

OverDrive has a smaller collection of streaming videos, including exercise videos and stuff for kids.

eLearning

FREE with Your Library Card -- access at any library or on-line at home.

LANGUAGES
Mango Languages
EILTS Test Preparation
Lessons and practice tests help improve English grammar. Beginner to advanced levels and ESL.

Technology & Job Skills

Over 3,500 video tutorial courses led by experts on web design, software development, photography, business skills, home and small office, project management, 3D + Animation, graphic design audio, music, video editing and more. Requires the creation of a personal account which will allow you to track your progress through your tutorials.
COVID-19 Impacts to the Toronto Public Library
TPL branches are open with limited and modified in-person services that align with the province's Grey-Lockdown restrictions. Find out what’s available, what’s not, and how to prepare for a visit. Please check back here for updates and more information about available services.

Available in person
Library branches are open with limited in-branch services. Open branches have regular operational hours but there is no Sunday Service. Before coming to our branches, please make sure you review the health and safety protocols.

Available online
Experience free and high quality programming from home. Go to <https://www.torontopubliclibrary.ca/>.

Use a variety of our online services - from ebooks, audiobooks, movies and music, to online programs and learning tools.

If you can't visit our branches to sign up for a library card at this time, Toronto residents who are 13 years or older who wish to use our digital resources and services only can sign up online for a Digital Access Card at <https://www.torontopubliclibrary.ca/register/>.
Currently, TTC tokens, tickets and passes (GTA Weekly and Day Passes) are no longer being sold. There is no set date for when the date for when Tokens and tickets will stop being accepted. Infrequent travelers or visitors to the city can purchase one-ride, two-ride, day pass, and 12-month pass and PRESTO Tickets from a Fare Vending Machine at all subway stations.

**Presto** users can take any number of trips, in any direction, for 2 hours after they tap their card to pay a fare. You will not be charged twice during those 2 hours.

**TTC Fair Pass**

The City of Toronto’s Fair Pass Discount Program is for eligible adult residents receiving Ontario Disability Support Program (ODSP) or Ontario Works (OW) assistance who are not in receipt of any transportation supports equal to or greater than $100.

The Fair Pass discount is programmed onto a PRESTO card and cardholders must load funds to access the discounted Toronto Transit Commission (TTC) adult fare or TTC monthly pass.

On March 17, 2020 the City of Toronto quietly stopped processing new applications to the Fair Pass TTC discount program.* Some current Fair Pass holders have been unable to renew.

In November, Toronto City Council voted to resume the program in December, so if you have had trouble renewing or applying, please try again.

**Thursday, December 31: New Year’s Eve**

The system will operate on a regular weekday service schedule. Due to COVID-19, we want to remind customers that the NYE free ride will not be taking place this year.
Are you up to date with filing your taxes?

If not you could be missing out on cash benefits!

Those living on a low or modest income are eligible for GST/HST refunds every 3 months as well as the Trillium benefit, which comes every month. If you have a few years to catch up with you could even get a lump sum payment. These benefits are NOT considered income by OW or ODSP.

The Financial Empowerment program’s Tax Clinic at The Stop can help. We can file up to 10 years of back taxes.

Don’t have your paperwork? No problem! We can also help you gather the documents you need in order to file.

What else can the Financial Empowerment Program help with?

♦ Basic budgeting
♦ Help you understand your rights if you are getting collections calls
♦ Help you choose and open a low or no fee bank account
♦ Help you connect with other local resources
♦ Encouragement and motivation or goal setting
♦ Document gathering

Contact Roxanne at 647-410-3770 or call the Advocacy Office at 416-652-7867 x243

The holidays and post holiday season can be very stressful financially. I am happy to support community member during this time & beyond.

-Roxanne, Financial Empowerment
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**Holiday Meals**

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
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<tbody>
<tr>
<td>The Stop Community Food Centre, 1884 Davenport Road</td>
<td>Fri Dec 18th, Hanukkah Lunch, 12 -1pm</td>
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<td>Tues Dec 22nd, Holiday Turkey Lunch 12-1pm</td>
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<td>Tues Dec 29th, Kwanzaa Lunch, 12-1pm</td>
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<td>The Stop’s Wychwood Open Doors , 729 St. Clair Ave West.</td>
<td>Wed Dec 16th, Hanukkah Lunch 12-1pm</td>
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<td>Wed Dec 23rd, Holiday Turkey Lunch 12-1pm</td>
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<td>Our Place of Community Hope, 1183 Davenport Road</td>
<td>Fri Dec 18th,Christmas Dinner Takeaway 2-5pm</td>
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<td>Tues Dec 22nd,Takeaway Meals 2-5pm</td>
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Christmas

Please note: if you have a small empty hand sanitizer bottle, we can refill it. Ask when you are picking up a meal. You must bring your empty bottle with you.

Play this puzzle online at: https://thewordsearch.com/puzzle/124/
Christmas Food

PUDDING NEET TP
LCNEMAHUYSPRRY
EFRODYGFIROUC
CLUNEPKIFRPOSE
AOPTPOGRLECGI
GNGUSENGTEEE
OIRTCEETIGDuck
STUFFINGTNDDNG
RAAUGFPGNCUEF
CEENPESFAGEGF
SEGFIŁAEKTNMKG
ADCCMINCEPIESO
ECECANDYCANIEED
GEMFCGOLELUYYA

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Cookies
Santa
Snowflake
Snowman
Reindeer
Mistletoe
Presents
Sleigh
Poinsettia
Elf
Christmas Tree
Candy Cane

Play this puzzle online at: https://thewordsearch.com/puzzle/1368/
LOCKDOWN TOOL KIT

DOPAMINE  
The Reward Chemical
- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOLICIN  
The Love Hormone
- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

SEROTONIN  
The Mood Stabilizer
- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN  
The Pain Killer
- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising
If you give me a fish, you have fed me for a day.
If you teach me to fish, then you have fed me until the river is contaminated or the shoreline seized for development.
But if you teach me to organize, then whatever the challenge I can join together with my peers and we will fashion our own solution.

-Ricardo Levins Morales
www.rlmartstudio.com