Stay Connected:
Winter Zine 2021
Emotional Wellness
Peer Support

THINGS YOU DON'T NEED TO FEEL GUILTY ABOUT

- Leaving a job that drains the life out of you
- Declining a phone call
- Doing what’s best for you despite what others think or say
- Saying ‘no’ to others
- Sleeping in
- Asking for your needs to be met
- Your dreams and aspirations
- Your spiritual beliefs
- Removing someone from your life
- Spending money on something you want
- Taking a break from social media
- Setting boundaries and sticking to them

Information & Resources In Your Community
NEED HELP?
Come to our Advocacy Window for information, referrals and help with:

Legal clinic
OW/ODSP
Housing services
Faxing
Printing
Healthcare ID

Monday, Tuesday, Thursday and Friday
10:00 am - 2:00 pm

Or call us at 416-652-7867 ext 243

COMMUNITY ACTION TRAINING (CAT) WILL BE BACK IN 2022!

- Would you like to learn how you can become a leader in your community?
- Are you interested in creating change in your community with The Stop?
- Would you like to share and learn with others?

SAVE YOUR SPOT!

Contact Joanna to register
416-652-22-94 ext. 235
joanna@thestop.org
During the holidays, all programs at The Stop
1884 Davenport Road and
729 St Clair Ave West (WOD)
will be CLOSED on:
Mon Dec 27, Tues Dec 28,
and Mon Jan 3rd

The Food Bank will be OPEN on
Thurs Dec 23, Thurs Dec 30, Fri Dec 31,
Jan 6. & Jan 7

STAY SAFE & TAKE CARE!

Stay Connected: Winter Zine
Emotional Wellness Peer Support
Volume 7 2021

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:

- Toronto Crisis Lines, Mental Health, Counselling Services
- Housing/Tenant Rights
- Holiday Meals
- Toronto Public Library
- Wordsearch Puzzles
- Public Skating Info
- TTC Info
- Self Care Resources
- Tax Clinic Info
Outdoor skating rinks

Most of the City’s 54 outdoor ice rinks open Nov 27. The City’s rinks will be open daily, weather permitting, into March 2022.

Check the status page for info on your local ice rink online at <www.toronto.ca/explore-enjoy/recreation/skating-winter-sports>

- Before entry to any indoor arena or community centre, you must complete a COVID-19 screening.
- Reservations are no longer needed for skating.
- Masks are not required while on the ice in indoor arenas or outdoor ice rinks. Masks are required to use the washrooms & change rooms.

EVENTS

Celebrate the Holiday Season

This year, Toronto residents and visitors can enjoy festive events and celebrations across the city.

From the annual Cavalcade of Lights at Nathan Phillips Square to outdoor fun and adventure at the City’s parks, to tours, seasonally themed performances and multi-sensory experiences that take place at 10 Toronto History Museums, there is something for everyone! Bring family and friends and enjoy the annual City-produced holiday events.

For more info, go to: <www.toronto.ca/explore-enjoy/festivals-events/holiday-season>
As of Dec 6th at 7 p.m., the City of Toronto will open its four Warming Centres to give those who are vulnerable and may be experiencing homelessness a safe, warm indoor place to rest and access snacks, washroom facilities and referrals to emergency shelter.

The City’s four Warming Centres are located at:
- 129 Peter St.
- 5800 Yonge St.
- Exhibition Place, Better Living Centre, 195 Princes’ Blvd.
- Scarborough Civic Centre, 150 Borough Dr.

Warming Centres are generally activated when the City’s Medical Officer of Health issues an Extreme Cold Weather Alert (ECWA) based on a forecast from Environment and Climate Change Canada of -15 degrees Celsius or colder, or when the wind chill is forecast to reach -20 degrees Celsius or colder, for the proceeding 24 hours or longer.

In addition to the Warming Centres, the City’s Streets to Homes Program will dispatch additional 24/7 teams to connect with people living outside and encourage them to come indoors. Throughout the winter, outreach staff hands out blankets, sleeping bags and warm winter clothing.

All services at the Warming Centres will be delivered following ongoing public health recommendations regarding COVID-19 protocols to ensure the safety of those using the centres. These measures include physical distancing, the mandatory use of masks, hand washing, conducting symptom screening and monitoring, enhanced cleaning procedures, and providing transportation to isolation and recovery sites for individuals that await results or test positive.
REFLECT ON WHAT YOU'RE GRATEFUL / THANKFUL FOR:

TRY TO LIST 3
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

Holiday Trees at High Park Zoo
Come and enjoy the season with a stroll through the Zoo. Sponsor decorated holiday trees will be lining the roadway.
Vote for your favourite tree.
When: December 5, 2021 - January 8, 2022
Event Time: 11:00 am - 5:00 pm
Where: High Park Zoo
Cost: Free
High Park Zoo is always FREE during the day!
**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

**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.

**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

**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

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

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**Safe Injection Sites**

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<thead>
<tr>
<th>Safe Injection Sites</th>
<th>Opening Hours</th>
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</table>
| Parkdale Queen West Community 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. |
| 1229 Queen West | | |
| Phone: 416-537-2455 Ext. 2125 | | |
| The Works | Mon-Sat, 10am-10pm  
Sunday, 11am-5pm |
| 277 Victoria St. (at Dundas St. E) | | |
| 416-392-0520 | | |

**Harm Reduction Supplies/Support**

<table>
<thead>
<tr>
<th>Harm Reduction Supplies/Support</th>
<th>Opening Hours</th>
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<tbody>
<tr>
<td>DPNCHC— kits available Mon-Fri, call 416-656-8025</td>
<td></td>
</tr>
<tr>
<td>Community Choice Pharmacy—1892 Davenport Rd</td>
<td></td>
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<tr>
<td>Mon 9am-8pm</td>
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<tr>
<td>Tues 9am-5pm</td>
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<tr>
<td>Wed 9am-8pm</td>
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<td>Thurs 9am-5pm</td>
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<tr>
<td>Fri 9am-5pm</td>
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<tr>
<td>Sat 10am-2pm</td>
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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

Please note: FMTA is not a crisis line.

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, or by calling 311.

More at the Library:

DOWNLOADS, eBOOKS & STREAMING VIDEO
FREE with Your Library Card -- access at any library or on-line at home.
--- Comics
--- Digital Magazines
--- Audiobooks
--- 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.
AT THE TORONTO PUBLIC LIBRARY

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 at <https://torontopubliclibrary.typepad.com/programming/our-reopening-plan.html#visiting>

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

Use a variety of our online services - from e-books, e-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/>.

Tracking Transit

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) who are not in receipt of any other transportation supports equal to or greater than $100, or you are receiving the Child Care Fee Subsidy through Toronto Children’s Services.

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

This pass must be renewed every 12 months.

To support the renewal process, please ensure the Application & Support Centre has your most updated PRESTO card number, and email address, by calling 416-338-8888, select option 6.


Friday, December 31: New Year’s Eve—The TTC has not yet released info about the New Year’s Eve free ride, whether it is happening or not—so please make sure you have transit fare if you need to travel that evening.
The Stop Community Food Centre, 1884 Davenport Road
- Tues Dec 21st Solstice Lunch 12 - 1pm
- Thurs Dec 23rd Holiday Turkey Lunch 12 - 1pm
- Fri Dec 24 Holiday Brunch 10 - 12pm
- Fri Dec 31st Kwanzaa Lunch 12 - 1pm

The Stop’s Wychwood Open Door, 729 St. Clair Ave West.
- Wed Dec 22nd Solstice Lunch 12 - 1pm
- Thurs Dec 23rd Holiday Turkey Dinner 4 - 5pm

Our Place of Community Hope, 1183 Davenport Road
- Fri Dec 17 Christmas Dinner To-Go 3pm - 5pm
- Fri Dec 24 Christmas Brunch To-Go 11am - 1pm
- Wed Dec 29 To-Go Meals 3 - 5pm
- CLOSED Dec 25-28
- Thurs Dec 30 To-Go Meals 3 - 5pm
- Fri Dec 31 New Year’s Eve To-Go Brunch 11am - 1pm

*With an annual income of $35,000 or less/year
Couples Total combined annual income of $45,000 or less
One Adult with child Total annual income of $37,500 or less

1884 Davenport Road
P: 416-652-7867 ext 237
Cell phone: 647-410-3770
Email: alejandra@thestop.org
Months of the Year

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

SEPTEMBER
NOVEMBER
AUGUST
MARCH
OCTOBER
DECEMBER
JANUARY
JULY
APRIL
MAY
JUNE
FEBRUARY

Play this puzzle online at: https://thewordsearch.com/puzzle/189/

Wondering whether the glass is HALF EMPTY or HALF FULL is missing the POINT.
The glass is REFILLABLE.