

A COMMUNITY OF COMPASSION. A PLACE OF HOPE.

TRANSFORMATION IN ACTION

Christmas 2019



*Jennifer Sully-Ferraro,
Director of Programs and Client Care,
with new resident Doris.*

CHRISTMAS CONNECTIONS

Building connections is at the heart of ehm. Staff, volunteers, and clients all come together to create a loving community of hope and compassion. It's one of the reasons ehm is such a special place, especially at Christmas. Thanks to you, someone is a little less lonely at this special time of year.

Christmas in the Drop-In is a month of parties! The Drop-In is a safe and homey place for many who do not have a home. This year, 30 homeless adults will be sleeping overnight at ehm on Christmas Eve as part of our Out of the Cold Program. They'll have a safe place to sleep, a warm shower, meals, and a chance to visit with the nurse.

Christmas in the Residence means gifts for sweet children who live with so little, and special moments with our many lovely, ill, and aged tenants. Many who live at ehm have no loved ones of their own. Some of our most vulnerable tenants are seniors who often only interact with ehm staff.

It can be very lonely and very isolating to feel invisible in the world. But when you send beautiful gifts, baked goods, and delicious and nutritious meals, our community knows that they are loved and not forgotten. Thank you for the love and cheer you share.



Evangel Hall Mission

**“Thank you for helping our clients
feel loved and remembered
during the Christmas season.”**

– Jennifer Sully-Ferraro, Director of Programs and Client Care

EHM GETS SOCIAL

BREAKING BARRIERS BY BUILDING COMMUNITY

Being lonely is hard. Social isolation doesn't just affect mental health. It also affects physical health. For our community members who are living on the streets, challenged by poverty, or struggling with mental health issues, its impact is even worse.

Social isolation has a ripple effect in the lives of vulnerable people. Those struggling with hoarding, for example, may feel unable to accept invitations to visit people in their homes because they can't reciprocate. Those challenged with mobility issues may hesitate to ask for assistance travelling outside their home. As a result, people become increasingly isolated, facing their difficulties alone. Community events and supports are key to getting people out of their homes to build meaningful relationships.

Building meaningful connections is often the first step towards better futures. Thanks to you, there are five social groups in ehm's Residence and Drop-In, as well as seasonal special events. From enjoying crafts, sharing experiences with their peers, or simply popping by to enjoy a tasty treat, ehm's social programs and special events break down barriers and build loving communities.

SOCIAL ACTIVITIES

- Creative Groups
- Coffee Hour
- Women's Group
- Men's Group
- Residence BBQ and social events
- Special holiday events



"I don't have any people in Canada. My neighbours are like my family."

— Doris, ehm resident and event participant.

COMMUNITY PROFILE: ARMOUR HEIGHTS PC



Members from Armour Heights Presbyterian Church at the residents' Christmas party.

The residents' Christmas party is a remarkable event provided by Armour Heights every year. Along with a delicious meal and Christmas carolling, there is the gift of fellowship. It is a time when hardships and loneliness can be forgotten amongst festive decorations, joyful music, and blessed company.

It's just one of the many ways this congregation expresses its care for forgotten communities.

"As people of God, followers of Christ, we find ways to love others as we experience love ourselves. All of us are broken in our own ways. Some people's brokenness is just more visible than others. Without an ability to care for each other, this world can be a miserable place. So we seek to find ways to serve and care for each other." Rev. Harris Athanasiadis, Senior Pastor.

**Thank you to all the members
at Armour Heights for your care!**



CLIENT LED PROGRAMMING

- Preparing and enjoying food in the community kitchen
- Neighbourhood walks
- Picnics
- Everybody wins BINGO
- Seasonal window painting in ehm's Drop-In Centre
- Client led crafts

SKILLS DEVELOPMENT: WOMEN'S GROUP

- Teamwork
- Creative thinking & problem solving
- Time management
- Leadership
- Build self-esteem and confidence



Tenant Support Worker Nigel ran a 5K for his clients.

Nigel is one of our many staff members who took to the streets on October 20th to support the ehm community. By joining the 5K race at the Scotiabank Toronto Waterfront Marathon's Charity Challenge, he raised money to provide healthy meals, housing, and dental care for the clients he works with every day.

"I see firsthand the impact of the amazing work that happens at ehm. Thanks to our donors and volunteers, there's a safe place and important services for marginalized individuals and the large and growing number of people who are homeless. Many of our clients suffer with debilitating mental health challenges and other issues caused by trauma and living conditions that most of us are privileged enough to not fully comprehend. That's why I took part in the Charity Challenge. Because I can see the difference it makes each and every day."

Thank you to everyone who walked, ran, and fundraised, and thank you to everyone who sponsored the ehm team. It was a fabulous, fun-filled morning and we can't wait to see you at the starting line next year!

CONVERSATION, COMMUNITY, AND TRUST

How you're building resiliency through the Women's Group

The Women's Group is a unique combination of recreational activities and supportive programming. Each week, participants meet in the ehm Chapel to share their life experiences and encourage one another in positive ways to overcome challenges they may be facing. Having this safe space is key to reducing social isolation and its negative health impacts. Some of the discussions include:

- Depression and isolation
- Self-discipline and self-regulation
- Self-expression
- Acceptance
- Loss and grief

Participants are empowered to be directly involved in their program planning and implementation. This helps to strengthen transferrable skills, such as working together as a team, creative thinking, problem solving, and time management. This has also been a great way to develop leadership skills and build self-esteem and confidence.

Through the Women's Group program, you are helping our most vulnerable neighbours to develop the life skills and confidence needed to build brighter futures for themselves.



Members of the Women's Group decorate for Christmas.

NIGEL ON THE RUN

DOUBLE YOUR IMPACT!

Special Matching Gift Offer until November 30th

Exciting news! All individuals making a special Christmas gift by November 30th will have their donations matched! Make your gift today and have twice the impact for those in need.

www.evangelhall.ca/donate

URGENTLY NEEDED ITEMS

PERSONAL CARE ITEMS

Small shampoo and conditioner
Deodorant
Toothpaste and toothbrush
Individual packets of tissues



FOOD

Ground coffee
Frozen vegetables
White rice
Sugar
Soy sauce
Pasta



ADULT CLOTHING

Women's clothing
Jeans and long sleeved t-shirts
Winter coats
New socks and underwear
Sturdy boots and shoes
Hats, mitts, and scarves



Thank you for sharing your warm winter clothing!

DONATIONS ARE ACCEPTED:

Monday to Friday: 9:30AM–3:00PM Saturday: 9:30AM–1:30PM Sunday: 1:30PM–5:00PM

THANK YOU FOR YOUR SUPPORT!

THREE WAYS YOU CAN HELP

1 MAKE YOUR CHRISTMAS GIFT TODAY
Your financial gift will be doubled until November 30th! Send your gift today.
www.evangelhall.ca/donate

2 LEAVE YOUR LEGACY
Include Evangel Hall Mission in your estate plan today and give the gift of hope in the future. Contact Leigh at 416.504.3563 ext 231 or leigh.valliere@evangelhall.ca.

3 BOOK A COMMUNITY MEAL SERVICE
Bring your church, company, or family for a rewarding experience. Prepare and serve Saturday lunches and Sunday dinners for up to 150 people in the new year. Contact Tyler at 416.504.3563 ext 301 or information@evangelhall.ca to schedule your 2020 meal.



Gwen & her team from The Peoples Church are regulars in the meal program.

QUESTIONS? SUGGESTIONS? WANT TO STAY IN TOUCH? WE'D LOVE TO HEAR FROM YOU!

EVANGEL HALL MISSION

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ehm is proud to be a mission of The Presbyterian Church in Canada, under the care of the Presbytery of East Toronto.

We have been providing services to those in need since 1913.

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