

A COMMUNITY OF COMPASSION. A PLACE OF HOPE.



LIFTING EACH OTHER UP

CHRISTMAS 2021

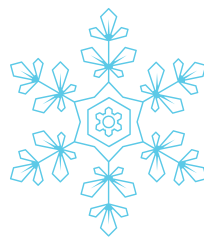
STORIES OF RESILIENCE

Toronto's autumn and winter months are some of the most beautiful times of the year. As 2021 comes closer to an end, we are encouraged to take a moment to reflect by offering thanks to the people who make a difference in our lives. Who have been there for us through thick and thin, helping to lift us up when we were down.

First off, EHM wants to thank our generous donors and dedicated volunteers, who have been spectacular over the past several months. We have continued to care for a record-breaking number of clients with your help. EHM is the foundation for brightening the lives of so many people, among both our clients and staff, and we couldn't do it without you.

In this spirit of gratitude, our Winter Newsletter is all about how people and programs at EHM have been lifting each other up—especially important during the pandemic, which has separated people in such challenging ways. We hope you enjoy these stories from our exceptional community, who continuously inspires us to do more to support its growth and well-being.

– Philomena Lee
Drop-In Centre Manager



INSIDE

Meet one of our Kitchen Assistants, Gerry. After attending Drop-In as a client for over 5 years, EHM hired Gerry through the "Investing in Neighbourhoods" (IIN) Program. Due to this strong partnership with the City of Toronto, we are able to make a real difference in people's lives. Read more on page 2.



"Working at EHM is a very positive thing for me. I like feeling needed and love being part of a team, coming in every morning and seeing everyone's smiles."

– Gerry



Gerry, Kitchen Assistant

CLIENT SPOTLIGHT: THE BEAUTIFUL BENEFITS OF EHM PARTNERSHIPS

At EHM, we have lots of different programs for lifting up our community members. And we love to empower folks through partnerships—because teaming up with other organizations can be incredibly impactful.

One of our most successful partnerships is with the City of Toronto, through their transformational program “Investing in Neighbourhoods” (IIN). This initiative helps people struggling in the job market to find long-term employment, connecting them to the workforce and training them in valuable career skills.

To give you a better idea of how this program works, we’re pleased to introduce Gerry—a vibrant member of our community, who used IIN to get a permanent job at EHM as a Kitchen Assistant.

HOW DID GERRY GET INVOLVED WITH EHM?

“EHM has allowed me to create a community of friends and supports. I’ve met most of my friends today through EHM.” - Gerry

Five years ago, Gerry began accessing our services for some extra support to overcome his unemployment. He quickly became a regular face at EHM’s drop-in meals program. Eventually, Philo—our Drop-In Centre Manager—found out about his passion for cooking, offering Gerry a volunteer opportunity to prepare food for our “Out of the Cold” program. Gerry happily agreed, and rapidly became a cherished member of the EHM community.

When he had volunteered for six months, Philo brought up the IIN program to Gerry, which provided him with paid on-the-job training in EHM’s kitchen. This strengthened his career skills and built up his resume, preparing him for full-time employment while also earning him an all-important pay cheque.

After this training period, Philo decided to hire Gerry as a permanent EHM staff member. This is one of Gerry’s most memorable moments at EHM: “When Philo told me about getting the job, I lit up! I had such a big smile on my face.”

Over three years later, Gerry has flourished in his job. His duties include food prep, dish washing, and handling food deliveries, among other odds and ends. In Gerry’s words, “I do a little bit of everything.” He is incredible at work—always making an extra effort to help out wherever he’s needed.

WHAT EHM MEANS TO GERRY

“The most important thing to me is that I get to help a lot of people. I’m lifting others up, and they’re lifting me up too.”

Gerry, *ehm resident*

Gerry really enjoys the human connection that comes with his job, especially greeting the regulars who come into EHM every day. He is also pleased to see the positive journeys of others, such as his friend and co-worker Dwayne, who has become a Peer Worker at EHM. “It’s been so great to see him grow,” says Gerry, with a bright smile.

Looking ahead, Gerry is excited about continuing his work at EHM. He is committed to helping his peers who are in need, building deep personal relationships and being an uplifting ally to everyone who passes through our doors.



BUILDING A FOUNDATION FOR SELF-GROWTH

@ EHM'S PEER WORKER PROGRAM

When your day-to-day life becomes less stable, finding steady work can seem like an impossible dream. So EHM developed our Peer Worker program to offer flexible employment to people dealing with health and housing issues. Recently, we spoke with Guy—one of the pillars of our Peer Worker community—to discuss its benefits for people at EHM.

For 15 years, Guy used our Drop-In program for meals and other supports. When EHM created the Peer Worker program, we realized it would be a great opportunity bring Guy on board as staff. This enabled him to build a solid foundation for his self-growth journey, providing him with meaningful work and a regular source of income.

Peer Workers do a bit of everything at EHM, helping to fill in the gaps, like providing clean towels to clients, maintaining the showers, and assisting clients with their

laundry. The real value in his role is through the connections Guy makes with his peers through active listening and even mentoring. Guy is very welcoming and amazing at advocating for everyone at EHM—telling them all about the ways that our services can transform their lives.

It's a win-win arrangement for EHM and Guy, who has been an incredible Peer Worker. Our clients also feel a stronger, safer connection when communicating with Guy, because they have a lot in common with him. His similar life experiences make him more approachable, helping people at Drop-In to feel understood and motivated to elevate their lives.



Guy, Peer Worker

"When clients come in and get to know my story, and see me in a stable position with a job, it gives them hope that things can get better for them too," says Guy. "Because I'm a living example of it."



Amy, Women's Group participant (left) and Crystal, Spiritual Care Coordinator (right)

HOW WE RISE UP AND ENJOY LIFE

@ EHM WOMEN'S GROUP

With the pandemic pushing people apart, EHM's core programs are more important than ever. Because everyone needs a space where they can go and know that they're welcome—no matter what.

That's why our Women's Group provides a safe, compassionate community for women to gain support, build friendships, and enjoy group activities like arts and crafts. To discuss its positive impact, we sat down with Amy, an enthusiastic member of the group since 2019.

Several wonderful women gather at EHM every week to shed some stress and unwind through activities like rock painting, gardening, and local field trips. "We have a collective of mothers, aunties, and women from all different walks of life, who come together to talk and learn from one another," says Amy.

She mentions that the group is about more than just recreation: it's a place where women can lift up each other by being brave and sharing their personal experiences. Women's Group has provided her with the opportunity to challenge herself, helping her to move in a direction that's truly healing.

Looking forward, Amy is excited for more pandemic rules to be relaxed, which will remove restrictive social policies and enable her to access more EHM programming.

"If the pandemic has shown us anything, it's that the need for places like EHM is only growing," says Amy. "I really appreciate our donors, because they're supporting a place where people aren't judged, but rather provided with the resources and programs to find their bearings."

WINTER PRIORITY ITEMS

Help EHM clients and tenants prepare for the winter months by donating the following priority items this holiday season.

ADULT CLOTHING ITEMS

- Women's new underwear (sizes small & medium)
- Men's new underwear (sizes medium, large, & extra-large)
- Men's and Women's warm & water resistant gloves, mitts, & hats
- Men's and Women's warm winter coats, sweaters, pants, sweat pants, & jeans
- Men's and Women's warm winter boots
- Running or sturdy shoes
- Sleeping bags & blankets
- Adult backpacks
- Belts for jeans & pants

PERSONAL NECESSITIES

- Travel-sized shaving cream
- Travel-sized shampoo
- Hand/leg warmers
- Rub A535
- Incontinence products

FOOD AND KITCHEN

- Tea bags
- Bottled water
- Frozen vegetables – any kind
- Takeaway/individual packets of creamers/milk for coffee and tea
- Hot chocolate packets
- White rice
- Juice boxes
- Take-away snack items
- Prepared takeaway meals and sandwiches



GIFTS OF SECURITIES MADE SIMPLE

This is the season when you may be meeting with your advisors to finalize year-end financial plans. This year, why not discuss how you can make a charitable contribution of securities to EHM? Your broker can transfer donated shares to EHM's account at Caldwell Securities Ltd. where they will be sold commission-free. This means 100% of your donation will go toward supporting EHM's programs!

And, if you donate publicly-traded shares on which you have capital gains, you will receive a tax receipt for the value of your shares on the day of donation, pay no tax on your capital gains, and help individuals hit hardest by this pandemic.

Your broker can find our securities donation form at www.evangelhall.ca/getinvolved/shares-and-securities

To schedule your donation drop-off appointment, please call 416.504.3563 or email information@evangelhall.ca.

**STAY CONNECTED.
WE'D LOVE TO HEAR FROM YOU!**

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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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