

A COMMUNITY OF COMPASSION. A PLACE OF HOPE.

FALL 2022



David, EHM Spiritual Care Provider

HEALING HEARTS AND SOULS THROUGH SPIRITUAL CARE

EHM's Spiritual Care program is one of our fastest growing, most loved programs.

It has become a really important support for the many people who come to EHM who are experiencing trauma, loss, loneliness, and anxiety. David, EHM's newest addition to the Spiritual Care team, uses music to lift spirits and to bring joy into everyone's day.

David's ability to find happiness, beauty and joy in everything around him is part of what makes this program so special—because the people who come to EHM need more than food, clothing and showers. And this is what Spiritual Care is about— finding hope and meaning when your world feels dark.

David particularly enjoys the community meals served at the Drop-In Program because our wonderful cook—Ian—puts a lot of love into what he makes for our people. And David also sees this weekly event as a potent form of spiritual care: with the meal as the centerpiece of nurturing our clients, people begin to open up as they feel better after sharing some fabulous food.

"It takes a lot for someone who is struggling to come up to you to ask for help. That's why our Drop-In Program is so important," says David, "because it provides

an opportunity for staff to start a conversation with our clients, so we can offer the amazing supports available at EHM."

"You can see almost immediate results with spiritual care," says David. "When someone has listened and empathizes with all of their heart, and offers sincere guidance and hope, it means so much to anyone struggling in difficult situations. And that's why I love what I do."



Evangelical Hall Mission



Carman (left), EHM Tenant Support Worker and
Melanie (right) Portland Place tenant

TENANT PROGRAMMING AT PORTLAND PLACE

This past January, EHM merged with Portland Place—uniting to become a stronger, more effective organization for our tenants. And so far, so good!

At Portland Place, we're thrilled that we could finally resume group programming—both old and new!

- **COFFEE HOUR** is a weekly event that gives tenants a chance to catch up with each other, play board games, or just sit and talk about the latest show they've watched and goings-on in the neighbourhood. It's also an opportunity for staff to connect with tenants and keep an eye out for signs that a tenant's health might be declining, so that we can connect them to their family or to medical supports.
- **POETRY & PROSE** Every two weeks, participants meet up to review notable works of poetry, while also working on their own pieces. At the end of the workshop, tenants can present their writing to the group, or share a poem from one of their favourite authors.
- **GROUP MEDITATION** This group offers the opportunity for tenants to learn how self-awareness and mindfulness can be used to create a moment of calm for themselves and reset, so that they can tackle each new day, one step at a time.

Why are these group activities loved so much?

According to Melanie, our programming is like a hand that reaches out in support, which tenants can grasp whenever they need it. We're so happy to hear this sentiment, because that's precisely the positive impact that the staff, volunteers, and supporters of EHM work so hard to create!

"Passing someone in the hallway, you learn nothing about them, but sitting down and doing something with them, you can learn a lot about how they've grown and changed. Even after just a week!"

Melanie

Portland Place Tenant

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

EVANGEL HALL MISSION

552 Adelaide St. W.
Toronto, ON M5V 3W8

416.504.3563
information@evangelhall.ca

 @evangelhallmission
 @ehm1913

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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