



DAYBREAKING NEWS

Volume XVII1 Issue 3

Fall 2017

Donations

A big shout out to the **Sprott Foundation** for their generous donation of \$20,000 to replace all furniture in our houses. We have since purchased new beds, box springs and pillows for all 46 residents. Sofas and tables are next on the shopping list!

Ontario Trillium Foundation for a \$24 500 grant to conduct research on homeless LGBTQ2S Adults.

The **Artist's Sandbox** for providing stage direction.

Slipacoff Premium Meats for hamburgers and sausages at the Resident BBQ.

Dominion Chalmers United Church for ongoing monthly support.

Our mission is to help our residents rebuild their lives in a supportive community. Over the next 5 years, we are committed to inspire single adults in need to rebuild their lives with quality programming in transitional community-based homes

My Story By Robert, Daybreak Resident

I came to Daybreak in 2015 from the Mission where I was participating in their Recovery program. But I was looking for community living where I would be able to enjoy some privacy while working on overcoming my addictions. You see, I suffer from anxiety and depression which had manifested itself into a drug addiction. I lost my work and my family.

Then Daybreak came into my life. I cannot say it was a bed of roses. I had my challenges and disappointments with the dynamic in the house and the minimal support I received. I wanted and needed more. When Men & Healing arrived offering weekly therapy on site, it was as if a door had opened for me, inviting me to enter into a new secure and supportive space where I could focus on healing. I was inspired to hope that it was possible to rebuild my life. Soon I became a peer mentor.

Even if I still relapse from time to time, I have taken a significant step by talking about my addiction and my desire to become healthy again and Daybreak has helped make that happen. Hence the story I share with you today. Thanks for believing in me so that I could believe in myself. I owe it to myself to heal, and especially to my daughter.

Donor's Corner

Harry's Pie in the Sky wish is for Daybreak to continue supporting Andy in his health challenges. Keep "talking to Andrew more, to give him advice on what to do". Knowing Daybreak is here for his son comforts him. "Andy likes Daybreak".

Harry Lamorre is no stranger to anxiety and suffering, having been to war and also seen the inside of our Correctional Services. Harry graduated from the University of Ottawa and spent his adult life in the Canadian Army flying helicopters. He attended staff college in Kingston Ontario after serving in Korea, and was then posted to Germany, Syria and Israel. When he returned home, he joined the Correctional Services team first in Alberta, then Saskatoon and finally Ottawa, where he settled with his family. He soon discovered Daybreak as the ideal place for his son who at the time was estranged from his family and without a steady job.

Andy has had his ups and downs particularly when it came to his physical health. And Harry is grateful for the personal care and attention Daybreak has provided. Although he has entered his 9th decade, Harry is still spry and alert. But he knows it is only a matter of time. "Once I am unable to help, I don't know how Andy will cope". But he knows that Daybreak will be here to take care. Thanks Harry for believing in us, for entrusting Andy in our care. Thank you for your financial support.



Rebuilding Lives, Inspiring Hope

So much has happened over the last few months, I hardly know where to begin. The Board of Directors completed and approved the new strategic direction for Daybreak which will be an investment in programming for residents who want to improve their future opportunities. This could include support to complete their education, participation in wellness workshops, design of customized seminars that address specific issues and physical fitness programs. We also plan to continue with the Men & Healing groups that have helped our male residents with recovery if we can get the funding in place. Your donations would be so appreciated by the men who wish to continue in the program.

The residents, staff and Board enjoyed their Annual Summer BBQ on a hot day in August, with a feast of pulled pork sandwiches prepared by a Board member using a secret recipe, and delicious burgers and sausages provided by Slipacoff Premium Meats! Thank you Slipacoff! Then to liven up the Party, staff invited residents to a water balloon fight followed by 3-legged races and a timed egg



race. The final prize, a cake, went to Bob in recognition of being the resident with the longest tenure.

On October 18th, we held our first public fundraiser at the NAC 4th Stage where local performers entertained the audience with Blues, Jazz, Opera and a medley of musical theatre pieces over 35

years to celebrate our Anniversary. Thanks to you, we raised \$10,000!

Come November 17, we launched the final report on homeless LGBTQ2S adults in Ottawa. For the full report, go to www.daybreakhousing.org/events

To close the year off, the Resident Christmas Party took place on December 7 at Knox Presbyterian. More on that in the next Edition!



Artistsandbox.org

FALL

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