Catholic Charities of the Month

Safehaven

Provides residential and respite care options to children and youth who have multiple disabilities and complex medical needs.

Safehaven welcomes volunteers. Volunteers allow them to get the children and youth into the community, provide the children and youth with new experiences and create new friends for Safehaven.

If you are interested to explore volunteering at Safehaven, call 416 535 8525 ext 225 for an application form today or fill in their online application.

The Safehaven Project for Community Living 1173 Bloor Street West Toronto, ON, M6H 1M9

Society of St. Vincent De Paul, Mary’s Home Emergency Shelter

OUR HISTORY:

Mary’s Home opened in December 1996, originally combining long-term housing, a 12 bed emergency dorm and an Out of the Cold program. The program changed to an emergency shelter as the need became increasingly urgent. Mary’s Home can accommodate 38 women, aged 16 years or older, and we welcome women of different ages, cultures, religions.
Mary’s Home participates in the City of Toronto’s Extreme Weather Alert program.

**OUR MANDATE:**

To provide safe and secure accommodation, support and accompaniment, informal counseling, nutritious meals and basic necessities to the women who stay at Mary’s Home.

To assist each woman with identifying her goals and developing and implementing plans to secure safe, appropriate and affordable long-term housing.

To advocate on each woman’s behalf as necessary, assisting them in resolving their situation.

Encouragement of each woman’s competence, independence and self-esteem. Assistance for any woman seeking shelter to find a bed on any given night.

To ensure that each woman has access to appropriate community resources that provide financial support, health care, emotional, support, education and training, social and recreational opportunities, spiritual support and appropriate long-term housing.

**THE CHARACTERISTICS AND NEED OF OUR RESIDENTS:**

- Women come to Mary’s Home from a variety of situations including leaving abusive relationships, newcomers to Canada, family breakdown, eviction, job loss, addictions and/or mental health issues and poverty.
  Women are usually in crisis, facing many obstacles and not knowing where else to turn.

**Get Involved and Make A Difference!**

Knitting Club/group: knit hats, scarves, gloves and donate
Warm fuzzies: place positive messages on students’ lockers, agendas etc
Eye glass collection
One world school House: collecting gently used books to a Caribbean Island
Simple Everyday Acts of Kindness

VISIT AND READ TO THE ELDERLY

Not only will you be making someone happy, but you can learn a lot about life from someone who has lived much longer than you. Perhaps they will be able to tell you their own stories, about things they witnessed in their lifetimes.

Living a long life is a great gift to those who receive it. There are many gratifying things that come along with old age.

Many people look forward to experiencing a slower lifestyle, a relaxing retirement, the joy of being able to meet their children’s children and the satisfaction of greater knowledge and understanding. But, the not-so-good aspects of aging, such as loss of mobility and loss of vision can be very frustrating. Take some time to share a book with an elderly person who may not be able to see or read alone.

“Adopt” a grandparent at a local retirement or nursing home or an elderly neighbor to visit with and read to weekly.