

Tough Times

Nothing about Us, Without Us, Is for Us

WHY I AM CONCERNED ABOUT THE DISESTABLISHMENT OF PEEL REGION



By: Michelle Bilek

I have lived in the City of Mississauga for almost all of my life, actually, even before the City of Mississauga was a city, and Hazel McCallion became the mayor. I have always found that having a two-tier municipal structure was either a benefit, or at times a navigational nightmare when it comes to supports for the community. When I was on the campaign trails in various elections, some of the most educated and well-established community members were unsure which issues or services were municipal or regional, (let alone federal or provincial).

As being intrinsically imbedded in my community, most of my life has been dedicated to listening, facilitating supports, and advocating for some of our most marginalized and vulnerable community members. As a person who can relate with the experiences of the working poor, the precariously housed, the unhealthy, our seniors and many other folks who are in some way disadvantaged by systems and structures, I have felt a need to support and amplify their concerns.

Our large, robust ecosystem of services within the three cities of Peel that provide some of the most challenging and direly needed supports to our communities, work in tandem with each other and have been for decades. They have received funding that has kept the nucleus of supports going despite crisis after crisis, including the pandemic, which affected the disadvantaged in our community the most. Peel Region has been the facilitator of regional, provincial and federal funds that flow to these services, and a mainstay for many other essential services and supports for community.

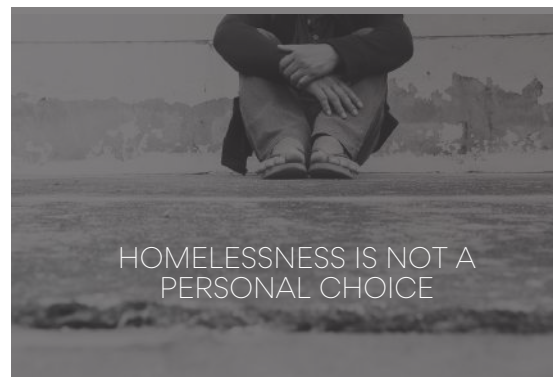
As passage of Bill 112, The Hazel McCallion Act begins to unravel the Region as we know it, the overall concerns from the perspective of those who serve -

people experiencing homelessness and those who are receiving those services cannot be ignored. Our People – living outdoors, enduring violence, having to live in shelters, and those who can barely make ends meet – Our People, must be of upmost importance when the division of assets, services, programs and dollars are sorted out over the next year and a half.

This is not a political chess game, where each city strives for “Check Mate!”, this is a complete overhaul of the systems that many people rely on. So, I will continue to listen, watch and when possible, participate in ongoing discussions with community, partners who serve them and our elected officials. I will remind them that they must put Our People first when it comes to their decisions and discussions with the transitional body who will facilitate this process and within their own city halls. Let’s keep the process as transparent as possible, continue to consult with the public, our most vulnerable and the services who support them and continue to strive to ensure that everyone can and will be able to live in our cities safely, in good health, adequately housed, and thriving.

How do you feel about the disestablishment of Peel Region? You can share your thoughts and comments with us through this [link](#).

Comments can be anonymous and we will compile the feedback to share with elected officials.



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VISIT PPAG'S WEBSITE



LONG WAITLISTS TO SECURE HOUSING FOR VICTIMS OF DOMESTIC VIOLENCE



I have assisted her with a housing application called “Victims of Family Violence” through Peel Housing; however, the wait list for such services is still three to seven years.

I can't even begin to imagine how our client is truly feeling. Having to wait three to seven years to secure housing as a victim of domestic violence is discouraging, absurd, and disgusting. If she could access this housing service within a reasonable period, this would greatly benefit her CAS case, not to mention her children. It is deplorable that Peel Housing will not consider this. It breaks my heart to know that such an extensive amount of people who need these services are often unable to access them.

The following is a quote from [Stats Canada](#) and [Ontario.ca](#):

“In 2021, police reported 114,132 victims of intimate partner violence (violence committed by current and former legally married spouses, common-law partners, dating partners and other intimate partners) aged 12 years and older (344 victims per 100,000 population). It marked the seventh consecutive year of gradual increase for this type of violence. Eight in 10 (79%) victims of such violence were women and girls, and the rate of victimization was nearly four times higher among women and girls than men and boys (537 versus 147).”

“While 80% of survivors of domestic violence tell family or friends of their situation, only 30% report the abuse to the police.” What happens to those who don't have a strong support system and continue to fall through the cracks?

Sources:

- <https://www150.statcan.gc.ca/n1/daily-quotidien/221019/dq221019c-eng.htm>
- <https://www.ontario.ca/page/domestic-violence>

My client story for this month is about a woman who has recently become a single mother due to the long-time abuse she and two of her five children endured from her husband. From what I understand, she had been experiencing significant mental, emotional, physical and financial abuse for numerous years. Approximately one year ago, the police were notified of the abuse and restricted her husband from returning to the family home. Unfortunately, this did not prevent him from returning, and our client was too afraid to speak up.

Fast forward to December 2022, her husband was again removed from the home and placed in jail for not abiding by the previous restriction. Since the most recent removal of her husband, two of her children have also been removed from the home by CAS (Children's Aid Society) because of allegations that her husband has been inappropriately touching her eldest daughter.

I have been effortlessly trying to assist our client with her court cases regarding her two children by creating a ‘care plan’ that includes proof that her husband is no longer in the family home, along with how she plans to keep her family safe. Our client is adamant that he will not return to the house and continues to express that her children are her priority; she is even willing to move if that will help bring her children home.

YOU ARE NOT ALONE

If you or someone you know is experiencing domestic violence, please reach out for help. You are not alone.

Assaulted Women's Helpline – Free, confidential counselling, emotional support, safety planning and referrals for women needing shelter, legal advice or other support. Available 24/7, province-wide, in more than 100 different languages, including 17 Aboriginal languages:

- 1-866-863-0511
- TTY 1-866-863-7868
- Rogers, Fido, Bell and Telus – #SAFE (#7233).

Fem'aide – For francophone women, toll-free, province-wide, safety planning and referrals:

- 1-877-336-2433
- TTY 1-866-860-7082

Anishnaabe Kwegaw Gamig Northern Ontario First Nations crisis line:

- 1-800-388-5171

National Domestic Violence Hotline:

- 1-800-799-SAFE

WHAT'S THE DIFFERENCE?

- 211 - confidential information and referral to non-emergency community, health and social services in Peel
- 311 - direct access to local municipal government programs and services in Peel
- 411 - directory assistance from the local telephone company
- 911 - for life threatening emergencies or crimes



The **Peel Food Map** provides updated hours and information on donations, through the Emergency Donation Centre.

Call 211 if you can't access the online food map.



ELIZA'S STORY



My name is Eliza and my drug of choice was always fentanyl, ever since I first tried it. They say you never forget your first love and that was mine. I fell hard and I fell fast.

When I got introduced to oxycontin that started a small burning fire in me for opiates. In school we were taught to stay away from Marijuana, Cocaine, Methamphetamine, and Heroin, but I wasn't educated enough to know the dangers of prescription drugs. It wasn't until I was already hooked that I realized the place I'd gotten myself to.

Growing up I dealt with bullying and feeling like I didn't fit in. That started my mental health struggles with depression and anxiety. I also had times of self harm and suicidal thoughts. As I got older the people who accepted me were the ones already experimenting with drugs.

Once I got closer to those friends and was around things like Marijuana and MDMA, I got curious and decided to try them for myself. The same group of friends is where I experimented with different opiates, including fentanyl.

Over the years I've lost many friends and loved ones to overdose or drug related deaths. I thankfully have never experienced an overdose myself and I hope I never do. I've lost friends in the beginning years of using and in the recent years where I've gotten sober from opiates and all harder drugs. One of my greatest losses was my boyfriend Dave. It was an incredibly traumatic experience for me and it caused my mental health to deteriorate even more. From that devastating loss I developed PTSD.

I thankfully have gotten to a place over the past few years with the help of many different therapists and hours of self development where I am able to grieve properly. I'm learning to manage all my new mental health challenges and maintain sobriety from opiates.

I know that some substances in my life aren't helpful at this point and that's why I've chosen to get sober from those. That wasn't always the case though. Without fentanyl and other substances I don't think I would have

mentally made it through the loss of my two grandfathers four days apart only to lose Dave less than a year later. I'm not sure where I'd be if I didn't have something to lean on and help me focus on other things during those times.

The last year I've been dedicated to doing Peer Work in my community! Using my experiences with mental health and substance use to shape policy and programs for people who use drugs in my community! I've been working with a bunch of different organizations, doing lots of different projects!

I also run a podcast called Voice Of Struggle Podcast, where I share my own and others experiences with mental health and substance use! We talk about anything and everything! Whatever the guest is comfortable sharing! It's streaming on all major podcast platforms.

Anyone interested in being a guest is welcome to email me at voiceofstrugglepodcast@gmail.com

WOMEN'S WELLNESS EVENT



From left to right: Dr. Mojola Omole, Breast Surgical Oncologist (seated), Dr. Trudy McFarlane, Physician (Moderator), Dr. Candice Todd, Naturopathic Doctor, Shireen Spencer, Breast Cancer Survivor, Dawn Barker-Pierre, Breast Cancer Survivor

On March 25, a Women's Wellness Event was hosted by Roots Community Services, the Black Physicians Association of Ontario, Wellfort, and The Olive Branch of Hope. The event featured free health checks, wellness activities a self empowerment workshop and panel discussion.

A POEM

By: Bronwyn Brown

*Your demons will control you
They're stronger than you know
Whatever has that grip on you
You have to let it go
Your dreams and aspirations
Seem much smaller than your fears
Once, life was filled with happiness
But now its filled with tears*

*You ask just how you got there
And feel you can't get out
That child that's inside of you
Just cries and screams and shouts*

*There's gotta be more to this life
More than a bottle
Or small glass pipe
You weren't meant to be like this
It wasn't meant for you
But unless you can surrender now
Your future could end soon.*



By: Mya Moniz

"I..." Sierra cuts herself off with a sigh, shaking her hands from the wrist. "Sorry."

"It's okay," I whisper, nodding into my loose fist. Under the table, my finger taps my thigh, mining for a solution. Then, I sit up in my chair and grip the base of my ponytail. With my other hand, I hook my finger around the double-twisted hair tie atop the crown of my head and pull, releasing my long braids from their up-do. The mess of box braids collapses around my shoulders, and I hand Sierra the hair tie. "You can fidget with it."

Sierra stares at me with wide eyes, but she eventually takes the hair tie from me with a sheepish smile. "Thank you," she says.

It's the least I can do, really, as she sits in the office I've borrowed from my colleague, about to put to words the hardest story of her life.

Sacrificing my ponytail to strengthen her nerves is easy.

Being homeless at nineteen is not.

What does it mean to belong to a space defined by having nowhere to belong?

I met Sierra through the Restoration and Empowerment for Social Transition (REST) Centres, the Peel Region non-profit organization I work for that serves BIPOC youth experiencing or at risk of homelessness—that I, too, am a client of, though I hate admitting that. I hate it not because I am ashamed of my life. I've had my entire young-adult life to understand and accept the ways in which my family will not support me. I understand that my family will never see me as more than the glue to hold themselves together, as my own person. I understand that I can never go back.

I'm done feeling shame that was never mine to feel.

No—I hate admitting that I am a client of REST Centres because it feels like a lie.

Homelessness is a spectrum that starts with 'risk,' where you have a short deadline to find new shelter before you have nowhere to live. Then, it transitions to 'hidden homelessness,' which the Canadian Observatory of Homelessness defines as "people who are staying with relatives, friends, neighbours or strangers because they have no other option" (Homeless Hub para. 1). Homelessness in the most traditional sense—living on the streets, in and out of shelters—is known as 'chronic.'

So, there's no single way to be homeless, and I certainly live in perpetual 'risk,' but when I think about how Sierra and her younger sisters experienced hidden homelessness when tragedy struck, why do I feel like a fraud?

"What is one thing you think REST Centres is good for?" I ask.

The REST office in downtown Brampton, Ontario is open for youth drop-ins almost every weekday. Youths ages sixteen to twenty-four drop in for homework help, school lunch breaks, to say 'hi' while they're in the area, or, occasionally, "to get off the streets" (Sierra).

I look up from my notepad. My hair tie loops in two figure-eights around Sierra's fingers.

"Most shelters kick you out by, like, 7:00 AM or something. You usually can't go back until after dark," she clarifies.

My eyes glance to the clock in the corner of my computer screen; it's only 4:13 PM, and Brampton's not always the safest place to be. That's such a long time.

"But you guys keep us off the streets," Sierra insists. "Like, there's always someone to talk to here."

REST strives to "Shelter Dignity" because dignity should not be lost in these struggles but protected. Everyone deserves love and judgement-free support for experiences that are ultimately out of their control. Most weeknights, REST hosts a variety of workshops for landlord and tenant training and learning life skills, but they also host social events. A lot of these workshops—even the boring ones about being an adult—run way past their scheduled end time because the youth never want to leave. As a facilitator, I often try to keep the youth on track, but after a while, I let time slip between my fingers.

The REST youth play around a lot and tell jokes—a habit contingent upon both their age group and their circumstances, but

their sense of humour is dark, at best. They make the kinds of jokes you only make with friends, where you know no one will take them seriously. It's not everywhere a Black kid can joke about stealing someone's Aldo purse because they think it's cute or how they were escorted home in a police vehicle because they were gifted a new mini fridge (true stories). In most places, comments like those are taken out of context as either highly criminal or politically-charged. Here, they're healing; we cope with humour because laughter is rare.

"I feel comfortable coming here, you know?" Sierra says. "I can come here and just, like, talk my problems out. That comfort that is here, like... I just appreciate it. Because who else can I run to at the end of the day? When I'm here, no one's ever gonna let me down. Outside of REST, I don't really have friends like that."

Defining youth homelessness as a subculture is a complicated choice. To be of a subculture—a subculturalist - is often characterized as an intentional choice. However, the first thing to understand about youth homelessness is that it's never a choice because a youth is only homeless when our social systems fail to protect them. Independent youth are perpetually at-risk of homelessness and often fall into it because they don't have a safety net. Even with financial support from Children's Aid Society or Ontario Works, independent youth lack supportive adults in their lives who will catch them when all goes wrong—and for sixteen to twenty-four-year-olds, a lot is bound to go wrong.

The difficult balance to strike is to help these youths grow into independence far earlier than is fair while reminding them that they are still kids. Sierra is the kind of girl to double jinx you when you two say the same thing (rest assured, I owe her a soda), but she's also the head of her household now, at nineteen. Youth homelessness is a phenomenon, but I've come to see REST Centres as our scene. REST youth come together and thrive in each other's shared experiences while discovering who they want to be. They have fun with each other because they don't often get to socialize with youth their age with similar lived experiences—and that makes a world of difference.

"The people here—they just get it, you know? There's no explaining yourself because it doesn't matter. There's no judgement because everyone knows. There's no, like, putting each other down or pity because we're all just trying to survive." Sierra karate-chops her palm to punctuate every point, my hair tie stretched snugly around her hand. (cont)

“When I think about place and everyone involved, I’m grateful to be alive. I see my future in front of me, you know?”

Talking to Sierra—taking her under my wing as I have—has healed me in a lot of ways. Even though I’m far more stable now than I have been in a long time, I still see myself in Sierra, in her sisters, and in all the youth at REST. I see myself in the sad looks Sierra tries to hide when she needs to go home. I see myself in every laugh and every cry to ever be shed in this office.

Youth homelessness is a phenomenon, but REST Centres is a community. I’m grateful every day to give back.

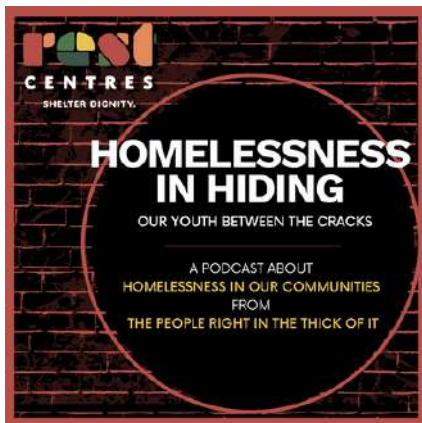
Works Cited:

- “Hidden Homelessness.” The Homeless Hub, <https://www.homelesshub.ca/about-homelessness/population-specific/hidden-homelessness>. Accessed 21 Feb. 2023.

WHAT IS COORDINATED ACCESS?

The process for people experiencing homelessness to access the right housing and support services based on their preferences and level of need is called Coordinated Access.

It is a community-wide, systems-based approach to reducing and preventing homelessness through which individuals and families experiencing homelessness are provided with access to housing and support services, based on access to the system, common assessment and prioritization, and referral and matching.



HOMELESSNESS IN HIDING

Homelessness in Hiding: Our Youth Between the Cracks" is a REST Centres podcast that explores the issue of youth homelessness in our community.

By sharing personal stories and exploring the broader impact of this crisis, the podcast sheds light on the urgent need for action.

Listen [here](#):



Does your unit or building need repairs or maintenance?

Have you told your landlord, but the problem has not been fixed?

The Mississauga Apartment Rental Compliance (MARC) pilot program ensures apartment buildings are well-maintained to support safe, secure and liveable communities.



Scan the QR code, call 311 or visit: mississauga.ca/MARC



1105 Queen St. East, Brampton (corner of West Drive and Queen St.)
In the Gymnasium
Open from June 19th to September 8th, 2023
Hours of operation: 10:30 am to 5:30 pm
Guests will be provided with snacks and access to a shower and laundry facilities
Call 437-332-9081 for more information Walk-ins also welcome
This service is for men

Funded by the
Government of Canada's
Reaching Home Program

Financé par le
gouvernement du Canada par le biais
du Programme Vers un chez-soi

Canada

Region of Peel
working with you

HOUSING FIRST



By: Susan Moss

Do you ever get frustrated hearing or talking about homelessness because it feels like things hardly ever change? Or there seems to be no solutions because of the complexities of the problem? Or there aren't enough people who care about the plight of the homeless? Do you wonder how you can make a difference? Or think there's nothing one person can do....?

These are some of the feelings I've had over the years, so I researched online and found a solution. I am so excited that there is an evidenced- based intervention model that is just waiting for us to use here in Brampton!

In 2008, our Federal government provided the Mental Health Commission of Canada (MHCC) \$110 million for a four-year research demonstration project. The approach is called **Housing First** but the MHCC named the research project *At Home/Chez Soi*. The project followed more than 2,000 participants for two years, and was the world's largest trial of Housing First, with demonstration sites in Vancouver, Winnipeg, Toronto, Montreal, and Moncton.

Released in September 2012, *At Home/Chez Soi Interim Report* presents preliminary research findings to explore the impact the project had after one year on service use, housing outcomes and costs. The Interim Report shows that Housing First improves the lives of those who are homeless and have mental health issues and makes better use of public dollars, especially for those who have high health and social service use. It also shows that Housing First can be implemented across Canada through a cross-ministry approach that combines health, housing and social services with not-for-profit and private sector partnerships.*

This program prioritizes independent and permanent housing first, before other supports. It intends to provide immediate access to housing with no compliance requirements/no housing readiness. It is possible to do this in our city as we have the tools provided for us.

There is a [Canadian Housing First Toolkit](#) under Resources on the Homeless Hub website, but first you click on Solutions. Many people are needed to do this, so I hope to keep talking about it in the next edition of *Tough Times*. In the meantime, if you are itching to take action like me, scratch online where you can find all the tools to start putting **HOUSING FIRST**.

**Mental Health Commission of Canada*



**RENTING IN ONTARIO
KNOW YOUR RIGHTS**

There are laws in Ontario to protect renters. Protect yourself from wrongful evictions.

SAUGA SUMMER PASS

This summer, youth can enjoy free:

- **MiWay rides** (ages 12-16)
- **Fun swims** (ages 12-16)
- **Fitness access** (ages 14-16)

*Some restrictions may apply

Learn more at mississauga.ca/summerpass

MISSISSAUGA

Peel Region Street Outreach Request for Donations

Peel Region's Street Outreach team is requesting new/used donations that will help unsheltered individuals throughout Peel Region.

Clothing and other supplies:

- Sleeping bags
- Socks
- Long underwear
- T-shirts
- Sweaters
- Boots
- Jackets
- Underwear
- Hygiene kits

Food:

- Cans with pop tops
- Granola Bars
- Individually packed cereals
- Tuna and salmon cans with crackers

Please drop off any items at:

60 West Drive, Suite 106
Brampton, ON
Monday - Friday:
9 a.m. and 5 p.m.
Call the Street Helpline:
1-877-848-8481

Canadian Mental Health Association
Peel Dufferin
Mental health for all

The Peel Alliance to End Homelessness

AMO HOMELESSNESS SYMPOSIUM



On May 3-4, close to 250 elected officials, municipal staff, those with lived experience, academics, not for profits, service providers and others came together to examine solutions for ending homelessness in Ontario. Daphna Nussbaum from the Peel Alliance to End Homelessness participated in a presentation on the current state of homelessness in Ontario as a representative of the Ontario Alliance to End Homelessness.



REgeneration Marketplace

Regeneration Marketplace is a food bank, operated by Regeneration Outreach Community.

Location
253 Queen St E, Brampton (second set of doors)

Hours of Operation

Tuesday:	9:00 AM – 3:30 PM
Wednesday:	9:00 AM – 6:30 PM
Thursday:	9:00 AM – 3:30 PM
Friday:	9:00 AM – 3:30 PM
Saturday:	8:30 AM – 11:30 AM

Closed daily from
-12:00 P.M. to 1:00 P.M. -

Registration Process

Please bring ID with you, a short registration form will be required at your first visit, and you will be able to get food on the same day. Families are able to utilize the service once/week. Please remember to bring your own grocery bags.

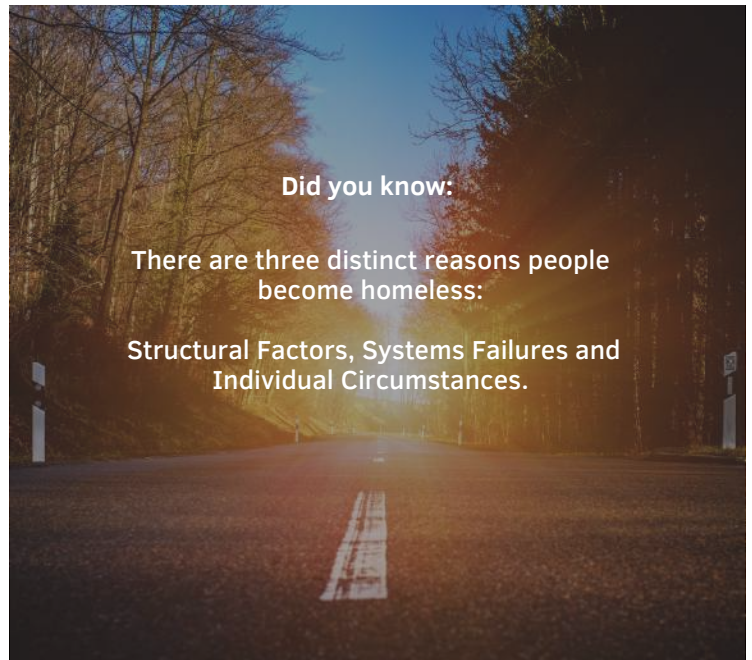
If you have any questions, email to marketplace@regenbrampton.com or call 905 796 5888

ENOUGH IS ENOUGH PEEL COMMUNITY PICNIC



From left to right: PPAG members Adrian M. and Jasmine F.

On June 3 at El Dorado Park in Brampton, PPAG hosted a table at the Enough is Enough Community Picnic, joining thousands of workers and community members who gathered for rallies across the province as part of the Ontario Federation of Labour's Enough Is Enough Day of Action. Ontarians took to the streets to say "enough is enough" of Ford's destructive agenda, and demand real solutions to the cost-of-living crisis.



REGIONAL HOMELESSNESS SERVICES IN PEEL

In Peel there are many programs available to support housing, shelter and fundamental needs. Please visit www.peelregion.ca/housing for more information.

Street Helpline - 1-877-848-8481

- Offering 24/7 support for urgent homelessness needs, food, shelter access, referrals and more. The Street Helpline connects you to our mobile Street Outreach team who can often come to your location to help. If you're in crisis or face an urgent need, call us.

Shelter Intake Line - 905-450-1996

- We can help you find the best option in any Peel shelter, including in adult, youth and family shelters.

Mental Health Support

- Distress Centre Peel – 905-278-7208
- Kids Help Phone – 1-800-668-6868
- Mental Health Mobile Crisis Centre of Peel – 905-278-9036
- Youth Mental Health Crisis Response Service – 416-410-8615

City of Brampton

Regeneration Meal Program and Supports -156 Main St N, Brampton

- Facilities and food for people in need
- Showers and laundry
- Phone and computer
- Staff support
- Clothing
- Breakfast - 8a.m. to 9:30a.m. (9:15 a.m. on Sundays)
- Lunch - 11:30a.m. to 12:30p.m., Monday to Thursday
- Hours - Monday to Friday 7a.m. to 3p.m., Saturdays 7a.m. to 9:30 a.m., Sundays 7a.m. to 9:15 a.m.

City of Mississauga

- Services are available to support at-risk individuals and the homeless in Mississauga, including free hot meals and shower access.
- Visit mississauga.ca/recreation-and-sports/sports-and-activities/assistance-programs/help-for-the-homeless/

Open Window Hub | 2023 Partnerships

Monday	Tuesday	Wednesday	Thursday	Friday
Headwinds Community Cntr. 6655 Glen Erin Dr 10am - 3pm	Mississauga Valley Gym 1395 Mississauga Valley Blvd 10am - 3pm	Port Credit Memorial Arena 50 Steelesbank Rd 9am - 12pm	Mississauga Valley Gym 1395 Mississauga Valley Blvd 10am - 3pm	Mississauga Valley Gym 1395 Mississauga Valley Blvd 10am - 3pm
Moyo Harm Reduction 10am - 12pm	Homeless Health Peel 10am - 12pm	Durham Thorpe Library 3550 Dixie Rd 10am - 3pm	Region of Peel Housing Support Worker 10am - 12pm	High Priority Response Team 10am - 12pm
Street Outreach 12 - 1pm	Moyo Health & Community Services 10am - 12pm	Street Outreach 12 - 1pm	Street Outreach 12 - 1pm	Street Outreach 12 - 1pm

Description of Partners & Services

Moyo Health & Community Services: Harm Reduction Worker on-site providing harm reduction supply, distribution/delivery, overdose prevention/naloxone training/distribution and safe sex supply distribution. Information/education available on safer substance use, sexual health and street/prescription drugs.

Street Outreach Team (CHHA): Outreach worker available delivering on-site supports to Peel Region individuals, 19 years and over, and families who are homeless or at risk of being homeless.

Homeless Health Peel Team: Nurse Practitioner on-site providing primary care, health education, mental health & addictions support, prenatal care, chronic disease management, geriatric, smoking cessation and palliative care. Operating in every shelter in Peel. No health card or identification required.

Region of Peel Housing Services: Housing Support Worker on-site providing services to individuals who are at risk of losing housing, are actively homeless or need affordable housing.

High Priority Response Team (CHHA): Community Health Ambassador providing short term case management. Helps complete an intake assessment identifying needs, provides referrals and assists with system navigation. Also provides assistance with phone calls, applications and follow-ups to ensure retention in services.

Regeneration Identification Clinic (ID Clinic Coordinator): Assists individuals with getting a Canadian birth certificate and walks the applicant through the process. This service is offered every 2nd and 4th week of the month.

REgeneration THRIFT STORE

About Us
Regen Thrift is a place where you can **buy good** by shopping sustainable, secondhand and gently used items, and **do good** by supporting the homeless and vulnerable living within the Region of Peel.

By shopping at our not-for-profit Thrift Store, you are directly supporting the many programs within our organization. All proceeds made go directly back into Regeneration Outreach Community.

How to Donate
Our drop off is located at the back of the Thrift Store. Our hours are Tuesday-Friday, 11AM-5PM and Saturday's, 9AM-3PM.

Every donation counts and helps to break the cycle of poverty in Brampton.

CONTACT US
253 Queen St E, Brampton, ON L6W 2B8
905-702-6468
www.regenthrift.com

Volunteer With Us
Come join us at Regen Thrift to help support your community. Without the help of our volunteers we wouldn't be where we are today.

If you are looking to volunteer either for school or for the good of your community apply on our website, or scan the QR code below.

JOIN US!
PEEL POVERTY ACTION GROUP

The Peel Poverty Action Group (PPAG) is looking to recruit new members

Are you looking to get involved in advocacy work?
Are issues around homelessness and poverty important to you?
Do you want to see change in your community?

People with lived experience, frontline workers, advocates, students, service providers, and members of diverse community groups are welcomed to join us and share your voices and concerns!

Our mission is to work collaboratively and collectively while informed by diverse voices of experience from all sectors, to take local action and advocate for system and policy change by addressing the root causes of poverty and work to eliminate homelessness.

TOGETHER WE CAN MAKE A DIFFERENCE

If you are interested in learning more, please contact Daphna Nussbaum at daphna@paeh.ca.



Are you a person with lived experience who likes to write?

Are you looking for ways to get your voice heard?

Tough Times is looking for content providers for its upcoming editions.

PWLE who contribute to Tough Times will receive an honourarium for their contribution.

Please contact daphna@paeh.ca if you are interested.

VISIT PPAG'S WEBSITE

