

Welcome to the spring edition of *The Connector*—your member newsletter!
Featuring updates, current programming, and member contributions. Enjoy!

Virtual Clubhouse

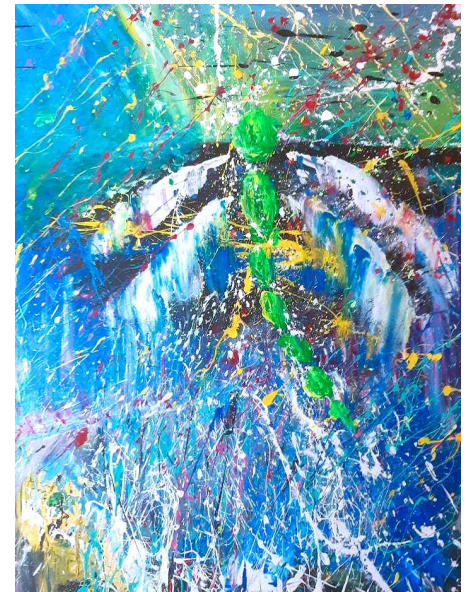
We launched our virtual clubhouse this month! Our weekly programming includes: Members & Decision-Making Meetings, Health & Wellness Meetings, Mindful Movement (ie. chair yoga), TED Talks, Wellness Check-Ins, Art Attack! (live art demos), and Connecting Through Music.

To access our virtual programming, visit our calendar on our website at: www.connectionsplace.org/calendar. Click on the event you'd like to join for information on how to connect using the Zoom app or your phone.



Check out our newly launched private Facebook group for members:

**Connections Place Private
Members Group**

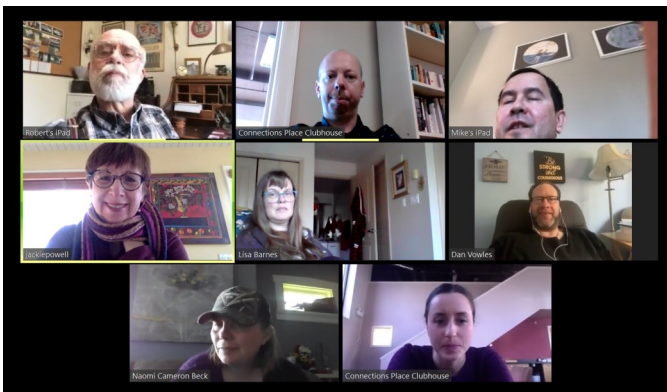


Here is one of the paintings that our member Robbie created in a live painting demo over Zoom.

Member Outreach Program

As you know, the building services at Connections Place are suspended until further notice. We know this is an isolating and hard time for our community. To make sure that we're staying connected, we're expanding our Member Outreach Program, and we need your help!

If you are a member who would like to receive outreach calls or emails from our Outreach Team, or, if you would like to make outreach phonecalls or emails to members—please let us know!



Connections Place hosts a Members Meeting over Zoom.

Jokes & Trivia

- ◇ The strongest bone in your body is the femur (thighbone), and it's hollow.
(Submitted by Michelle T.)
- ◇ Q: Where does a general keep his armies?
A: Up his sleeves!
- ◇ Ever seen a squirrel-sized picnic table?
(Submitted by Dan V.)



Wellness Tips

- ◇ Make sure to go for a walk everyday, even if it's just around the block.
(Submitted by Michelle T.)
- ◇ For some daily exercise check out the '1 Mile Happy Walk (Walk at Home 1 Mile)' on Youtube
(Submitted by Naomi B.)
- ◇ On YouTube search 'inspirational TED Talks' to brighten your day and learn something new!

Connect with Us

- ☎ 250-483-3748
- 🌐 connectionsplace.org
- 📘 @connectionsplace
- 📷 @connectionsplace
- 🐦 @Connections_Vic



Artists' Corner

You Show Yourself to Be a Friend

By William A. J. Bertrand

You walked with me in the time of darkness
And you saved my soul from corruption
You helped me to improve my situation
And you showed yourself to be a friend

You correct my faults in private ways
And you show your light in contrasts
You listen to my confessions of truth
And you show yourself to be a friend

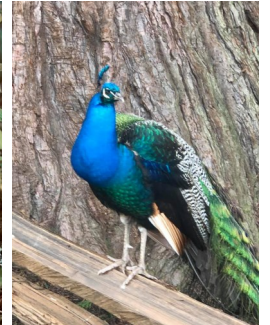
I go away, you give me your word
Then you show me what is accomplished
My mind was as full as Israel's history
And you show yourself to be a friend

Yes you are there in friend and stranger
With my body surrounded in love
We see in each other reflections of you
And you show yourself to be a friend.

Connections Place in the News

A local business owner and Greater Victoria's BC Sheriffs Service stepped up to help get food to those struggling with mental illness.

On Tuesday, April 6, BC Sheriffs delivered food donated by Ingredients Cafe and Community Market owner, Cindy Meiklejohn, to members of Connections Place.



Top Photo: Garry Oak Meadow (By Lisa B.)

Bottom Left: Orchid (By Kathleen J.)

Bottom Right: Peacock at Beacon Hill Park
(By Mike P.)

Community Resources

Meals & Food Banks:

- ◇ Mustard Seed Food Bank—
250-953-1575
- ◇ For a list of food and meals visit:
victoriahomelessness.ca/get-help/

Mental Health & Crisis Support:

- ◇ 24-Hour Crisis & Info Line—
250-385-6611
- ◇ Youthspace.ca—778-783-0177