



# THE CONNECTOR

CONNECTIONS PLACE FALL NEWSLETTER



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**@ConnectionsPlace**  
**Connections Place - Victoria**  
**www.connectionsplace.org**  
**#103 - 1803 Douglas st, Victoria BC**  
**V8T5C3**





# The Connections Times

www.connectionsplace.org

Victoria, BC



## Rylan & Gavin Moving on from the Clubhouse

During the Community Meeting last month, Rylan announced that he will be leaving his position as Program Staff at Connections Place as he has been offered an exciting new position that aligns with his future goals and dreams. He will continue to work within the not-for-profit sector, and looks forward to his exciting new adventures to come. He will miss this community very much, and he thanks everyone for being so welcoming. Rylan will carry with him all the connections he has formed throughout his time here.

### A QUICK HELLO & GOODBYE

Dear Members of Connections Place,

As I prepare to say goodbye, I want to take a moment to express how much each of you has meant to me. Over the time we've shared, I've seen so much strength, resilience, and kindness in this community. It's been a true privilege to walk alongside you all in this journey.

Connections Place has always felt like a second home to me, and I will carry the lessons, laughter, and connections we've built together wherever I go. While it's time for me to move on, I'll always hold you all close in my heart.

Wishing each of you peace, kindness, and the knowledge that you are capable of amazing things. Thank you for letting me be a part of your story.

With love and warmth,  
Gavin Reid

## The Gala

Welcome to the "Growing Connections" Friend-raising Gala!

Please consider joining us at our upcoming 'Growing Connections Friend-raising Gala' on Tuesday, October 8th, 2024, at the University Club of Victoria. We are hoping to help create more understanding of our cause, reconnect to share our updates, raise awareness of mental health, and celebrate the work we have done. There will be a plated dinner, raffle, live music, and a keynote speaker. We are continuing to develop our 'Young Adult Program' to better serve young people affected by mental illness. We have also expanded our Employment and Education Programs. Our Gala promises to be a heartfelt night full of connection, fun, and community. Please consider attending and amplifying this special night!

## New! Intake Folders

The Business Unit has revamped the Intake Station for new members. It now includes a New Member Brochure, New Member Action Plan, and the new Respectful Workplace Policy, alongside the original orientation documents previously provided. If you are interested in taking a look at it, please see the Intake Station located in the Business Unit or see a staff member for assistance!





# Transitional Employment (TE).

WE HAVE BEEN HARD AT WORK WITH TE. BOTH MEMBERS AND STAFF HAVE BEEN WORKING TOGETHER THROUGH THE (P)RESENT SITUATION, (A)VAILABLE RESOURCES, (I)NITIATIVES, AND (D)REAM JOBS. THIS PROGRAM HAS BEEN A GREAT INITIATIVE TO FURTHER ALONG OUR TE DEVELOPMENT GOALS FOR THE YEAR.

FOR THOSE WHO DO NOT KNOW OUR TE GOAL:  
WE WILL DEVELOP 3 TE PLACEMENTS. EACH OF THEM WILL BE:

\*OFFICE-RELATED

\*FOOD-RELATED

\*EDUCATION-RELATED

THEY WILL BE AT LEAST 15-20 HOURS PER WEEK.

## Education

🎉 Exciting News from Our Education Program! 🎉

We're thrilled to celebrate Hannah's achievement of earning her First Aid certificate! She was able to get it completely free through our educational partnership with John Howard Society. This milestone brings her one step closer to reaching her educational and employment goals. We're proud to support our members on their journeys and can't wait to see what's next for Hannah. Keep up the amazing work! 🌟

Are you interested in getting involved? There are many educational opportunities offered through John Howard Society, and you could even get paid for doing them! See Curtis or Aylin for more information!





# ART

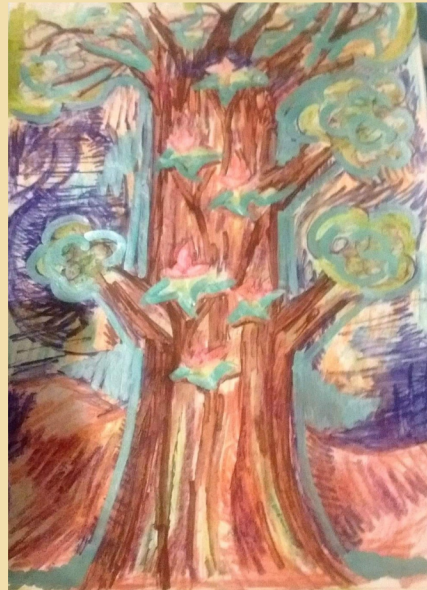


## POEM BY NICK B

CONNECTIONS PLACE JUST GOT TO AUTUMN 2024  
I THINK WE'RE ALL GETTING TIRED OF RINGING THE DOOR  
I HAVE HIGH HOPES THAT WE'RE READY FOR MORE THIS FALL  
IF YOU'RE EVER FEELING IN NEED OF SUPPORT, GIVE US A CALL

WE ALWAYS TRY OUR BEST TO HELP OTHERS  
SISTERS, BROTHERS, FATHERS, MOTHERS  
HE HIMS, SHE HERS, THEY THEM  
COME HERE AND YOU'LL DEFINITELY MAKE SOME FRIENDS

IT'S ALWAYS SUNNY WHEN YOU COME TO CONNECTIONS PLACE  
WE'RE ALWAYS HAPPY TO SEE YOUR FACE  
AND IF INFORMATION IS WHAT YOU NEED  
KEEP READING OUR NEWSLETTER, AND WE'LL CATCH YOU UP TO SPEED



**Art by Sheri**

**Emoji Art by Karen B**



# RECIPE

## Of the Month



### CHRIS' ORANGE HONEY GINGER MUFFINS

- 2 CUPS (250 G) ALL PURPOSE FLOUR
- 1.5 TSP BAKING POWDER
- ½ TSP BAKING SODA
- 2 TSP GROUND GINGER
- 1 TBSP ORANGE ZEST
- 8 TBSP UNSALTED BUTTER BROWNE
- ¾ CUP (270 G) HONEY
- 2 TBSP FRESH ORANGE JUICE
- ½ CUP (125 ML) WHOLE MILK OR ALMOND MILK
- 2 EGGS

#### Instructions

- Preheat oven to 325 F (163 C) and prepare a muffin tin. (spray with non-stick spray or a thin coating of butter and flour.)
- In a medium bowl, hand whisk together sifted flour, baking powder, baking soda, ginger and orange zest.
- Brown your butter by placing in a small skillet on medium heat. Stir until butter is melted. Continue to stir and heat until butter is foamy and brownish in color.
- Pour brown butter into bowl of stand mixer.
- Add honey, orange juice, milk, and slightly beaten eggs.
- Mix on medium with paddle attachment until smooth.
- Slowly spoon in flour mixture on medium speed until a cake batter is formed. (scrape sides and bottom of bowl to incorporate all ingredients.)
- Divide batter amongst the muffin tin.
- Bake for 28-30 minutes or until a toothpick inserted into the middle comes out clean. (cover muffins with a sheet of aluminum foil halfway through baking.)
- Place muffin tin on cooling rack to completely cool before removing.
- Eat and enjoy!





# CLUBS

*Sheri F talks about her experience with the group and explains a bit about it.*

**Smoking Cessation is about progress, not just an event! It feels good to congratulate yourself for making an effort. Our group meets once a week to share stories about what we have done to quit or improve on our smoking related goals. We offer support and encouragement to each other.**

## SMOKING CESSATIONS

*Hannah A talks about her experience with the group.*



**Hello, my name is Hannah. I started the smoking cessation group on August 5th 2024. After some sessions with the group, I experienced a strong mental desire to quit knowing I have the support of the group. In order to assist me, I kept myself hydrated and quit cold turkey. I switched to vaping with a low nicotine content and chewed gum. Today I feel healthier and my lungs are more clear.**

## BOOK CLUB

**Yes, Connections Place has a book club.**

**We meet every Wednesday at three in the afternoon, and everyone is welcome to sit in.**

**Books are chosen by consensus from a list provided by the Greater Victoria Library. They are kept on average for six weeks with reading targets between meetings set by the members.**

**We are a companionable bunch, co-operative with each other, and understand if a member for whatever reason hasn't reached the reading target for the week.**

**As a member books that give enjoyable reading include "Lusitania" with it's connection to Victoria through the drawing of a Dunsmuir heir "The Circle" a dark warning about the danger of unregulated social media and it's desire to control, and the "Glass Castle" a vivid depiction of a family harmed by irresponsible parents more concerned with their own well-being than those of their three children.**

**Come one, come all. We don't bark or bite...well maybe just the odd nibble.**

*A Member*



# HEALTH & WELLNESS

## HEALTH AND WELLNESS CLUB

As fall fast approaches we tend to move less, eat more, and turn inward. Many of our members have mentioned wanting to work on their health goals but have a hard time knowing where to start. As of September 9th we have started a health and wellness group that meets every | Monday(except holidays) from 2:00-2:30 pm in the main dining area. We gather to discuss health and wellness goals, share health related resources, and cheer each other on. Our intention is to celebrate successes, support challenges, and act as accountability partners in a group setting. If you want to work on your health or are simple curious about this new group, please join us!



NEW

# GOAL

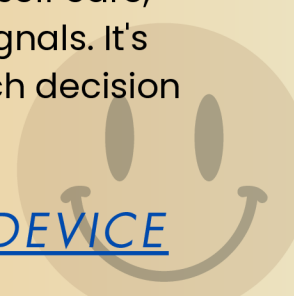
**Aim to drink 1 more cup of water a day**

**October 10th is World Mental Health Day!!**

## An Interactive Self-Care Website

A member recommended this wonderful resource to work through a bad feeling/moment/day! You can look up (or google) "you feel like garbage website philome" or press the link below that will take you to a website. This is meant to be an interactive flow chart for people who struggle with self care, executive dysfunction, and/or who have trouble reading internal signals. It's designed to take as much of the weight off of you as possible, so each decision is very easy and doesn't require much judgment.

[CLICK \*\*HERE\*\* IF YOU ARE VIEWING THIS ON A DEVICE](#)







# Spotlight

## Shuffle



Meet Morgan, a vibrant individual who starts each day with the cheerful meows of her cat, Mouse, eager for breakfast. In her free time, she loves to whip up delicious baked treats and stay active with workout classes. Inspired by the movie *Inside Out*, which gave her a fresh perspective on emotions at a young age, she eagerly anticipates the release of *Inside Out 2*. Morgan looks up to Taylor Swift, admiring her empowering music and strong presence as a role model for women everywhere. A significant experience in her life was moving from her small-town roots to the city, which instilled in her a sense of independence and the drive to embrace adulthood.

Meet Linda, whose heartwarming childhood memory of watering the garden with a hose brings a smile to her face, especially when she recalls accidentally soaking her dad!

Currently, she's focused on updating her resume and seeking a part-time job in the health field, eager to take the next step in her career. After a hectic day, Linda finds joy in playing and cuddling with her adorable kittens, Ronnie and Jimmy, who always know how to brighten her mood. If she could travel anywhere in the world, she would choose Ireland, drawn by its deep ancestral roots, stunning landscapes, rich culture, and historic castles and churches that resonate with her family's history.



# Around the Clubhouse

## VOTING

**Closest Place to Vote is the DEO Office  
1205 Blanshard St, Victoria  
Regular Office Hours  
Sep 21 - Oct 19 Mon- Fri, 9-5 Sat 10-4  
Closed Sun  
Final Voting  
Saturday, Oct 19, 8-4**

**\*If you'd like help registering to Vote  
reach out to the Business Unit!**

## KEN'S FIT TIPS

**Cold weather is NOT my favorite but I  
LOVE layering, so the fall/winter  
season's fashion is always more playful  
for me. When I find myself hating clothes  
in my wardrobe I try layering! Try  
finding a tighter fitted shirt and putting a  
looser fitting one over top. You can even  
go tight on tight or loose on loose! This  
creates more clothing and colour  
combinations !**

*Ken M*



# BOO!

## PHONE FOR SOCIALS

**During our weekend socials, a cellphone will  
be available for communication between  
staff and members. Please note that  
cellphone use during this time will be limited  
to answering questions regarding socials.  
The cellphone will only be answered during  
scheduled hours. Our social cellphone  
number is 250-857-2701.**

## UPCOMING SOCIALS

### Tuesday Socails

- 8th - Clubhouse Closed for the Gala!**
- \*15th - Make Your Own Self Care  
Products W/ Aylin & Ken**
- 22nd - Parallel Play W/ Ken & Aylin**
- \*29th - Paper Mask Painting W/  
Aylin & Morgan**

### Thursday Socails

- \*3rd - Halloween Crafts**
- 10- Collage Making W/ Leah & Paige**
- \*17th - Tea Party & Cookie  
Decorating W/ Ken & Neelam**
- \*24th - Pumpkin Carving W/ Leah &  
Morgan**
- 31st - Halloween Costume Party W/  
Neelam & Paige**

### Weekend & Holiday Socails

- \*12th @11am - Galey Farms with Curtis  
& Morgan**
- \*14th - Thanksgiving STAT W/ Leah &  
Curtis**
- \*26th @10am - Hot Drink & Walk  
Downtown W/ Paige & Neelam**

\*Means "Sign up only"



# WHAT'S HAPPENING IN THE COMMUNITY?

**September 27-29: Luxton Fall Fair**

**Sept 18th-Nov 3rd: The Pumpkin King Returns - Haunted Manor  
Victoria**

**Oct 1st - Nov 1st: Saanichton Corn Maze**

**Oct 1st - Oct 31st: Haunted Halloween Tours**

**Oct 5th: Light and Energy Fall Wellness Fair**

**Oct 5th: Halloween Vintage Fair & Makers Market**

**Wednesdays from 2:30-4pm Floor Hockey**





