



**FALL / WINTER  
2019**

# STREET NEWS

**CARTOON  
EDITION**

There was an old lady who lived in a shoe  
She had so many children she didn't know what to do  
So she gave them all soup and day-old bread,  
She listened to their stories and then sent them to bed...

**BUT WHERE** do they go?  
The shoe's too small,  
They get pushed through the cracks  
And slammed through the walls.

Some neighbours don't like it when the kids overflow  
Out onto the street in the heat and the snow  
They complain to the cops, some write angry letters,  
But that doesn't help make the shoe any better.

What helps is that the "Shoe" has many cool friends  
Who help and support us non-stop without end,  
But the Shoe is still cracking at all of the seams,  
So huddled inside, together we dream:

**...another shoe would make a pair  
With accessible entry instead of all those stairs  
And a permanent shelter with showers and beds  
And a permanent art space  
to free the dreams in our heads...**



So neighbours, friends and doubters:  
come join us in our dreams!  
The miracles that happen here  
are more than you'd believe,  
Lives that once were broken  
are now repaired and freed,  
And the Old Lady & her Crew &  
all of the Kids can finally sleep and breathe.

*(dedicated to Sue, her Crew, and all the  
"Children of the Shoe", young and old:  
never stop dreaming you guys.)  
(Adapted from the Mother Goose nursery rhyme,  
original idea by S. Venditti, adaptation by c.j.sisler)*



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## Street News

Voices from our Streets  
Published quarterly

Start Me Up Niagara  
Working together...  
Moving Forward.  
Since 1999



To donate or contribute to  
Street News

Please contact us at:  
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St. Catharines, Ontario  
L2R 3K8

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[www.startmeupniagara.ca](http://www.startmeupniagara.ca)

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## Fall 2019 Issue Cartoon Edition

I am very proud of Street News.  
It just keeps getting better.  
Since the first edition Fall 2006,  
Street News has given people  
who use SMUN services an  
outlet for the expression of  
creative ideas and opinions.

The original purpose to add new  
voices to community dialogue  
continues today.

The addition of cartoons and  
more pictures is a big change.

Much brighter. I like it.

Let us know what you think.  
[info@startmeupniagara.ca](mailto:info@startmeupniagara.ca).

Thanks to CJSisler and other  
contributors for the new look  
and edgier tone.

Art is alive in our Queenston  
neighbourhood. Fun lives here  
too. A lot is happening.

### Read on!

  
Susan Venditti  
Executive Director





# Inside the “SHOE” as opposed to the “S.H.U.”

In both prisons and mental hospitals, the “S.H.U.” stands for Solitary Housing Unit. Thank God our “Shoe” (a.k.a. S.M.U.N.) is about the opposite of solitude: it is a place to be with others like us...(i.e. those who come from “the street”...meaning those who come from the outside as opposed to the inside of privileged society...) Sure, fights break out frequently, but what family can claim to be fight-free? In fact, if they make such a claim I bet their children are headed for the S.H.U. for sure. Following our theme of the Old Lady in the Shoe, here are some pictures depicting the joyful activities that happen daily inside 17 Gale, Start Me Up Niagara (SMUN).



## STREET NEWS IS LOOKING FOR YOUR VOICE

Anyone who is a regular (or “irregular”) SMUN participant and would like to write any kind of story about your day to day experiences at Start Me Up Niagara. Speak your mind, tell your own story, or draw your own pictures or cartoons. Street News is for you and us.

**WE WANT TO HEAR YOUR VOICES. WE WANT TO TELL YOUR STORIES.**

Please submit all submissions to Ada, Jen, or Donna downstairs.





**BIKE  
ME UP**

I was at the Work Action Centre helping make scarecrows for the Harvest Festival when I took a break and walked into Bike Me Up to say hi to Wayne Schmidt. I said “Hey Wayne, you wouldn’t happen to have any ‘granny bikes’, would you?”, meaning something that someone like me could ride. I’m in my 60s, and I have leg issues, I get around on a scooter. I tried a 2-wheeler but it was too difficult: I don’t have good balance plus I’m never sure that either of my legs they will hold me up. So I thanked Wayne and said I’d think about it. Couple days later Wayne calls me. He says: “Hey Cathy, we just got a 3-wheeled bike... interested?” Well, I was! I went in to take a look. I got on and WOW!! I was riding! I was riding a bike I could ride!!

I’ve ridden bikes all my life, since I was a kid. I even did a 3 year gig as a bike courier in Toronto in the 80’s (yes, I’m old). But since my illness, and the damage to my legs, I haven’t been able to ride. After using a walker for many years I finally got blessed to receive a second-hand scooter. It has been a true blessing, giving me so much independence and freedom. But the day that I got on that trike was a whole new thing: I could move myself by moving my legs... it was transcendent.

To be independently moving by the power of my own body, to feel the blood rushing into my legs, my legs that had been still for much too long.

**And all it took was one extra wheel... to give a shaky body that extra stability... isn’t that what most of us need?**

## ***The gift of mobility***

But this article is not about me. I only mention my own experience because Wayne was not interested in doing an article that listed all the details about Bike Me Up: like how many bikes they’ve sold, repaired, or given away (254), how many repairs they’ve assisted others with (1,170), or all the partnerships they’ve made in the community: Broken Spoke, Bikes for Farm Workers, Heart Niagara, Connaught school, to name just a few...). Rather, Wayne wanted an article that spoke of the experiences of the people who have received the joy of mobility and freedom that bikes and trikes can give. That is why Wayne, and his team: (Leo McCuaig, Michael Philip, Sharon Macdonald, John Crossingham, Bob Plesz, Bill Reimer, Arnold Goertzen, Austin Behunin, Tiar Hollub, Jane Bradley) do what they do. So here is one more voice from someone else who received a bike from Bike Me Up.

### **PAUL SHTOGRYN WINS A BIKE !!!**

**By Paul Shtogryn**

On Saturday September 21st I attended the Queenston Harvest Festival, There was a draw for a new bike given away by Bike Me Up Niagara. You had to have three places checked off before you became eligible to win it. I did that and then placed it in the box for the draw. I did not think there would be many that would have all 3 places checked off. Low and behold there was 59 altogether and surprise I won the draw! After looking on Face Book for more details, I went to the Work Action Centre on Monday and low and behold it was true! I had my picture taken by the complete staff of the Work Action Centre and it was also posted on the SMUN Community Face Book page.

I’ve never won a draw in my life and have not rode a bike since 12 but miracles do happen. I enjoyed the entire day at the Queenston Festival. One downer was that by the time I got there the free hot dog BBQ was finished. Nonetheless, I met several people, including people from Quest and Jaime's band, so altogether it was a pleasant day all the way around and the weather cooperated as well.







"I am a self taught artist, but i did study oil portraiture at the Ottawa School of Art and watercolor at the Nepean Visual Art Center and the Ottawa School of Art."

**AMAZING ARTIST LEO McCUAIG NOT ONLY REPAIRS BIKES FOR BIKE ME UP BUT DRAWS INCREDIBLE PORTRAITS**

## **WHAT ELSE IS UP AT WAC?**

**WORK ACTION CENTRE, 203 CHURCH STREET 289-438-3939**

**Priceless auction:** three of our WAC artists applied and were accepted. Craig MacLean, Ken Chambers and Benita Collini, all had their work purchased for \$300 each! They attended the gala evening on September 18th where their pieces were auctioned off. This was a first event for our members but hope to see more involved next year.

**Culture Days:** was a big success with over 50 people taking part in two workshops led by WAC participants Linda Phillips and Steve Plews. They received funding from Culture Days and the City of St. Catharines to pay for expenses and to lead the workshops in Floral Arrangements and Lino cut printing.

**Piece of Mind show:** Renu D'Cunha and cjSisler had pieces in this NAC-sponsored show that featured artists working with issues regarding mental illness.

**Please come to see THICKER THAN WATER:** featuring Sandy Middleton, Catherine Chin Yet, Erika De Freitas, running from Oct. 19 - Dec. 8, 2019 at the **Grimsby Public Art Gallery:** *"Family is often cited as one of the key building blocks of contemporary society, but what , beyond blood relationship, brings humans together in intimate, multigenerational units? ... Sandy Middleton's works has evolved through her practice of joining images of her own family with found photographs of anonymous strangers, creating fictional but at the same time poignant human relationships of lost family members and forgotten stories are suggested in these mysterious and powerful works."*



**rise**  
Asset Development

# HARVEST FESTIVAL 2019



Thank you one and all for a wonderful Harvest Festival experience. I'm so proud how it came together. All of our staff generously worked so hard with me to get 'er done. Our talented participants outdid themselves with beautiful displays and thanks to [SitaMayer-Williams](#) for pulling together the penny sale which was a huge success and Brenda for selling tickets. A particular shout out to volunteers [Scott Farrell](#), [Jennifer Rees](#) and [Darren Rees](#), [Marvin Dale](#) and [Darren Holder](#) for busting their butts in that hot weather, helping to set up and take down. Shirley and [Jack McKeever](#) for putting up a million posters, [C.J. Sisler](#), [Ryan Logtenberg](#) and their team for the scarecrows. The staff and volunteers from the centre were fantastic too. [Ada Storin](#) stuck with me to the very end mopping every last corner. As I have said before it takes a village.

*Sandy Middleton, Festival Coordinator/Self Employment and Communications Coach*







# Cartoons from the Shoe

**“WE’RE OUT OF DORITOS, KAREN!!”**



Nancy Edmonstone

Went to 17 Gale and asked for cartoons for this edition...here is a sampling of what we got: these amazing drawings!

These cartoons reminded me of how I learned to draw... bored in school. I learned that if I kept my head down, with pen to paper, it looked like I was working and taking notes... and I could draw whatever I wanted!

We always need more!



Crabby Scooterton



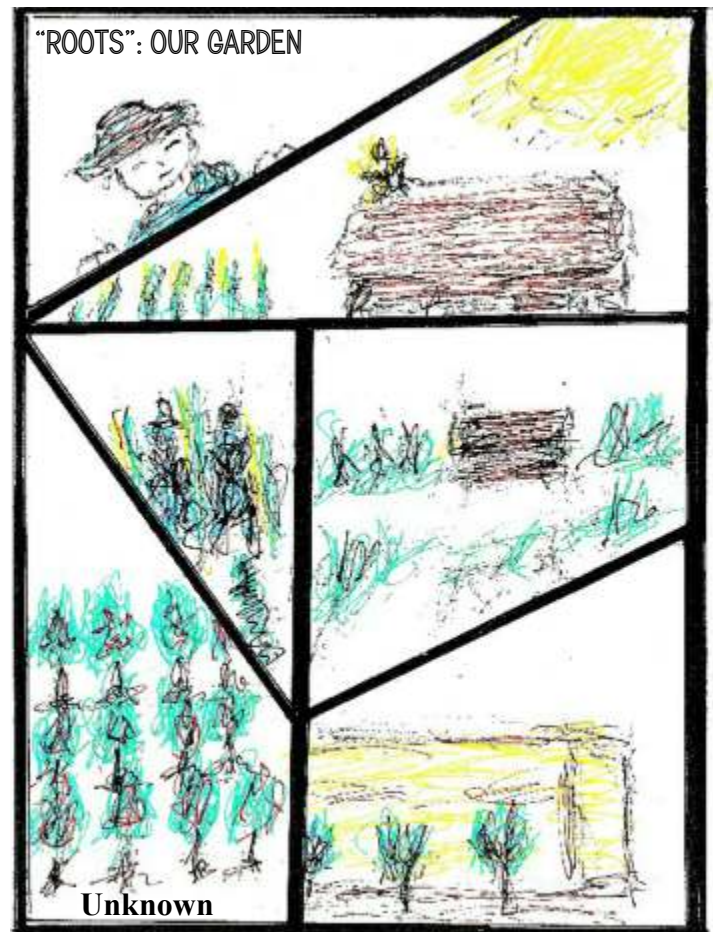
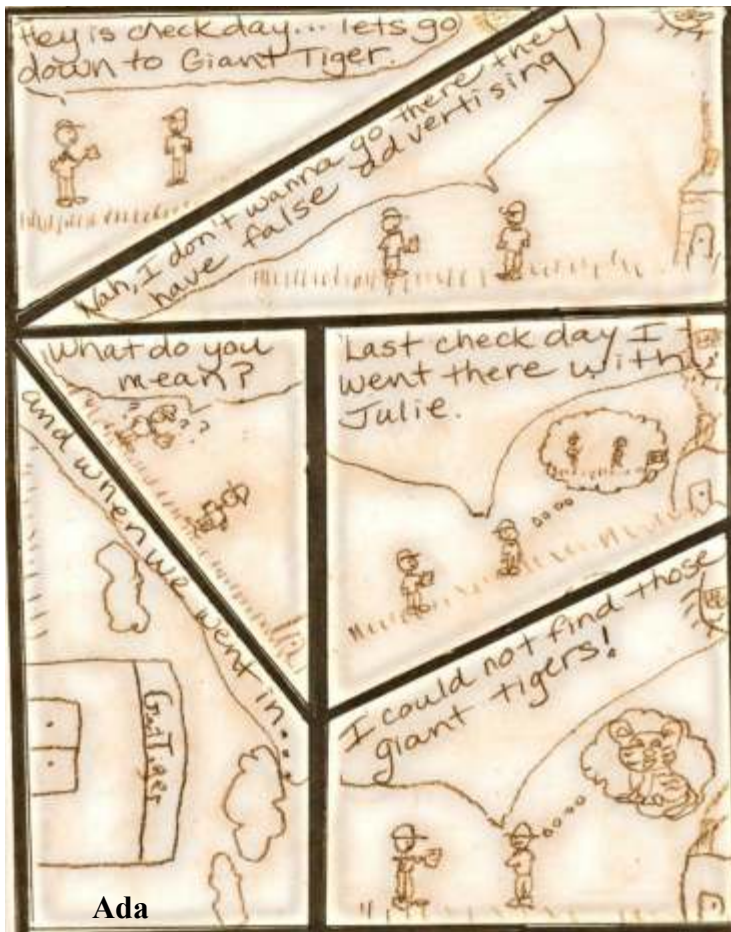
Ryan Logtenberg



Jen Lauren

JEN ♥





These are stories – our voices – done in cartoon style, about our day to day experiences: 1) Giant Tiger, by Ada, a place where many of us shop on cheque day, because it's close, and cheap. 2) Roots: our garden, by unknown, where many SMUN participants volunteer, to grow organic veggies, and get a lungful of fresh air; 3) a portrait by Adeola Bekenne, and a cartoon about 8 Queenston (where he once lived), a housing unit where many of our friends have found housing in the Queenston neighbourhood, sometimes safe, but not always safe... whatever form, we love these stories... and these stories need to be told: **we bear witness. To bear witness is important.**





## HEALTHY MOVES

### LEARNING TO REINSTATE OUR FIRST LANGUAGE

Moving is our first language! It's universal, cross-cultural, and we use it constantly to communicate from birth—till about Grade One! Then we have to switch gears in order to stress other 'languages'—like talking. But even though we've altered our focus, our bodies continue to talk to us and to others about us. Many times, the messages are not pleasant; they come in the form of pain, kinks, sprains, soreness, feelings of weakness, or risk of giving out. And often, we have forgotten how to listen and how to respond back to our bodies in movement, and in positive ways.

Whether our health is good, or even somewhat more precarious; whether we are rich, poor or in between, there are some very small, fast, effective ways we can dialogue with our bodies, to help them be more comfortable.

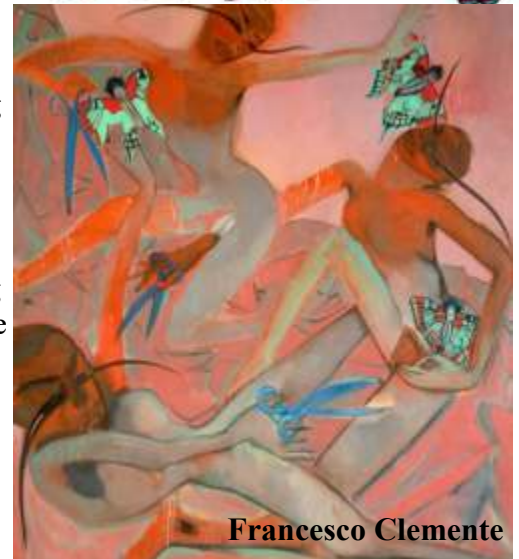
For example, how many of us get up (notice I didn't say 'wake up') in the morning with groggy minds, in a daze, unable and/or unwilling to talk, interact, or conduct any kind of interaction. We consider that a normal brain state and we usually have a series of rituals we try to do to wake up (like coffee!). Yet, it surprises and often frustrates us if our ankles, feet or knees hurt and just don't cooperate for us instantly when we wake up, or even if we have been sitting for a long time. We expect our bodies to 'leap into moving' and we feel they are betraying us when they don't!

There is a ridiculously simple way to help prepare our entire bodies for moving—and it's wiggling!! Seriously. Before we wake up or stand up after long periods of relative stillness, if we just wiggle everything—gently: toes, feet, ankles, knees, hips, shoulders, wrists and fingers, neck and head, we are allowing blood to circulate, and telling muscles, joints and tendons they are about to change to moving mode from rest mode. We give them a chance to 'warm up' **before** we use them! Wiggling is the body's 'coffee'—and it works!

Similarly, if you have sore joints, muscles or areas of your body that feel tight or cramped—as Melissa Elsie of Happy Humans recommends—activate them before taking medication! Move the area, the joint, make the muscles work with a little gentle flexing and stretching (pay attention and 'dialogue' with that tightness). The pain may not disappear entirely—or it may—but it should lessen and make you more comfortable.

We are used to ignoring our bodies when they try to 'talk to us' and we do just about anything to ignore them and 'make their dialogue go away.' Once we start to listen and respond, the results can be surprising and positive! We make for great conversation with ourselves!

*Glenys McQueen-Fuentes*



**Francesco Clemente**



**Francesco Clemente**





## MASKS, CLOWNS...AND A SMUN CONNECTION

By the end of October, we will have had a Federal Election and Halloween, so masks are everywhere. Politicians, movies and other social media might sometimes make masks seem scary or weird—but that isn't the whole picture!

*Masks have a long and remarkable history that is recorded even in cave art. They have always acted as bridges or barriers. As bridges, they are meant to help humans connect with and control greater powers in every imaginable area of life: in ceremonies for hunting, seeking good fortune, weather, health, aiding transitions through life stages; in performances such as Japan's Noh Theatre or Italian Commedia dell'Arte, or elaborate mask-like make up used in Japanese Kabuki Theatre or Chinese Opera.*



As barriers, masks protect wearers: in sport, for hockey goalies or fencers; for health purposes in surgery, epidemics, or toxic fumes, smoke, mold; and often, to hide identity during robberies, illegal deeds, or revolutions. The list is endless...

Perhaps the most distorted [mis]use of mask occurs with their smallest version—the red nose we identify with clowns! Although these red clown noses also provide bridges or barriers, contemporary media have flooded us with truly creepy visions—so much so that we overlook their more inspired and inspiring history, as in clowning for help in healing the sick and afflicted; circus performers; or jester versions advising rulers, mocking dictators, or—returning to distorted versions—becoming them!



SMUN has its own history with mask. A couple of years ago, I had the privilege of being part of a series of art-based workshops with twelve artists from SMUN. Within my session (movement and drama), the participants created and wore their own masks. The style we chose was quick, rough, using masking tape and plastic bags. The results were compelling and very moving. Each mask was utterly unique, gentle, dynamic, observant, curious, kind, open and mysterious. They were full of stories, adventures and hopes.

Early in 2020, SMUN is once again planning a mask project called *The Rudolph Effect: Shining your Light!* And yes, it does use **small** red noses, like Rudolph's, whose light saves the day. This 8-session pilot course is a journey to reconnect with our "inner Rudolph"—the unique, deep, joyful, energy and spirit that we all possess and that can illuminate, guide and accompany us—if we let it! Fun, dynamic and revitalizing, two courses will run for women: one for older teens/under 24's; one for women from 25-90. Sessions will be held on weekends at SMUN's Work Action Centre, 203 Church Street. So, if you're overextended, overwhelmed, over-worked, under employed, restlessly retired, under-appreciated or just need of finding your spark in life, please join us!! Call 905-984-5310 starting in mid-November for further information.

...by Glenys McQueen-Fuentes



(Left/top-bottom: Diane Arbus, Francesco Clemente, and Darryl, Waqar & Bonnie from Glenys' mask workshop)



### **Anemki Rising: Hope**

Mixed-Media by Donna Roulston

**Anemki** (the Fort William word for Thunderbird) is a mixed-media work of prayers for Hope.

I see it as my Irish/Native homage for hope towards recovery from addiction for my son: Jesse Houston William Bannon.

From the bottom, blue for water elements, it moves up through the Thunderbird, feathers of beach glass, to a turtle for Turtle Island, to a triangle Trinity stone, to a clear stone by the heart, to a blue stone at the throat, to an arrowhead at the head to red at the beak because of the power of red, up through more water and sea glass.

There are the 4 directions at all the corners.

### **For Happiness to be Found**

I wish it would have been so different for me  
 For once in my life, I could find someone  
     with a heart of gold  
 If only I could feel the warmth in that girl who looked at me,  
     would like please me as much I would  
     This damn rock gets in the way,  
     and my feeling goes astray  
 My message could have been very true  
     My heart breaks up in silence,  
     and wishes don't come true  
 It's hard to laugh and smile when one knows it could never  
     come true  
 My tears will not be seen by those lovely eyes that seem to  
     say "who the fuck are you?"  
     Thank you for your kind words,  
     and I hope to have found a friend who is true  
 Alas, my pain is very small compared to all the ones who  
     have not found  
 The one true love that will not be found  
 Is the only thing to make them sound.  
 My thoughts are true, and my soul  
 does only wish to be happy and free  
 I love my friends big and small,  
     but I mostly do not find  
 The return of the love that I send to them.  
 I only wish my friends could send on  
     as much love as I send to them  
 Love is the only thing that makes my life feel  
     as if it's worth the pain  
     To keep looking for friends  
     among the eyes who look at me.  
 So I keep on smiling, I never stop  
 To keep on hoping the day will come  
 When I should meet the one true heart  
 Who would keep their words true to me.  
 If only this rock would disappear and love could flow  
     From all the ones who are so dear  
     I fear for them that have lost the love  
     that is so dear that are so close  
     For they will suffer until they find  
     the way that is so tried and true.

By Eagle D'Algoma (aka Ray Laverdiere)

"When you cease to fear your solitude, a new creativity awakens in you. Your forgotten or neglected wealth begins to reveal itself. You come home to yourself and learn to rest within. Thoughts are our inner senses. Infused with silence and solitude, they bring out the mystery of inner landscape."

*Irish author, ex-priest, speaker, philosopher  
 John O'Donahue - Anam Cara, p. 17*





### ***How did you come to start working at SMUN?***

My SMUN experience started as a volunteer with Out of the Cold, when the program was held at a Church on Clark Street. I remember the hall was painted an avocado green, folks used to call it The Swamp. Years later I returned to SMUN for a student placement, completing my hours at the drop-in centre. After graduating, Susan Venditti offered me a temporary job at SMUN to help out with their annual fundraiser, Coldest Night of the Year- I think it was celebrating its second year. As the post-fundraiser work started to dwindle, Faye Nickerson, the Employment Lead, asked me to help a few folks complete writing their business plans. Temporary turned in to full-time, when I started working with the Employment Team. I left SMUN in 2018, but returned this year to be Secretary for the Board of Directors.

## **CAROL GRAHAM INTERVIEW**

### ***Was it difficult when you first started working at SMUN or did you fit right in?***

It was so easy to fit in. When I joined the SMUN family, the Employment Team was located in the basement of 17 Gale Crescent. In such small quarters, you get to know each other pretty quickly.

### ***Can you share some of your favorite memories from your time at SMUN?***

What I loved about my time at SMUN was the ability to get involved with the many different services they offer; employment, the garden, the drop-in centre, the bicycle shop, housing help, the art garage. I have so many wonderful memories, working within each of these branches of SMUN. I'm grateful for every memory, every interaction and lessons learned from the participants and staff at SMUN.

### ***How did you deal with/learn to cope with some of the more difficult times?***

One of the most important lessons I learned was how to work *with* people on a continuum, and at their pace. They're driving the vehicle; I'm just a passenger helping to navigate now and then. Once I learned this lesson, I started to find my job much less difficult and much more rewarding. Success was no longer measured by employment outcomes alone, but by the daily successes and accomplishments of folks. When you live with a disability or mental health, sometimes finding the motivation to get out of bed to take on the day is the success.

### ***What are your thoughts about homelessness in Niagara?***

A home at its most basic level is having somewhere safe to lay your head at night. This simple human need is not being met for a growing number of people in our community. Although we have some amazing folks who are leading a number of community-run programs, ending homelessness needs the involvement, planning and commitment of government and community working together. This great resource: [www.homelesshub.ca](http://www.homelesshub.ca), suggests that '*ending homelessness means that no one should be in an emergency situation for any time longer than a few weeks. When people come to depend on emergency services without access to permanent housing and necessary supports, this leads to declining health and well-being.*' In order to have a healthy community, we need to commit to end homelessness, rather than just managing it.



**If you are  
wondering...  
Coldest Night  
of the Year  
is coming:  
February 22,  
2020!!!! See pg 15**









	SERVICES	MON	TUES	WED	THURS	FRI	SAT	SUN
SMUN Schedule	DROP in Centre	9am - 4pm	9am - 4pm	9am - 2pm	9am - 4pm	9am - 4pm	11:15am - 1pm	11:15am - 1pm
SMUN Centre 17 Gale Cres	Housing Support (Closed 12 - 1)	9am - 4pm	9am - 4pm	9am - 2pm	9am - 4pm	9am - 4pm	CLOSED	CLOSED
	CASON Addiction Outreach	9am - 4pm	9 - 11:30am		12:30 - 3pm			
	HAIRCUTS	10am - 12pm						
	BINGO	1:15pm - 2:15pm						
	AA	7:30 - 10pm						
	QUEST Nurse Practitioner		9:45am - 12pm					
	Men's Group		6:30 - 8:30pm					
	Hepatitis C Care Clinic			9 - 11am				
	CMHA Niagara Mental Health Outreach		9am - 12pm	9am - 2pm	12:30 - 4pm			
	Street Works				9am - 11am			
	Niagara Region Mobile Outreach Nurse				12:30 - 3pm			
	MOVIES					1:15 - 3:30pm		
SMUN	ODSP Employment Support Resource Centre, OW, ODSP, RISE Asset	9am - 4pm	9am - 4pm	9am - 2pm	9am - 4pm	9am - 4pm	CLOSED	CLOSED
Work Action Centre 201 Church Street	BIKE ME UP	Closed Pick-ups	9am - 4pm	9am - 2pm	9am - 4pm	9am - 4pm	CLOSED	CLOSED
	CREATIVE CORNER	9am - 4pm	9am - 4pm	9am - 2pm	9am - 4pm	9am - 4pm	CLOSED	CLOSED
201 Church St. & 17 Gale	INCOME TAX CLINIC	Last week of February to end of July, daily services available. Part-time services remainder of year.						



St. Catharines  
**OUT OF THE COLD**



November 3, 2019 - March 31, 2020

DAY	HOT MEAL 6:00pm - 7:30pm	OVERNIGHT SHELTER 8:00pm - 7:30am	START ME UP NIAGARA 17 Gale Cres.
Sunday	Knights of Columbus 235 Church Street	<b>Westminster United Church</b>  180 Queenston St  <b>EXCEPT</b> <b>IN NOVEMBER:</b> Friday, 15 - St Barnabas Saturday, 16 - Silver Spire  <b>IN DECEMBER:</b> Thurs, 5 - Queen St Baptist Friday 6 - St Barnabas  Wed 11 - St Barnabas Monday 30 - Silver Spire Tuesday 31 - Silver Spire	11:15am - 1:00pm
Monday	Silver Spire United Church 366 St. Paul Street		9:00am - 4:00pm
Tuesday	Cathedral of St. Catherine 3 Lyman Street		9:00am - 4:00pm
Wednesday	St. George's Anglican Church 83 Church Street		9:00am - 2:00pm
Thursday	St. Alfred Roman Catholic Church 272 Vine Street Doors open 5pm Dinner served 6:30 - 7:30pm		9:00am - 4:00pm
Friday	Knox Presbyterian Church 53 Church Street		9:00am - 4:00pm
Saturday	Queen Street Baptist Church 57 Queen Street	<b>OUT OF THE COLD CALL/TEXT - 905 685 5678</b>	11:15am - 1:00pm

FOR SHELTER INFORMATION CALL 211



## EMERGENCY RESOURCES – Further information call INCommunities 211

Emergency Shelter	Phone Number	Address	Hours	Eligibility
Southridge Shelter	905-682-2477	201 Glenridge Ave., St. Catharines	24 hours	Males & Females 18+
The Booth Centre Men's Shelter	905-684-7813 1-844-637-1773	184 Church St., St. Catharines	24 hours	Males 18+
YWCA Shelter St. Catharines	905-988-3528 ext. 4025	183 King St., St. Catharines	24 hours	Women 16+ (with/without children)
YWCA Shelter Niagara Falls	905-988-3528 1-855-843-9922	6135 Culp St., Niagara Falls	24 hours	Women 16+ (with/without children)
YWCA Men's Shelter	289-686-4466 905-988-3528 ext. 4025		24-hour	Men 16+
YWCA Family Shelter	289-686-4962			Families
Hope Centre	905-788-0744		24 hours	Families
The RAFT Youth Shelter	905-984-4365	17 Centre St., St. Catharines	24 hours	Men & Women 16-24
Nightlight Shelter	905-358-3678	5519 Ontario Ave., Niagara Falls	24 hours	Men & Women 16-3
<b>Out of the Cold</b>	<b>905-685-5678</b>	<b>See Schedule page 15</b>	<b>Daily see sched</b>	<b>Males &amp; Females 18+</b>
Gillian's Place Shelter	905-684-8331 Call or text	St Catharines	24 hours	Women with/without children escaping violence
Women's Place Nova House	905-356-5800	Niagara Falls, Fort Erie & surrounding areas	24 hours	Women with/without children escaping violence
Women's Place Serenity Place	905-788-0113	Welland, Port Colbourne, Wainfleet, Pelham & surrounds	24 hours	Women with/without children escaping violence
Abbey House	905-684-9736	St. Catharines	Mon – Fri 9am – 5pm	Aboriginal women 16+ with/without children
Chez Marie Refugee Assistance Centre	905-682-5795	16 Pelham Rd St. Catharines	9am-4pm	Newcomers & Refugees
Casa El Norte	905-871-4483 Office 9am-4:30pm	281 Central Ave Fort Erie	24 hours	Refugees
Matthew House	905-871-6059 Office 9am-4:30pm	183 Central Ave Fort Erie	24 hours	Refugees

### Meals

<b>Start Me Up Niagara</b> 17 Gale Crescent	Sat, Sun & Holidays 11:15am-1:00pm	no cost
<b>Out of the Cold</b> see schedule pg 15		
<b>St. George's Breakfast Program</b> 83 Church Street	Daily 7:30am-8:30am	no cost
<b>The RAFT (ages 16-24)</b> 17 Centre Street	Daily 6:30pm-8:00pm	no cost
<b>Southridge</b> 201 Glenridge Avenue	Daily 6:00pm	\$2.00
<b>Ozanam Centre</b> 235 Church Street	Monday to Friday 11:30 - 1pm	\$1.00



**Yes, I want to support Start Me Up Niagara**

☐ \$25   ☐ \$50   ☐ \$75   ☐ \$100   ☐ amount \$ \_\_\_\_\_

Please direct my donation to: ☐ \_\_\_\_\_

OR - Go to [www.startmeupniagara.ca](http://www.startmeupniagara.ca) - 'Donations' - and follow



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**Did you know that Start Me Up Niagara is listed on  
Canada Helps on-line: CANADAHELPS.org. They help!**