

Coming Events

Sunnydale Community Centre Open House

Thurs. Oct. 16, 3-6p.m.

Friendship Dinner

Fri. Nov. 21, 2008
St. Aloysius Catholic
Church (see pg. 2)

Christmas Hampers

Dec. 1-23, 2008
(see pg. 2)

February Potato Blitz Community Potato Lunch

Feb. 27, 2009
St. Andrews Presby-
terian Church, Kit.



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Special Supplement -
Annual Report Summary

Building "Bridges to Health"



Welcome to the home of House of Friendship's newest Addiction Services Program, **Bridges to Health**.

Based on a very successful pilot completed last year, House of Friendship has received funding from the Waterloo-Wellington Local

Health Integration Network (WWLHIN) to provide an addictions day treatment program for women who are concerned with their substance use/misuse. "This is the first new funding for adult addiction treatment in our area in many years and represents a really positive sign and opportunity to highlight addiction treatment and address stigma," explains Pam Gardiner, Addiction Services Program Director.

In keeping with House of Friendship's belief that each person is a physical, emotional, intellectual, social and spiritual being, the program will use a holistic approach that focuses on mind, body and spirit. Starting this fall, it will run weekdays for at least two weeks at-a-time and incorporate group sessions and complimentary therapies. It can also be portable and have a specialized focus, meaning it can be run at other locations and be customized to the needs of different groups.

Women accessing this service will often be at an earlier stage of their substance abuse issue than women in a residential program. Some women with more advanced levels of substance abuse will access the day program, because they are on a long waiting list for residential treatment or they are unable to access residential treatment due to other health/safety concerns or other personal reasons (e.g. they cannot take a lot of time off work or they are caring for a parent or child).

It is hoped, that in having this service, women will be able to access treatment earlier – before their addiction devastates many aspects of their life.



Visit www.houseoffriendship.org

for more information about programs, special events, job postings, finances, donating & our full annual report



Thanksgiving Food Drive underway

The Food Bank of Waterloo Region's annual Thanksgiving Food Drive is running from Sept. 23 to Oct. 14, 2008.

Food collected by The Food Bank is distributed by its member agencies. House of Friendship is the largest of these and distributes over 1.6 million pounds of food from the Food Bank annually.

Please support the Thanksgiving Food Drive.

Sharing with my
community
every day



An Evening of Fellowship & Inspiration

13th Annual *Friendship* Fundraising Dinner

Fri., Nov. 21, 2008
Dinner 6:30 p.m.
(punch at 6 p.m.)

**St. Aloysius
Catholic Church**
11 Traynor Ave.
Kitchener

Tickets: \$50 per person
(\$40 charitable tax receipt)
Corporate tables and
sponsorships available

**For info and tickets
contact: 519-742-8327 or
admin@houseoffriendship.org**



Guest speaker, Chief Matthew A. Torigian of the Waterloo Regional Police Service (WRPS) will speak on: *"Community Safety is Everyone's Business"*, and the WRPS acting troupe will perform selections from their popular *"Caught in the Act"*.

See Change with United Way



On Sept. 10, 2008 United Way of Kitchener-Waterloo & Area kicked off its Campaign with a goal of \$5.3 million.

House of Friendship receives about \$316,000 annually from United Way in support of seven programs, which help build community and address poverty. Please give generously to United Way.



Food Hamper Volunteers Shine

Did you know that House of Friendship provides over 27,000 Emergency Food Hampers each year, averaging over 2,200 a month?!

Throughout the year, the food hamper warehouse is a beehive of activity, with volunteers busily sorting and packing food for needy families.

Annually, more than 350 people contribute over 16,000 hours of voluntary service; more than half of them are current or past users of the service.

Their efforts were honored recently at the 10th annual Emergency Food Hamper Volunteer Appreciation BBQ at Bethany Missionary Church in Kitchener.

A highlight of the evening was the presentation of certificates of appreciation, including one for 10,000 hours of service!

House of Friendship thanks everyone who contributes time, money, food and other items to maintain this valuable service for our community.

Christmas Hamper Program

House of Friendship is gearing up for its annual Christmas Hampers Program. The program warehouse will share space with Operation Christmas Child at the NCR building at the corner of Northfield and Weber, and will run Dec. 1-23.

Last year, 575 volunteers helped distribute over 2,900 hampers with food for over 8,000 adults and children.

Thank You!

Thanks to the generous support of our community, House of Friendship is able to serve over 32,500 people each year.

Recently, we received a grant from the Nina Suttie Fund through The Cambridge & North Dumfries Community Foundation, and grants also from the Westmount Golf Tournament Charity Fund, the Waterloo Record—Lyle S. Hallman Foundation Kids to Camp Flow-through Fund, the Youth in Recreation Fund, and, the Thelma Emmerton Fund, all through The Kitchener and Waterloo Community Foundation.



New Development Director hired



Kudos and accolades were shared by friends, past and present, as a grateful group bid an official farewell to long-time Development Director, Brian Hunsberger at a special retirement gathering. Between the laughter and the tears, Brian took time to welcome Christine Rier, the new Development Director, who can be reached at: 519-742-8327 or christiner@houseoffriendship.org

Teeing Up to Help

146 golfers came out for the 13th Annual Friendship Golf Tournament at the Grand Valley Golf & Country Club on July 9, raising \$20,700 for annual operating fund needs.

Thanks to golfers, corporate sponsors, prize donors and volunteers who make this tournament such a success. Special thanks to *media sponsor* :



THE RECORD

platinum sponsors:



Sending Kids to Camp

The third annual *Trek 4 Kids Hike & Bike* was held on May 25, 2008 on the Iron Horse Trail to raise funds for our Summer Camp Sponsorship Program. Over 30 hikers and bikers raised nearly \$13,000.



Additional funds were raised by Cook Homes at their annual Barbecue and Softball Tournament, and through a grant from Prison Fellowship Canada supported by:



These funds, combined with other donations to our Summer Camp Sponsorship Program, helped send 115 children to camp this past summer. Our experience has shown that summer camp can be a transformative experience in the life of a child. Thanks to all camp donors!



Original Trekkers Eric (L) & Kevin Martin (R) led bikers with former Executive Director, Martin Buhr on the 20 km route, while current Executive Director, Deb Schlichter and her dog Chloe completed the shorter 10 Km hike

Save the Date!
TREK 4 KIDS 2009
Sunday, May 24

Volunteers Needed

Sunnydale Community Centre

- Volunteers to assist with After School Program, ages 4-11, Tuesdays through Friday from 3:30-5:00 p.m.
- Volunteers to assist with caring for toddlers and preschoolers on Mondays until Dec. 1, 9:30-11:30 a.m..
- Please contact Linda Kruger at 519-883-0410 for more info.

Food hamper packers are needed at the Emergency Food Hamper Program, 11 am—4:15 pm Mon-Fri. Call Natasha at 519-570-3976.

Christmas Hampers packers & drivers will be needed from Dec 1-23, 2008. Volunteers should contact Tony Bender at 519-742-8327 or tonyb@houseoffriendship.org

Friendship News is published quarterly by House of Friendship. It is edited by Christine Rier and printed by ArKay Design & Print with vegetable inks and on recycled paper. **Special thanks to Waterloo Nissan who delivers copies to Kitchener-Waterloo churches.**

How You Can Help

- **Books** of various types in good condition are needed to help establish a library for tenants of Charles Village
- Large rolls of winter holiday **wrapping paper** (to wrap children's gifts for the *Live and Learn* program in December)
- **A VCR and DVD player** would be great for the Charles Village common room
- **Clean plastic grocery bags** are needed at our Food Hamper Program. Drop off Mon.-Fri. 8:30 am—4:30 pm at 807 Guelph St., Kitchener
- **Men's hygiene products, especially toothbrushes and deodorant** are needed at Kiwanis House. Call Lori at 519-578-0171
- **Paper for painting, cutlery, piano keyboards, a guitar, plastic grocery bags, and small kitchen appliances/tools in good condition e.g. crockpot, toaster-oven, blender, etc.** for Kingsdale Community Centre. Call Alissa at 519-748-6463
- **Zehrs markets grocery tapes** are welcome for our Family Services Programs. *Please note: we no longer accept Sobeys tapes.* Please label your tapes for "Doris Martin" and drop them off at 63 Charles Street St. E., or call Doris at 519-742-8327

Items may be dropped off anytime at the back door of the Charles Street Men's Hostel, 63 Charles Street East, Kitchener. Monetary donations can be mailed or made on-line at www.CanadaHelps.org. *We greatly appreciate your generosity.*

Notice To Readers: Please help us respect your wishes. If you receive a copy of *Friendship News* through your church and do not wish to be mailed a copy; if your name or address need updating; or, if you donate more than once-a-year, but prefer only one receipt at the end of the year, please let us know at 51office@houseoffriendship.org or call 519-742-8327. Thank you.



www.houseoffriendship.org

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