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Special Supplement
Annual Report Summary

One Year of Building *Bridges to Health*



One year ago House of Friendship launched *Bridges to Health*, a day treatment Addiction Services program for women that addresses mind, body and spirit (as represented by the program logo above), and treats substance abuse as a chronic health issue.

The experience of staff (some of whom are seen here promoting the program at a recent community event) combined with input from women and community members, and funding support from the Waterloo Wellington Local Health Integration Network (www.wwlhin.on.ca), enabled us to implement evidence based best practice material, try some alternative approaches, combine these with many important partnerships with community service providers, and commit to a strength based approach. It looks like it's working!



The two-week program, which is portable, has worked with communities in Minto, Waterloo, Cambridge and Guelph. Community partnerships include Public Health, St Mary's Counselling, Massage Matters, 12 Step Programs, and Queen Street Yoga. We have also secured the work of a researcher from the Centre for Addiction and Mental Health who has designed an evaluation framework - with follow-up that will provide longer term information about the effectiveness of the program. So far, women report a higher level of satisfaction in areas such as stress levels, relationships, general health, substance use, etc.

In summary, *Bridges to Health* is responding to a community need with a proven innovative approach that is portable, benefits from community partnerships, and includes an important evaluation component. Most importantly, it is helping women live healthier lives.



For Current Events & News

www.houseoffriendship.org

Coming Events

Friendship Dinner
Friday October 30, 2009
St. Aloysius Catholic
Church (see pg. 3)

**Christmas Hampers &
Rotary Club of Kitchener
Conestoga Turkey Drive**
December 2009

**February Potato Blitz
Community Potato Lunch**
February 2010

Amongst Friends

It always feels good to be amongst friends. Since coming to House of Friendship this September I have crossed paths with many familiar faces and connected with many friends and acquaintances, new and old. Thank you to everyone who has made these early days so comfortable and enjoyable. I look forward to meeting more of you, perhaps at our upcoming annual *Friendship Fundraising Dinner* (see p.3), and I welcome hearing from you at 519-742-8327 x. 123. The more I learn about House of Friendship's rich history, the more I feel honoured by the opportunity to work alongside you in extending the hand of friendship to our neighbours in need.



Regards,
John Neufeld
Executive Director

An Inspiration...



Charlene Williams, Program Supervisor with House of Friendship's Alcontrol program, received the Marie Seiler-Linden Inspiring Woman Award recently at the *Inspiring Women Show*.
 Congratulations Charlene!



Thanks to the support of Prison Fellowship of Canada, donors to House of Friendship's Camp Sponsorship program, and sponsors and participants of TREK 4 KIDS hike & bike 2009, 115 children from low-income families gained valuable skills and friendships at Camp this summer.

Visit our TREK Blog at www.houseoffriendship.org for Summer Camp 2009 stories, and mark your calendars for a special **5th annual TREK 4 KIDS hike & bike on Sunday, May 16, 2010.**

Donations to the Camp Sponsorship program are accepted year-round and can be made by clicking on the Donate Now button at www.houseoffriendship.org.



Thank You!



Gerald Blancher of **Heaven's Bicycle Shop** knows what it's like to be a single parent trying to find a good affordable bike for his

child. This is what led him to found *Bikes for Tykes*, which gives bicycles to children in need.

In the past year, it has given over 500 bicycles to local children through House of Friendship's Emergency Food Hamper program (EFH). Recently, Gerald held a bicycle auction to raise funds for EFH and *Bikes for Tykes*.



Staff from several local **Starbucks** coffee shops rolled up their sleeves and helped clean up the Charles Street Men's Hostel and Cramer House.

Thanks to their hard work, residents at both places will be able to have a safe and clean place to stay.



Thanks to the **Kitchener and Waterloo Community Foundation's "Waterloo Region Record and Lyle**

S. Hallman Foundation Kids-To-Camp Fund" for supporting Summer Playground Programs at the Sunndale and Courtland Shelley Community Centres.



Harriette (wife of Raymond, who works at the Emergency Food Hamper Program) stopped by with her children to drop off some sleeping bags and a donation from the **Community Christian Reformed Church Vacation Bible School**.

Teeing Up To Fight Poverty



144 golfers came out for the 14th Annual Friendship Golf Tournament at the Grand Valley Golf & Country Club on July 9, raising net proceeds over \$20,000 for annual operating fund needs. Thanks to golfers, corporate sponsors, prize donors and volunteers who make this tournament such a success. Special thanks to *platinum and gold sponsors, and media sponsor:*



St. Jacobs Country Inns



United Way Kick-Off

United Way of Kitchener-Waterloo & Area kicked off its Campaign with a goal of \$21 million over 3 years.


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

14th Annual

Friendship

Fundraising Dinner

save the date! Friday, October 30, 2009



Guest Speaker
Dr. David Seljak
 Associate Professor of Religious Studies
 St. Jerome's University
 Chair, Department of Religious Studies
 University of Waterloo

“Friendship as Spiritual Journey”

An Evening of Fellowship and Inspiration

St. Aloysius Catholic Church
 11 Traynor Avenue, Kitchener, Ontario

Tickets \$50 per person
(with maximum allowable charitable receipt)

Punch at 6:00 pm,
 Dinner at 6:30 pm, Guest Speaker to follow

Proceeds to benefit House of Friendship's annual operating fund

Call 519-742-8327 For Tickets



All Together, Now

House of Friendship's **Emergency Food Hamper program** volunteers enjoyed a BBQ as they celebrated the contributions of the past year. Over 200 volunteers regularly contribute their time, skills and labour to help provide emergency food assistance to our neighbours in need.



Thanksgiving Food Drive Underway

**Now until
October 17, 2009**

*Sharing with my
community
every day*



Volunteers Needed

Live & Learn needs volunteer drivers for Thursday afternoons. Call Michele, 519-570-0594

Chandler Mowat Community Centre program needs:

- After School Program Volunteers: Tuesdays and Thursdays, 3:30 – 5:30 pm
 - Sports Night Volunteers: Wednesdays, 7:00 – 9:00 pm
 - Homework Support Volunteers: Thursdays, 6:30 – 8:30 pm
- Call Jeremy, 519-570-3610

Friendship News is published quarterly by House of Friendship. It is edited by Christine Rier, printed by **Arkay Design & Print**, and delivered to local churches by **Waterloo Nissan**.

You Can Help

- * *Charles Street Men's Hostel* needs single washable bed-sized quilts/blankets, linens for single beds, towels, deodorant, razors, shampoo, toothbrushes, men's socks and underwear, and gently-used clothing for men. Please call the Hostel Program Supervisor, 519-742-8327
- * *Kingsdale Community Centre* is looking for violins, craft supplies (especially paint and beads), pre-school instruments, baby equipment e.g. stroller, and small kitchen appliances. Call Alissa, 519-748-6463
- * *Kiwanis House* is in need of socks, boxers, shaving cream and deodorant, and would like a digital camera. Please call Lori, 519-578-0171
- * *Live & Learn* needs grocery gift cards for snacks, and baking supplies—unbleached all-purpose flour, brown sugar, white or raw sugar, chocolate chips, cocoa, oatmeal, and 500 mL and 1L Mason jars, and seal lids. Please call Michele, 519-570-0954
- * *House of Friendship's kitchen* always appreciates meat donations of beef, pork and chicken, and donations of fall produce, baking supplies (e.g. baking powder, cocoa, vanilla, chocolate chips, flour, walnuts, pecans, sugar, icing sugar, baking soda), and tea towels and dishcloths. Please call Sandra, 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.houseoffriendship.org.

Staying In Touch

If you receive a copy of *Friendship News* through your church and do not wish to receive a copy through the mail; 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: 519-742-8327 or admin@houseoffriendship.org. Readers can also contact us should you wish to change how we communicate with you. We respect your privacy and protect your personal information. We do not share, sell or trade donor or personal information. If, like some readers, you prefer to receive an electronic version of *Friendship News* by email, instead of print, please let us know at admin@houseoffriendship.org. We are working towards having email distribution. In the meantime, issues are posted at www.houseoffriendship.org under Resources.



www.houseoffriendship.org

PO Box 1837, Stn. C t:519-742-8327
Kitchener, ON N2G 4R3 f:519-742-8868
Email: admin@houseoffriendship.org

John Neufeld, Executive Director
Charitable Number: 10749 3892 RR0001

