



# Start Me Up Niagara

## 2023 Year In Review

# Working Together Moving Forward



# Our Board

Bruce Lilley  
Foluke Ololade  
Laurie Warkentin  
Paul Miller (Chair)  
Reg Soper  
Rob Richardson  
Sandee Nebel  
Susan English  
Teresa Hill



Foluke Ololade



Laurie Warkentin



Teresa Hill



Bruce Lilley



Reg Soper



Susan English



## A Message from Rev. Dr. Paul Miller

The past year has been a busy one for the Start Me Up Niagara Board of Directors. This year as seen the end of COVID 19 restrictions and a return to a full complement of programs and services for the people we seek to serve – everything from our daily drop-in centre to employment services, food security programs to dental care, completing income tax returns to housing, the emergency overnight shelter to clothing. SMUN is truly an incredible organization.

The Board's purpose is "to direct and protect the organization on behalf of its owners" – the people we exist to serve, our stakeholders and partners, and the wider community.

The Board directs by setting the strategic direction and priorities that guide our choices and decisions. We are into the second year of our Strategic Plan that focuses on three areas:

Inclusive programs and services.  
Advocating for a place where everyone is included.  
Building a resilient and diverse organization.

Each month, our Executive Director, Laura Dumas, reports to the Board on what she and her staff are doing to meet our goals and objectives in each of these areas.

The Board protects by identifying and managing risks. For example, the Board conducted a review of our insurance coverage to ensure that we are adequately protected from liability and damage. The Board also regularly reviews our financial position to ensure that we have the necessary resources to support our work.

Risk management is more than risk avoidance. It includes deciding which risks are worth taking to advance our mission. Last year, the Board agreed to incorporate the Niagara Mobile Closet into Start Me Up, adding a significant means of assisting people in need.

The Board has also undertaken a comprehensive review of our property and facilities. We are in the process of making decisions that will ensure we have safe and adequate facilities to not only house current programs but give us room to grow.

An effective Board is a Board that is growing and learning. Every Board meeting includes an education time with a presentation on a topic relevant to our work. In the last year we have had

Board education sessions on understanding trauma, employment services, Niagara Assertive Street Outreach, bridge housing, and the Niagara Mobile Closet.

One of the ongoing challenges for an agency like SMUN is finding stable funding. The reality is that a number of our staff positions are funded through temporary grants which must be renewed or replaced when they expire. Finding funding to support all that we do is a major demand on Laura and her team.

An essential component of our financial stability is our major fundraiser, Coldest Night of the Year. In 2023, CNOY brought in close to \$175,000, far exceeding our previous high. The Board thanks the staff team headed by Charmaine Frado for their tireless efforts in making CNOY a success. The Board played an active role in soliciting CNOY sponsorships which also produced record results in 2023.

Organizational health begins with leadership from the top. To that end, we are always working to identify and recruit individuals with experience and skills that will add value to the Board.

I am grateful to those who have served on the Board in the last year: Susan English (treasurer), Teresa Hill, Bruce Lilley, Miriam Miller, Sandee Nebel (secretary), Maurice Prindiville, Rob Richardson, Reg Soper and Laurie Warkentin.

This year, we are saying goodbye to Miriam Miller, Teresa Hill and Maurice Prindiville. Their gifts and presence will be missed. We will be recommending to the AGM that Brian Ferguson, Keira Knowles and Mike Dale be added to the Board. We are confident that they will make an important contribution.

I also want to express, on behalf of the whole Board, our thanks to our Executive Director, Laura Dumas, to her staff team, and to all the partners, volunteers and supporters who help us make our community better place.

Respectfully submitted,  
(Rev.) Dr. Paul Miller  
Chair, Board of Directors

# Branches



Untitled  
by Nancy Edmondstone



Motorcycle  
by Rob Jensen

Untitled  
by Doug Luke

The Branches exhibition showcased an array of distinct, both individual creations and collaborative projects that blossomed from our Drop-In arts initiative, Art Me Up. The vitality that sprung from the streets last spring, as reflected in these creative pieces, serves as a powerful testament to the resilience that persists even on the worst of days.

The difficulties faced by many of us, which we may never fully comprehend, the daily struggles of those living on the streets – despite the seemingly insurmountable despair of some of these moments, passion and creativity have profound roots and extend to great heights all around us.



## September

### Suicide Prevention Month



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						01 02
03	04	05	06	07	08	09
	Labour Day					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				International Day of Peace		Autumn Equinox
24	25	26	27	28	29	30
						National Day for Truth and Reconciliation

# A Message from Laura Dumas

Transformation. Transformation can often evoke feelings of stress and apprehension in some, yet it also heralds the promise of new adventures. Transformation, by definition, entails making or becoming different. It manifests itself in various ways, but the most potent change we can control is our ability to view people and events through a positive lens. In our small corner of the world, we can effect change by focusing on the goodness that life has to offer. While our work often exposes us to life's harshest realities, maintaining a positive outlook can be a catalyst for constructive transformation. Change is a journey, and at Start Me Up Niagara (SMUN), we have every reason to celebrate this journey and the agency's evolving direction.

Start Me Up Niagara is dedicated to helping individuals facing formidable life challenges such as substance use, compromised mental well-being, poverty, homelessness, and unemployment. We provide opportunities to enhance health, foster community integration, and support employment. SMUN recently finalized our strategic plan for the years 2022 to 2025, with a strong emphasis on organizational growth. We place our trust in the experience and accomplishments of our staff as we continue to operate within the agency's mission.

The past year has been a whirlwind of change for Start Me Up Niagara. There's no denying that change has swept through various facets of our organization. We've welcomed an unprecedented number of new team members, each bringing a deep

belief in SMUN's mission and the services we provide to our community. These fresh faces invigorate our teams, introduce novel ideas, and offer us a fresh perspective on our work.

Our programs adapt and evolve in response to shifting community needs. SMUN has long been recognized for our ability to build strong relationships with participants, allowing us to listen and respond to the changing needs of our community. Over the past year, we've had the privilege of welcoming Niagara's Mobile Closet to our team—a group of like-minded, dedicated volunteers who share our commitment to supporting individuals facing life's challenges. They have become invaluable additions to our team, extending their support through Free Clothing Events and the Mini Closet program, touching lives across the region.

This year, SMUN bolstered our volunteer program by hiring a Volunteer Coordinator who brought growth, consistency, and longevity to the program.

Our management team is committed to providing more training opportunities for our staff and actively seeks avenues to enhance their knowledge and professional development within their roles.

Additionally, we've expanded our student involvement by offering standardized learning opportunities in partnership with several schools, both within and beyond our region. These students not only gain hands-on experience but also add value to the lives of service recipients, providing extra assistance in our diverse programs.



We've been fortunate to cultivate partnerships within the community, such as our collaboration with Heart Niagara to expand our Bike Me Up Program.

This partnership has enabled us to offer community outreach mobile bike clinics and an apprenticeship training program, fostering new volunteers and enhancing employability skills. Such partnerships broaden our service scope, enabling us to offer comprehensive support and wrap-around services for the well-being of individuals in our community.

Change allows us to explore new horizons, learn from diverse experiences, and push our limits. It builds confidence, flexibility, and motivation, ultimately presenting us with numerous opportunities.

At SMUN, we've chosen to champion education about acceptance concerning homelessness, substance use, compromised mental well-being, and the challenges faced by those in lower socio-economic conditions. Rather than engaging in arguments, we advocate for inclusion and fair treatment of individuals confronting life's difficulties. Our dedicated staff willingly embrace the challenge of change within our organization, becoming a more robust and united team.

On behalf of myself and the Board of Directors, I extend my heartfelt gratitude to all who have embraced the winds of change, contributed their insights, and made a positive impact on our community and the lives of those residing within it. Together, we continue to move forward on this trans-formative journey.



## Our Staff

Sarah Conlon  
Linda Crago  
Samantha Dekker  
Laura Dumas  
Michael Flynn  
Mark Ford  
Charmaine Frado  
Martins Imotsikeme  
Donna Johnston-Mitruk  
Yoana Kalinova  
Nesrine Kandil  
Sherry MacPherson  
Lynn McIntyre  
Sandy Middleton  
Shawn Monger  
Russell Moore  
Pam Nicholson  
Sarah Olsen  
Arden Pierce  
Deborah Rollo  
Emily Rollo  
Wayne Schmidt  
Kay Shurvell  
Mishelle Stephenson  
Erin Taylor  
Tony Venditti  
Wendy Wasylowish  
Karen Wiens  
Jessica Yendt



Harvesting potatoes!

Harvesting beans!

Chopping garlic!

6000 lbs harvested as of August 2023

# October

## Health Literacy Month

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		Halloween				

# Food Security



Start Me Up Niagara has the privilege of utilizing a spacious two-acre community farm area in Vineland. This space serves as a gathering point for SMUN staff, volunteers, and participants, providing an opportunity for them to collectively cultivate and harvest food. The resulting produce is then directed towards our meal programs and made available to our community at an affordable price, contributing significantly to the promotion of wellness and food security within our local neighborhood.

Engaging in our farm program yields a host of benefits for its participants. Notably, it enhances knowledge of farming practices, boosts employability prospects, elevates self-esteem, and fosters self-sufficiency as participants acquire the skills required for growing and harvesting food.



**115**  
Garden and Kitchen Workshops

**1644**  
Participants

**40,154**  
meals and snacks distributed



# Housing



Cooking workshop



Flu immunization

**47**  
Individuals in our  
STH Program

**221**  
Served  
Prevention

**10**  
Skill-building  
workshops



**19**  
People  
Housed

**November**

**9**  
Graduates  
from STH

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18 <small>Remembrance Day</small>
19	20	21	22	23	24	25
26	27	28	29 <small>National Housing Day</small>	30		
		<small>Giving Tuesday</small>				



# Housing STH + Prevention

We offer a range of housing support services designed for individuals who are encountering significant challenges in stabilizing their lives. Our team adopts a client-centered approach, meeting individuals at their current stage and creating a personalized wraparound support plan.

## **Supportive Transitional Housing**

Our Supportive Transitional Housing program is geared towards guiding participants from temporary supportive housing to achieving independent living at market rates. Our dedicated team provides a wide array of workshops and activities, focusing on life skills, tenancy skills, and optimizing income. Participation in this program is centered on housing and rehabilitation goals.

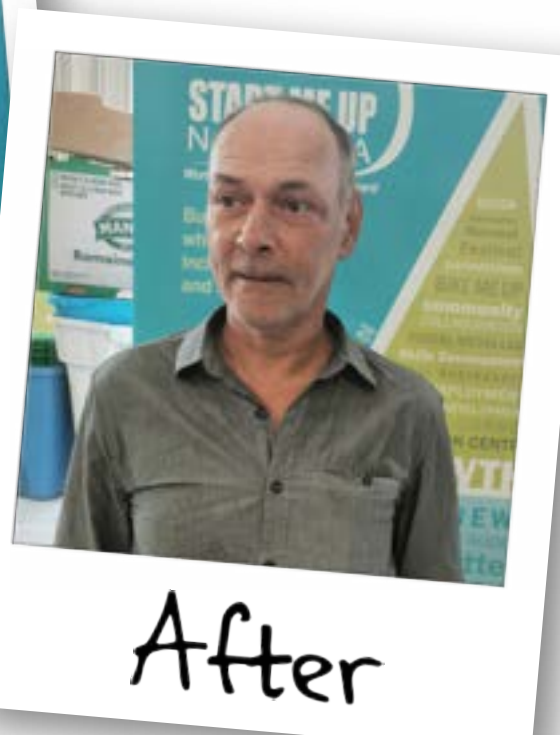
## **Prevention**

Our Prevention team is committed to sharing their expertise and assisting individuals who are at risk of eviction. Our eviction prevention efforts encompass activities such as mediating with landlords, rapid rehousing, retaining support, and advocacy. We work closely with individuals to help stabilize their housing situations through a variety of strategies, including financial budgeting, income tax assistance, social support programs, and employment support services.





Before



After

# Giving Back

## December

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					01	02
					World AIDS Day	
03	04	05	06	07	08	09
			Hanukkah Begins			
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				Winter Solstice		
24	25	26	27	28	29	30
Christmas Eve	Christmas Day	Boxing Day				
31						
New Year's Eve						

# SMUN Community Partners

- Aboriginal Health Centre
- Alessandro Salon
- Brock University
- Broken Spoke
- Club Roma
- Community Care & Housing Help Centre
- C.A.S.O.N.
- C.M.H.A.
- C.O.R.E. Unit NRP
- Gateway Residential Services
- Heart Niagara
- NASO - Niagara Assertive Street Outreach
- Niagara College
- Niagara Regional Native Centre
- Niagara Region Public Health
- Niagara Region SAEO
- Niagara's Multicultural Folk Arts Centre
- Nightlight Youth Services
- Ontario Disability Support Program
- Ozanam Centre
- Port Cares
- Positive Living
- Project Share
- Queenston Round Table
- Quest Community Health Centre
- REACH Mobile Health Clinic
- Salvation Army
- Second Harvest
- Shoppers Drug Mart
- Silver Spire United Church
- Southridge Shelter
- St. Georges Church
- St. John Ambulance
- The Hope Centre
- The RAFT
- The Soup Kitchen
- Third Space Café
- Veteran's Affairs Canada
- Willis College
- YWCA



Stylists from Alessandro Salon



Aubrey from the Broken Spoke



St. John Ambulance at CNOY



EMS Staff serving pancakes!



ALESSANDRO SALON



CASON  
COMMUNITY ADDICTION SERVICES OF NIAGARA



St. John Ambulance



# Programs



Singing and drumming



Drum Circle



Art Me Up



Cow bell!



Tie Dye!

## At the Resource Drop-In Centre

January

### Quality of Life Month

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	01	02	03	04	05	06
	New Year's Day					
07	08	09	10	11	12	13
14	15	16	17	18	19	20
	Martin Luther King Jr. Day					
21	22	23	24	25	26	27
28	29	30	31			

# Resource Drop-In Centre

**517**

Unique Individuals Served

**599**

Service provided via phone

**2745**

Hygiene Kits issued

**11,791**

Weekend Meals served

**40,154**

Meals and snacks distributed

**54,409**  
Total Drop-In visits

Our Resource Drop-In Center is a warm and secure haven, accessible nearly every day of the year. We work closely with community partners to effectively harness resources for individuals who frequent our center. Our offerings encompass a diverse range of activities and provide empathetic support, as we continuously endeavor to pioneer innovative programs and services that contribute to fostering a positive social impact. We also offer:

- A food program, which encompasses snacks, beverages, weekend meals, and the distribution of emergency food bags to those who cannot visit our center in person.
- Nursing, addictions, medical services, and mental health services.
- Help with social assistance applications and identification forms.
- Connections to various community services.
- Guidance and information regarding housing and employment programs.
- Access to essential amenities such as phones, computers, restrooms and mail services.

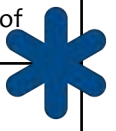




# February

## Black History Month

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				01	02	03
					Groundhog Day	
04	05	06	07	08	09	10
						Chinese New Year
11	12	13	14	15	16	17
			Valentine's Day			
18	19	20	21	22	23	24
	Family Day					Coldest Night of the Year
25	26	27	28	29		



# Our Inspiring Teams

Alectra walks for Start Me Up Niagara  
 Anglicans in Action  
 Avanti Chamber Singers  
 Board Walkers  
 CFUW St. Catharines Streetwalkers  
 Council 1394, Knights of Columbus  
 Denis Morris Catholic High School  
 Development Divas  
 Dine Niagara  
 Eliaheals for hope  
 Flash Freeze  
 Freezin for a Reason  
 Frozen Chosen  
 G-EAST Crocs  
 GM Powered  
 GT - Niagara  
 Give for Good  
 Holy Cross Catholic Secondary School  
 Joanne and Susan Team  
 Jubilee Jets  
 Lions Club of Merritton  
 Love You to the Moon and Back  
 MOXIE TEAM  
 Mighty Tigers  
 NORMANI AND FRIENDS  
 Niagara Casinos  
 Paula and Frank  
 Prince Charles Angels  
 Queenston Neighbours  
 RBC Niagara Market  
 Rei Ki Love  
 Rotary St. Catharines  
 Score Striders  
 Shoppers Drug Mart Niagara  
 Sitel Canada Niagara

Skyline\_St.Catharines  
 St. Columba  
 Starbucks - Fourth & Louth  
 Starbucks Canada- District 2013  
 Starbucks D3089  
 Storm Hair Group  
 Street Spokes  
 Team FirstOntario  
 Team Go Fitness Niagara  
 Team O'Brien  
 Team Ohana  
 Team Sheehan  
 The Charismatic Curlers  
 The Mighty Mobilizers  
 The Peanut Mill Pacers  
 The Red Hot Chili Steppers  
 The Table  
 ToolBox Niagara  
 Trillium United Church  
 Turkstra Lumber - Niagara  
 Walking for Change  
 Warm Hearts Spreading Kindness  
 Wendy's Warriors  
 Wild Walkers  
 Zeta Pi  
 Zeta Psi Theta Eta  
 tonystigers  
 westminster wings  
 {pocket}CHANGE  
 Paraders



## Over \$170,000 raised in 2023

Each year, we proudly host the Coldest Night of the Year event in St. Catharines, dedicated to raising funds for those who lack a safe and warm refuge. The success of Coldest Night of the Year owes everything to our wonderful community! Their fundraising endeavors and participation in the walk enable us to sustain our vital support and services for individuals in our community who grapple with homelessness, compromised mental wellness, and substance use.

In the previous year, Market Square saw an incredible turnout of over 500 individuals who joined in the walk. We had the invaluable support of sponsors and partners, and participants enjoyed a hearty serving of chili and hot chocolate, making it an enjoyable and impactful event.

We look forward to seeing you all for the upcoming event on February 24th, 2024!



# Coldest Night of the Year

# Income Matters



## March

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					01 Zero Discrimination Day	02
03	04 HPV Awareness Day	05	06	07	08 International Women's Day	09
10 Daylight Savings Begins	11 Ramadan Begins	12	13	14	15	16
17 St. Patrick's Day	18	19	20 Spring Equinox	21	22	23
24 Purim	25	26	27	28	29 Good Friday	30
31 Easter International Transgender Day of Visibility						

# Income Matters

**\$763,689.25**  
in recovered income

I was very impressed with tax service from Start Me Up. They were very easy to deal with. My taxes were done quickly and competently. For those of us who can't afford an accountant, this is an excellent source for us.

Thank you to Sarah and staff and the Volunteer accountants!!!

- Todd Luey



**326**  
Individuals  
served

**490**  
Returns  
completed

**A special thank you to the volunteers who gave  
their time to help everyone**



We can't do what we do without you!



275  
Volunteers



23,334  
Volunteer  
hours



April

## National Volunteer Month

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	01	02	03	04	05	06
07	08	09	10	11	12	13
		Vimy Ridge Day				
14	15	16	17	18	19	20
National Volunteer Week Begins						National Volunteer Week Ends
21	22	23	24	25	26	27
	Earth Day					
28	29	30				

# Volunteers Plant The Seeds of Kindness



Volunteers are essential to the success of Start Me Up Niagara. We would not be able to do what we do without our dedicated team of compassionate volunteers. Our volunteers have a meaningful impact in our community and with our participants. They help support the necessary functions of Start Me Up Niagara, and with their help, we are able to provide a variety of programs, services, and activities our participants have come to count on.

Start Me Up Niagara is truly grateful for the tremendous amount of help and support given to us. Your time and commitment is very much appreciated.

We always have several volunteer opportunities available, and love to grow our family of volunteers. Come grow your skills with us, help the community, and make a difference in someone's life.



Wendy and  
volunteers





Farm drumming



Hair cuts!



May

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
Mothers' Day						
19	20	21	22	23	24	25
EMS Week Begins	Victoria Day					EMS Week Ends
26	27	28	29	30	31	
National AccessAbility Week Begins			Red Shirt Day			

# The Five Pillars of Start Me Up Niagara



## Food:

Kitchen, Cooking, Green Garden, and Food Security

## Employment:

Employment Readiness, Obtaining and Retaining Traditional and Self-Employment, Volunteers, Bike Me Up, and Social Purpose Enterprise



## Resource Development:

Donors, Sponsors, Funders, Media, Web, Social Media, Events - CNOY, Graphic Design, and Communications

## Housing/Shelter:

Shelter, Supportive Housing, Eviction Prevention, Rapid Rehousing, and Social Assistance Connections



## The Centre:

1<sup>st</sup> Point of Contact, Intakes and Assessments, Community Intergration and referrals to services, Daily Programs/ Activities, and Emergency Clothing

# Bike Me Up

**1296**  
Volunteer  
Hours

**\$16,781**  
In Revenue

**317**  
Bikes Sold

Bike giveaway!

Visit from  
Regional Niagara

**864**  
Individuals  
Assisted

**June**

**Pride Month**

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						01 <small>National AccessAbility Week Ends</small>
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
Fathers' Day			Juneteenth	Summer Solstice		
23	24	25	26	27	28	29
30						

# Bike Me Up Training



First session

“I was in the Bike Mechanic Training Course that Bike Me Up and Start Me Up—with Heart Niagara—put on. I went in knowing a little bit about bikes but probably making as many errors as I make fixes when I try to work on my own bike.

Now, I am more knowledgeable. They were great trainers. It was 4 days of good learning and hands-on experience.

Now, I am volunteering at the Bike Me Up shop itself, volunteering and putting together a bike. It’s been a good experience, a chance to learn new skills and I’m happy to keep doing it.”

- Kevin MacDonald



Bike giveaway!



Second session



Working away

Training provided in partnership with:





First snowfall at our event



Lines out the door



Welcome back, Mo!

# July



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	01	02	03	04	05	06
	Canada Day					
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			International Self-Care Day			
28	29	30	31			
World Hepatitis Day						



“We have a lot of homeless patients who have minimal clothes to wear. Part of a safe discharge is to ensure they are properly clothed (shirt, pants, shoes) and if the mini closets did not exist the patient would not of been able to be discharged”

“I love having somewhere to make donations where I know those in need are not being charged and are being supported, unconditionally!  
THANK YOU!!”



**15** Mini Closets in the Niagara Region  
**40** free shopping events  
**2081** Clothing Crisis' served  
**3177** shoppers served  
**10,955** volunteer hours

“We have countless stories of patients in PERT who were able to receive clothing, shoes etc. as well as coats during the cold winter months.”

“The compassion and dedication from this team and program is **OUTSTANDING!** It has made a difference in so many lives already and continues to grow!”





## The Help of Hybrid Work

This is a story of a man who accessed all resources available at SMUN's Work Action Centre to excel in both his personal and professional life.

At the beginning of July, 2022, a man came into the office looking for some help. His name was Don.

Don had started his own yard and garden clean-up service business called "Don'll Do It" just a few years before he walked into the office.

But, with a lack of computer knowledge and uncertainty on how to move forward with his business Don was looking for support.

Through working with our self-employment specialist Don received both financial and marketing help for his business. He was also looking to gain employment during the off-season. Thankfully, through working with our employment case managers Don gained traditional employment working as a grocery clerk at Zehrs. Being successful in both his traditional employment and self-employment business, Don gained the confidence to succeed in other aspects of his life. He decided to join a gym and different social sports leagues. He said that as an older adult, joining the gym and working on his feet at Zehrs were really what helped him restore the physical capabilities he needed to thrive.

By utilizing all Start Me Up Niagara resources Don was able to create the life he wanted.



# August



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				01	02	03
04	05	06	07	08	09	10
	Civic Holiday					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Overdose Awareness Day



# Work Action Centre



**661 people visited the Work Action Centre for the following:**

Workshops, Appointments with Case Managers, Job Searching, Power of Possible, Training, Resume Building, Mock Interviews, Computer Use, Taxes

**274 different individuals contacted 203 Church Street inquiring about the employment service program**

**Case Managers provided one on one service to 139 different people for up to one year after employment with supports with the following:**

Building an individualized employment action plan, determining suitable careers, working through barriers by providing supports internally through Start Me Up Niagara or external partners. Provisions for pre-employment supports such as clothing, work boots, trainings etc. Follow-through with regular contact for a full year before and after employed to ensure successful outcomes.

**65 Jobs Retained**

**63 In-House Workshops Hosted**

Some Topics included, Financial Literacy, Digital & Technology Drop In, Safe Food Handling, Job Searching, Resume Building, Boundaries in the Workplace, 7 Steps To Starting a Small Business, Social Media Presence, Employment Rights etc.

**90 Attendees at our Job Fair – Hosted for Niagara Parks Commission**





Memorial Ceremony



Orange Shirt Day!

# September

## Suicide Prevention Month



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
01	02	03	04	05	06	07
	Labour Day					
08	09	10	11	12	13	14
	SMUN's Anniversary!					
15	16	17	18	19	20	21
						International Day of Peace
22	23	24	25	26	27	28
Autumn Equinox						
29	30					
	National Day for Truth and Reconciliation					



# Honouring their Lives

I'm walking home across the Rainbow Bridge  
and as the Red sun spills across my face  
in deepening Orange, Creation sighs with pleasure  
a joyous Yellow aura lifts me skyward  
as multitudinous Greens refresh my heart  
reflecting off the wide, harmonious Blue  
blending with Indigo's cool, electric shades  
in shimmering hues as Violet tints the clouds  
I look up and my soul and breath are caught  
entranced by Nature's glorious abstract art  
awed by the range displayed within Her palette  
entranced by Nature's glorious abstract art  
I look up and my soul and breath are caught  
In shimmering hues as Violet tints the clouds  
Blending with Indigo's cool, electric shades  
Reflecting off the wide, harmonious Blue  
As multitudinous Greens refresh my heart  
A joyous Yellow aura lifts me skyward  
In deepening Orange, Creation sighs with pleasure  
And as the Red sun spills across my face  
I'm walking home across the Rainbow Bridge  
Walking Home

*by Rainbow*



Crisis Line  
1-866-550-5205  
24 hours

# Green Garden



Growing squash



Season begins!



Planted beans



October

Health Literacy Month



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	Thanksgiving	21	22	23	24	25
26		27	28	29	30	31
					Halloween	



In bloom!



Keyhole Garden



Bright colours!



Farm view

# Resource Development



CNOY Donors!

## Events

RD plans and executes Start Me Up Niagara events, including our biggest event: the *Coldest Night of the Year*, a fun, family-friendly fundraising walk that raises much needed revenue for Start Me Up Niagara while experiencing a hint of the challenges faced by those dealing with homelessness.



Kiwanis Club

## Communications

The team works to ensure Start Me Up Niagara's voice is heard, by reaching out to various community supporters, including funders and donors, managing our social media accounts, website maintenance, and keeping a good relationship with local media.

## Volunteers

Our Volunteer program is an integral part of our operations, engaging our participants and the community. With the help of our volunteers, we are able to offer a variety of programs and activities our participants have come to count on. The program also works with participants who want to give back to their community, empowering them to take the next step in their journey

# November

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
	Remembrance Day					
17	18	19	20	21	22	23
					National Housing Day	
24	25	26	27	28	29	30

# Celebrating the Holidays



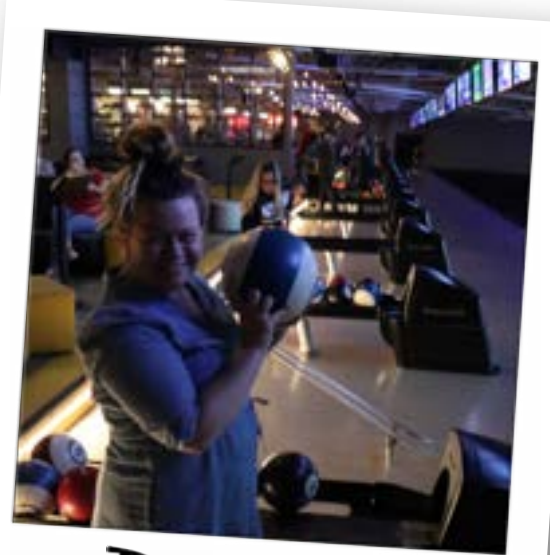
Gifts!



All smiles!



All smiles!



Bowling!



Together





Rotary South



St. John's Anglican



Canada Steamships



Hands Extended



May Court Club



Socks for Change

# December

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
01	02	03	04	05	06	07
World AIDS Day		Giving Tuesday				
08	09	10	11	12	13	14
15	16	17	18	19	20	21
						Winter Solstice
22	23	24	25	26	27	28
		Christmas Eve	Hanukkah Begins Christmas Day	Boxing Day		
29	30	31				
		New Year's Eve				

# Thank you!

## to all our sponsors and donors

Alectra Utilities  
 Benevity  
 Bluesea  
 Brand Matters Inc  
 Branscombe Family Foundation  
 Brian K Kerley Medicine Professional Corporation  
 CAA Niagara  
 Calhoun's  
 calm down club  
 Canada Helps  
 Canada Summer Jobs  
 Carol Devine Remax Garden City Realty Inc  
 CHIMP - Charitable Impact Foundation (Canada)  
 Circle of Life Cremation and Burial Centre Inc.  
 City of St. Catharines  
 Club Roma  
 Commercial Cleaning Services  
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 Con Gusto Artisan Bakery  
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 Government of Ontario  
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 IRP - Investment Readiness Program  
 James Broderick, Realtor  
 Kappa Beta Gamma  
 Kits For A Cause  
 Kiwanis Club  
 Lions Club of Merritton  
 Mahtay Café

Many Seeds  
 Marko Merhar, Boise Cascade Company  
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 Second Harvest  
 Sei Con Jiu Jitsu  
 Service Canada  
 Sitka Forest Products  
 SJHN Student Council  
 Sleep Cheap Niagara Falls  
 St. Catharines Game & Fish Association  
 St. Catharines Volkswagen  
 St. Davids & District Lions Club  
 St. Denis Catholic School  
 St. James Catholic Elementary School – St. Catharines  
 Starbucks Canada  
 Starbucks Neighbourhood Grants  
 Steenhuis Elite Lawns and Gardens  
 Stephen Lawyer - Christmas Gift Project  
 The Purse Project  
 The ShoeBox Project  
 Trillium Industrial Safety  
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 Warranty management services  
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