



The Salvation Army's Mission

The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world

Toronto Harbour Light Ministries Mission

We offer supports to enable people to rebuild their lives, reengage in community, and reclaim their future to the glory of God.

Our Vision

In cooperation with others, we will be a stimulus for excellence encouraging people to explore their full potential and experience new beginnings.

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Donations

We are grateful for the support of our community. Without them, we would not be able to run highly effective programming. For more information on donating please visit us at www.torontoharbourlight.ca

KETTLE CAMPAIGN KICK OFF!

As the end of the year draws near, we wish to take this opportunity on behalf of The Salvation Army Toronto Harbour Light Community Church to thank our direct donors and our Christmas Kettle supporters for the meaningful contributions made in support of our diverse ministry and outreach programs in 2012. Your assistance has helped provide many families and individuals who struggle to make ends meet, with food, warmth, and clothing. Thank you for helping give hope and dignity to those in need.

The Mission of the Toronto Harbour Light Community Church, located in the heart of this city's downtown, is to reach out with God's message of love and healing to the inner city. Your support assists us with meeting this goal through outreach ministries and programs which include the Breakfast Van Ministry, community meals served by the Fellowship Cafe, as well as adventure camp programs for children who live in our neighbourhood.

Throughout 2012, we have been kept busy meeting an increased demand for assistance. As more families and individuals find themselves disadvantaged, we remain confident that we will be able to meet needs and continue to be a transforming influence in our diverse inner city neighbourhoods and communities. The contributions and support of our donors and volunteers will help make this possible.

Thank you for partnering with us to make a practical and lasting difference in the lives of disadvantaged people in our community. On behalf of the Salvation Army Toronto Harbour Light Community Church, may you be blessed and your lives enriched this Christmas and holiday. □

VOLUNTEER ACCOUNT

Last year I was blessed with the opportunity to stand at the Christmas Kettles. At the time, I thought it would be a nice way of "giving back" to the Salvation Army for everything they do for me, my family and others. Boy was I wrong. This experience has truly enriched my outlook on life! During my time there, I met many people with interesting stories from different walks of life! It truly was nice to hear from some of the donors how The Salvation Army has helped them and their families in the past. This year, I will definitely be part of the Christmas Kettles and I look forward to it! Thank you Salvation Army for doing all that you do! You have made a big difference not only in my life but also in the lives of others. □



Gabrielle Apostoli-Torelli

TORONTO HARBOUR LIGHT MINISTRIES – A NEW BEGINNING

THAT WAS THEN....



In December of 1954, the Toronto Harbour Light Corps was officially opened in a renovated building at 280 Queen Street East. Housing capacity was limited to five men and a night watchman. The four-fold program

included classes in physical and spiritual rehabilitation and group therapy discussions.

The ministry expanded so quickly that more accommodations were soon needed and, in January 1961, a new centre was opened at 160 Jarvis Street. With a capacity of eighty five beds, the new location allowed staff to minister to a growing clientele. Since that time, thousands of men have benefited from the program and achieved a life of contented sobriety. Many more have attended the gospel services held up to four times a week, afterwards enjoying a hot meal or bowl of soup before heading back to life on the streets. □

THIS IS NOW....

The Salvation Army Toronto Harbour Light Ministries is a multi-service facility which provides hope and services to a wide range of people. The facility is the base for outreach vans that connect with the homeless, a thirty five bed residential addiction treatment



program for men, twenty supportive housing units for men and women with concurrent disorders, ninety eight units of transitional housing for people that need some time to build personal capacity to re-enter the community, ESL classes and settlement services for refugees and immigrants from around the world. □

ADDICTION TREATMENT PROGRAM

The treatment program originally used a 12 Step Model based on the work of Terry Gorski. In the past decade, however, new research in addictions treatment has created a whole new approach to working with people with addictions. Today, we work with the whole person. This includes their substance(s) of

choice, mental health, trauma and housing issues. We do this through individual counselling, group counselling and providing resources and life skills classes.

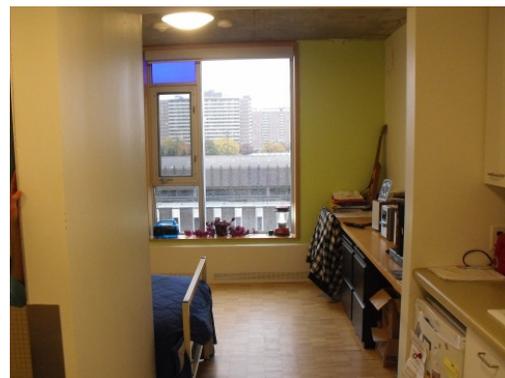
Our facility consists of thirty five beds and we operate near capacity most of the time. Our typical client is male, ranging in age from 18 to 70. He would be using one or more of the following drugs: alcohol, crack cocaine, marijuana and prescription drugs. He would also be diagnosed with a psychiatric disorder such as bi polar, schizophrenia, major depression, anxiety and borderline personality disorder, to name a few, and find stabilization through medications. He would also have experienced at least one major incident of trauma, but generally multiple trauma experiences, and in all probability would require permanent or temporary shelter in a safe environment. He would generally need a period of stabilization in a withdrawal management setting (detox) and would be prescribed anti-psychotic medication for his mental health issues. Once he has completed treatment, he would be referred to our Aftercare program.



To support our clients, the residential addiction program consists of an intake worker, five counselors, a family wellness counsellor, a chaplain and a nurse. Additionally we have two doctors that visit our facility weekly to assist with any medical conditions affecting our residents and partnerships with other organizations specializing in housing, psychiatry, concurrent disorders and addictions. □

TRANSITIONAL HOUSING PROGRAM

Toronto Harbour Light's Transitional Housing Program was established in 2009. The program offers a safe, caring, semi-independent living environment



where individuals can rebuild their lives and make the transition from homelessness and marginalization to stable housing and meaningful participation in the community. Residents are referred to the program from a variety of community organizations, including law and mental health programs, shelters, addictions treatment programs, health centres, immigrant and refugee agencies, and other community-based

social programs and agencies.

The program has ninety eight rent-geared-to-income bachelor apartment units where individual adults can stay for up to eleven months. There are two floors for women and four floors for men. The transitional housing program is designed to give residents an opportunity to move past the points of marginalization which accompany homelessness, under-housing, unemployment, refugee status, or addictions issues. Each resident develops an individualized action plan which is reviewed and worked on with their assigned caseworker. This allows for consistent personal growth for residents and provides structure and accountability as they strive for their goals. Residents are also offered several programming options in areas such as life skills coaching, cooking instruction, financial literacy and support group meetings. □

IMMIGRANT AND REFUGEE SERVICES

Immigrant & Refugee Services is a faith-based agency functioning in Canada as a part of the international Salvation Army.



We are dedicated to...

Supporting immigrants and refugees in their journey toward full participation in Canadian society.

Advocating for newcomers to live in an inclusive community that is enriched by cultural diversity.

Serving all newcomers with the unconditional love and compassion of Jesus Christ.

The Salvation Army Immigrant and Refugee Services is authorized in accordance with the Immigration and Refugee Protection Act to provide settlement and employment services. IRS has been actively and proudly involved in delivering and supporting the delivery of settlement services, English as a Second Language and Spiritual Care for over twenty years, serving clients from all corners of the world with rich and diverse cultural backgrounds. Their statuses include Canadian citizens, refugee claimants, convention refugees, permanent residents, visitors, and non-status. Based on surveys among the newcomer communities we serve, the results not only show the shifting of immigration waves, but also reveal a commonality of newcomers' needs for pursuing job placement after intensive in-class training, integrated and culturally compatible information sessions, and one-on-one tutoring. □

THE SALVATION ARMY HARBOUR LIGHT COMMUNITY CHURCH



The Salvation Army Harbour Light Community Church is a church first and foremost, spreading the Good News of Jesus Christ and the importance of a relationship with God. Because of our relationship with God, we want to serve our community and we are able to serve through...

- Prayer and Worship time each week...all are welcome.
- Fellowship Café – we are able to meet homeless, low-income people or people just struggling to make ends meet around a meal – we get to know them and are able to supply referrals and community resources.
- Bible Study: We offer one in English and one in Spanish. We open up God's word and share together.
- Women's Fellowship: We share a meal, a time of learning, craft time, and a movie and prayer.
- 55+ Fellowship: We share in a meal, and spend time in learning, singing, and prayer. We welcome special guests to our gatherings on occasion.
- Knit'n'Stitch Fellowship: Folks who love crafts come together for fellowship around the table to work together on helping kids (this year participants are making hats and mitts for children).
- We serve Breakfast on the Streets of Toronto – we have a team going out on a specialized vehicle serving folks that are sleeping on the streets. Supplying them as they are able with warm socks, clothing and a smile along with a hot breakfast. We encourage them to find housing and shelter off the streets as well as medical treatment.
- We have a small program for teens, keeping them connected.
- We have a large Christmas Kettle campaign which assists us in all our outreach efforts during the year.
- Volunteering is encouraged in all outreach areas including Christmas Kettles, Fellowship Café, Women's and Seniors activity times, Breakfast Program, etc. □

HOPE ACRES

On May 6, 1967, Commissioner & Mrs. Edgar Grinstead



travelled to Glencairn, Ontario to officially open Hope Acres. The brochure that day described our ministry with these words "to

guide them from the dark and sordid alleys of Hell's Acres ... into happy lives as useful and worthy citizens".

Hope Acres rests on over 100 acres with a beautiful view of the rolling hills of the Niagara Escarpment. The location, away from chaos and temptation, draws men from across the province. Our men often tell us that their past failed attempts at recovery have convinced them that they need to work on their spirituality, and that they trust The Salvation Army to provide them with the opportunity to work on this critical area of their lives.

Our classes, group and individual counselling, and work therapy, complimented by evening electives, work together to provide our men with the tools they need to work on the bio-psycho-social-spiritual challenges they have identified.

While Commissioner Grinstead's words were written forty five years ago, they continue to shape our ministry. Our prayer continues to be that men will move from lives in Hell's Acres to lives filled with abundant hope. □

HOMESTEAD



The Salvation Army Homestead exists to serve women who seek recovery from substance use. Our mission is to provide effective treatment and support so that women can heal in body, mind and spirit.

Our treatment options include the following:

- A ten week residential program in one of the most beautiful areas of downtown Toronto
- A ten week day treatment program at our downtown site
- A ten week day treatment program located in the heart of Scarborough
- Addiction Case management in Scarborough
- Pre-treatment support, anger management, relapse prevention, aftercare information and referrals.

Our programs are holistic and abstinence-based. Our treatment model includes relapse prevention, life skills and twelve step classes, group and individual counselling. Group and individual counselling are important components of Homestead programs. Women being treated with methadone and women with concurrent disorders are welcome. Our staff will support you in your journey of recovery and self-empowerment, in an atmosphere of acceptance, warmth and safety.

The Homestead programs are ideal for those looking for a longer term treatment option that provides structure and flexibility, a wide variety of learning opportunities and time to practice new skills, and a holistic approach that takes into account physical, spiritual and emotional needs and your personal goals.

The Homestead programs are open to women from all over Ontario. We are funded by the Ontario Ministry of Health and Long-Term Care through the Central East Local Health Integration Network, The Salvation Army Red Shield Appeal, and donations from caring people and organizations. There is no charge for our programs. We welcome women who have a variety of special needs. □

BioPed

On Wednesday, October 17, many of Harbour Light's residents took a step towards greater foot care, compliments of BioPed Foot Care Clinics. A volunteer team from BioPed spent a day measuring and fitting around seventy residents with comfortable socks and shoes in both the Addictions Treatment Program and the Transitional Housing Program.

For the greater part of the day, the community church space housed four fitting stations, where residents received individual foot assessments and well-fitting footwear. The event generated a lot of positive feedback from residents, many of whom can still be seen sporting their kicks around the building. The "program was terrific," said one THP resident, noting that good-fitting shoes "has made a difference in [his] walking," as he did not previously have comfortable and well-fitting shoes.



This is the second year in a row that BioPed has teamed up with Harbour Light on its "Dignity Day," as part of its partnership with twenty-two Salvation Army agencies and other shelters across the country. The Day of Dignity program stems from the mission of BioPed's goodytwoshoes foundation, which seeks to give the "gift of comfort, activity and better foot health to thousands of Canadians" (source: goodytwoshoes). The company effectively closes its doors to the public on its Day of Dignity, with the intent of distributing 2,000 pairs of shoes to residents of shelters and social service agencies across Canada.

Many thanks to BioPed for their generous support and commitment to promoting community wellness! □

DINNER WITH THE ARGOS – 15th ANNIVERSARY



A HAPPY DAY - On Friday, October 5th, the Toronto Argonauts Football club once again hosted a Community Thanksgiving Dinner this year. Our amazing kitchen staff prepared a full course turkey dinner with all the fixin's including delicious baked seasonal desserts. Twelve burly Argos arrived and genially served up the

dinner to over 400 people from our community. It was a joyous event with a lot of volunteers participating, including an ace team from Bank of Montreal.

Our sincere thanks to The Argo Club and all of our great volunteers and to our hard working kitchen staff for making this a memorable day. □



TRANSITIONAL CLIENT

I arrived at The Salvation Army Harbour Light on May 10, 2011, very scared, anxious and unsure of what lay ahead for me. You see, I had just "graduated" from Hope Acres, a twenty six week treatment program. It was a time of change, leaving the safe place I had only known in earlier recovery. I had been through treatment three other times and the results were always the same, return to using drugs and alcohol.

Upon arrival, I was greeted with very warm smiles from the front desk staff and given my apartment key. Here I was standing in my own, clean and safe apartment. WOW! What a huge change from six months prior, living in a drug house. I soon met Chris, who was going to be my counsellor. The residents were very welcoming, showed me around the building and provided some advice. I enrolled in various programs such as, financial literacy, life skills, check-in and out, volunteering, and weekly church service. I was beginning to feel safe again and the fear was melting away, day by day.

I resided at the Harbour Light for nine months. My stay was not all roses, but I had a safe place to come home to and be able to talk and work through those difficult times. I was able to pursue the goals I set for myself. I was able to obtain permanent housing, employment and enroll in George Brown College, which I began in September 2012.

The opportunity given to me by The Harbour Light has been a blessing and a stepping stone in my life today. I truly believe God put the Harbour Light in my path. The time given to me gave me a chance to grow and develop in a relationship with my Higher Power, that I call God. The main difference from previous treatment centres and when I arrived at the Harbour Light, that I can see clearly now, is that I had a sprinkle of faith, and the Harbour Light gave that a chance to grow. □ S.B.

TORONTO HARBOUR LIGHT FILLS THEIR MISSION

A short time ago, on August 31, it was my 3rd anniversary of being involved with The Salvation Army Toronto Harbour Light.

Seven years ago, I survived a brain aneurism that after being in a coma for three weeks, left me with a brain injury. As a result, when I tried to resume my life as an accountant, the damage surfaced. I could not access my education and with very little short term memory available, any information I tried to re-learn was promptly forgotten.

As a result, I ended up in a shelter and totally homeless. I was then housed in the Toronto Harbour Light Transitional Housing Program where I was blessed with my own apartment for eleven months.

I was subject to extreme panic and anxiety attacks with the brain injury. Slowly I became involved with the Harbour Light's Church. I began to sing in the choir and volunteer wherever possible.

I was extremely grateful to have a home, some clothing and food. Those involved with the church grasped my brain injury and surrounded me with support. They allowed me to get involved at my own pace and gave me full understanding when I couldn't cope. I felt myself grow stronger. I then began to pray to God – "Please Father, don't take me away from here, I can't make it out in the world on my own and I love it here. If I have to, I'll live next door".

Today I live a full and productive life being involved with The Harbour Light. The despair in me has been replaced by Hope at all times. I went from a very sad, depressed, suicidal state to one of joy, laughter, singing and dancing. I still have very little in terms of money, but I am one of the wealthiest women in this world. I live next door. Giving Hope Today – mission accomplished in my life.

God Bless the Toronto Harbour Light's Transitional Housing program. It didn't give me a hand out; it gave me a hand up and may the opportunities it provides to all be available for a very long time. Without it, I wouldn't have made it! □ J.S.

Volunteers Needed

Being a volunteer brings a sense of purpose to one's life and the satisfaction which comes from having a positive influence and impact on someone else's life. It can be a hugely enriching experience. To volunteer call us at (416) 682-2490

UPCOMING EVENTS

November 30 th	Kettles Kick-off at Dundas Square
December 1 st	Santa Shuffle
December 4 th	IRS Craft Sale
December 8 th	Christmas with The Salvation Army