

# The Edge

Mission Services of Hamilton

Summer 2023

Since 1956

## The Chain of Support

**MISSION SERVICES** has been providing support to Hamiltonians since 1956. It started with our Men's Shelter and we have grown and adapted our programs to the evolving needs of our community.

What started as one farmer supporting one man who needed rehabilitation, turned into an organization that supports thousands of people at our Good Food Centre each week. We became a safe place for women and children escaping domestic violence, and a space for unhoused and precariously housed women needing community and access to basic amenities. And now we are going to be able to help more men than ever before when we move into our new Men's Shelter this summer.

But this is only possible because of you. While we're supporting individuals in person, you're supporting them from home.

Your financial gifts ensure we have the resources necessary to run our programs, your food and hygiene donations ensure our Good

Food Centre is stocked, and your involvement in events like Mission Accomplished, which you'll read about in this newsletter, raise awareness about the programs we offer and how we help those in need in our community.

Thank you for continuing to be there for us, so we can be there for our most vulnerable neighbours.

We hope you have a wonderful summer!

*Carol Cowan-Morneau*



**Carol Cowan-Morneau**  
Executive Director

Mission Services of Hamilton is located on the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee, and Mississaugas.



*Act Justly. Show Mercy. Offer Hope.*

# Support

## Just a Knock Away



Ken experienced homelessness for the first time in his life after the age of 60. He had never stayed at an emergency shelter, had never needed housing support. All it took was one bad experience with a landlord and he had no where to live.

“The landlord evicted me. Kept all my belongings. Everything I’d collected from my lifetime, gone.”

Ken stayed in Mission Services emergency hotel shelter (when it was open during the COVID-19 pandemic) but was then offered a space in the Transitional Housing Program where he lived for over a year.

Each clients’ housing journey is unique. Some people only stay a very brief stint in emergency housing, others come and go more often. And some are ready for more independence but aren’t quite ready to integrate back into the community.

Transitional housing or short term stay (STS), bridges the gap between homeless and housed, and that’s exactly what Ken needed help with.

“Transitional housing is an opportunity for clients to get their heads above water, rebuild their rent history and start over,” explained Barb, Ken’s STS worker.

Transitional housing offers clients a private room with their own bed and wardrobe. It is an independent space where they can lock their door and come and go as they please, unlike emergency shelter clients who sleep in dormitory style rooms and have curfews. The curfew is important to ensure beds don’t sit empty over night but it doesn’t mimic the independence of living on your own.

Transitional housing allows individuals to remove themselves from a shelter environment into a space that more closely reflects how they will be living in the community.

Ken was happy to move into his own space.

“I don’t think I would have liked living in the dorms very long. You have to deal with everybody, you’re tired because people are making noise through the night. When I moved into transitional housing I was surprised at what they did for me,” said Ken.

In addition to offering basic amenities like three meals a day and laundry and shower facilities, short term stay clients have access to individualized support. For Ken this included helping sort out some legal issues he had, as well as working on his diet and coordinating doctor's appointments and pharmacy services.

When Ken says he was surprised what the STS staff did for him, he doesn't just mean the roof over his head or the meals he ate, he means the personal element.

"I told Barb I had a bike but the tires were no good, the tubes were flat. Next thing I know they got me a new tire pump, chain, lock, tubes, tires. I was shocked," said Ken.

Helping get Ken's bike in working order was part of his meaningful daily activity.

"What are those little things that the client could do that might be low cost or no cost that brings them joy," said Barb. "For some men that daily activity includes connecting them to peer support groups or providing art supplies, but it's unique to each client."



Men that stay in the transitional housing program pay a program fee, which helps them rebuild a rental history. Without that history it's hard to find housing in the community. After a year with the STS program, and working with Mission Services' Housing UP! staff, Ken was able to find a one-bedroom apartment that was right for him.

"Life doesn't always give you a good hand but it's what you make of it. I didn't expect the shelter to do what they did for me, it was a good experience," explained Ken.

There are currently 17 transitional housing rooms available at Mission Services. From April 2022 to April 2023, 52 clients stayed in the short term stay program.

With the Men's Shelter moving to 400 King St E this year, Mission Services will be able to offer more short term stays than ever, with 50 beds available at the new shelter.

"STS enables clients to get out there and be more successful. It just gives them that little extra support as needed and if they have anything going on in their life we're just a door knock away," shared Barb.



*One of the transitional housing beds at the new 400 King St E site*

# New Men's Shelter Location Opening!



*400 King Street East*

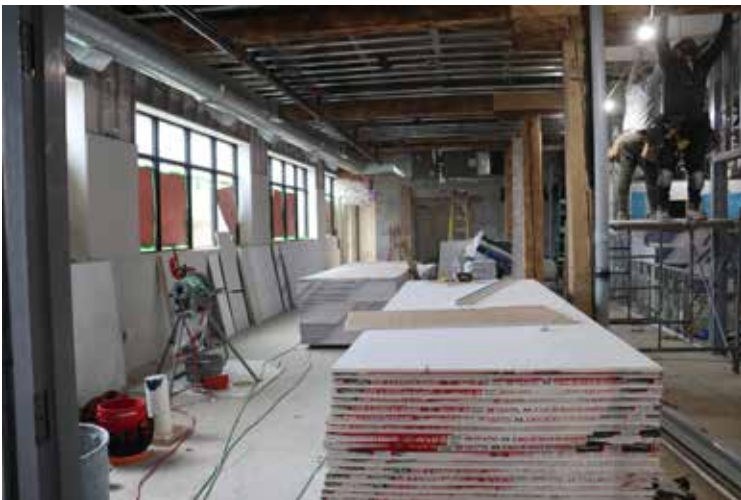


*325 James Street North*

After more than 60 years on James St N, Mission Services Men's Shelter will be moving to Hamilton's International Village at 400 King St E!

This new location started as a dream in August 2021 and almost two years later, after top to bottom renovations, Mission Services will be taking possession of the new building at the end of June.

The move will take place slowly over the summer but by mid-August the James St N location will be closed and the King St E location will be home.



*Dining Room on February 16 (left) and April 27 (right)*

Continue to check our website at [www.mission-services.com](http://www.mission-services.com) or our Instagram and Facebook pages for the most up-to-date information on our move.

# MISSION ACCOMPLISHED *...thanks to You!*

From May 12-22, Mission Services hosted Mission Accomplished, a scavenger hunt event where teams completed activities and raised funds for our Food Services Program. Thanks to our amazing teams, sponsors and prize donors, we raised **over \$17,000** to support families at our Good Food Centre and feed individuals at our shelters and drop-in programs. We couldn't have accomplished this mission without you!

## Presenting Sponsor:



## App Sponsor:



## Prize Sponsors:

Ax/iz Financial Solutions Inc  
directworx  
Impressive Printing  
Lawrie Insurance Group

## Supporting Sponsors:

Action Pest Control  
Action Sanitation Supply  
Blue Line Transportation  
Complete Door Services Ltd  
Invizij Architects  
Ottawa Key Shop  
The Glass Medic

Congratulations to our Top Team, **Hammerheads**, for completing **104** missions and earning **1135** points!



Team **Hornsveldian** was our second place team and *top fundraiser!* Thank you for raising **\$1000** for our Food Services Program.



The **Po-TAY-toes** came in third but earned the **most bonus points** of all the teams for their creative efforts. Congratulations Po-TAY-toes!



# YOU CAN MAKE THIS A SUMMER OF HOPE



Summer is a time of year that students look forward to year round but for parents it can be overwhelming.

Needing to organize childcare options, trying to entertain your children all summer long. It can be stressful. And for many families accessing our Good Food Centre, their biggest question is “how am I going to feed my family?”

“With households having school aged children home for the summer, they are now responsible to fill the void of the breakfast clubs and nutrition programs at our schools,” explained Mission Services Director of Food Services, Sue Smith.

At Mission Services, 86% of the households accessing the Good Food Centre are spending their total income on rent. The cost of additional groceries over the summer has a significant impact on families, especially when they have multiple children.

In the summer of 2022, Mission Services supported 2,818 children, a 31% increase from the summer of 2021.

In fact, every metric from the summer of 2021 to the summer of 2022 increased and the cost of groceries has only continued to climb.

We know without access to nutritious foods the physical and mental health of children is impacted.

“We are in need of kid friendly and peanut-free foods so we can increase what we are giving out to our families at the Good Food Centre,” said Sue. “We hope to reduce child hunger and encourage healthy growth for our younger community members this summer!”

Please make this a Summer of Hope for all our community members by donating or running a food drive! Call us at 905-528-4211 x3113 for more information!

## YOUR Gifts at WORK

February - April

**32,394**  
Meals Served

**6,516**  
Households Accessing  
Grocery Assistance

**4,994**  
Visits at  
Willow's Place

**461**  
Men and Women  
Sheltered

**453**  
Addiction Services  
Interactions



### Sponsor a Family this Summer!

Pick the size of family you'd like to support and receive a wish list with their most-needed items. Shop for your family and drop off your donation!

Contact [communityrelations@mission-services.com](mailto:communityrelations@mission-services.com)



To support Mission Services, call 1-877-542-2732, donate online at [mission-services.com/donate](https://mission-services.com/donate), donate with online banking (RBC, BMO and Central 1 customers), or on site with debit/credit card machine.

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