



SUMMER PROGRAMMING

LOVING THE UNDERLOVED | WORKING TOWARDS RECONCILIATION |
GROWING INDIVIDUALS' CAPACITY | BUILDING INCLUSIVE COMMUNITY



BEACH DAY, BERRY PICKING & BBQ'S

Summer is a special time to get away from the hustle & bustle - it's a season of escape & fun in the sun. A season where most Winnipeg'ers seek refuge at the lake, camping, berry picking & hosting iconic backyard BBQ's. However, for Colleen who is dealing with the loss of a family member and has no way to escape the city - summer was feeling pretty low.

But BECAUSE of YOU - Colleen attended Beach Day - a highlight to her summer! And thanks to YOU - Colleen is excited to go berry picking and looking forward to making her own jam. Colleen can't stop talking about our upcoming 'Adventure Therapy Day' - where she will have an opportunity to reconnect with the land.

Colleen is just one of many people whose summers get to be filled with special memories thanks to your support. Thanks to YOU and your love for the underloved - all of this is possible with our Summer Programming.

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BEAT THE COLD WINTER TRIATHLON

Inaugural winter triathlon fundraiser a huge success

By Luke Rempel, Beat the Cold organizer

The first-ever Beat the Cold Winter Triathlon was a 5K run, 5K bike and 5K skate on the river trails at The Forks. It attracted over 200 participants and – thanks to generous donors and sponsors – raised a net total of \$21,000 for Just a Warm Sleep. It also created awareness of 1JustCity and its work – 90% of Beat the Cold's participants weren't aware of 1JustCity before the race, according to the post-race survey.



Like many Winnipeggers, I know how cold it gets in our city and I'm fortunate to have a roof over my head every night. I know not everyone's as lucky as me, so I applaud 1JustCity for creating a safe, warm space for people experiencing homelessness throughout our brutal Winnipeg winter.

Clearly, Manitobans feel the same way because the first-ever Beat the Cold Winter Triathlon sold out 200 spots two months before the race, while



past winter triathlons in Manitoba have typically only seen a maximum of 50 participants.

"It's freezing out here, so anything we can do to help," said Beat the Cold participant Chris Vanderploeg, quoted by the Winnipeg Sun shortly after completing the race. "It resonates, I mean, we're able to bundle up and put on more layers here. We have the ability that they may not have."

I got connected to 1JustCity when I had the opportunity to do a big project in the Creative Communications program at Red River College. I'd heard about the amazing work that 1JustCity does and approached Tessa to use the skills I was learning in school to help.



Before planning the race, I had the chance to volunteer at Just a Warm Sleep and see the amazing work being done. Guests are greeted with a smile and often by name. Volunteers chat with guests and treat them like the humans they are.

Thanks to all the sponsors, donors and participants who helped Beat the Cold and Just a Warm Sleep happen. Planning has already started for the second annual Beat the Cold Winter Triathlon.

55 + CONNECTION GROUP

By Laura Dahl (Special Populations Coordinator- Read her bio at 1Justcity.ca)

The name suggests the heart of what the 55+ Connection Group is all about. We are here to be together, to learn from each other, to laugh, & let's not forget, to drink coffee. Without connection - it's a sadder, lonelier day. A health issue, financial troubles, mobility or other barriers can stop people from being a part of community. At 1JustCity, thanks to your generosity & support from Telus & New Horizons for Seniors - we welcome people back into friendship and all the beauty and reciprocity it brings. Like laughing at each other's jokes.

"There's worse things I could be doing".

Dan cracks a big smile at his joke, as I ask him what the 55+ Connection Group means to him. This is classic, Dan. His jokes and willingness to cheer folks up have become a regular part of my days at 1JustCity.

At the 55+ Connection Group, isolation fades away for an hour or two thanks to you - our supporters! We can only continue to gather our neighbours with your help. Whether you're volunteering, donating or helping stock the emergency food pantry - you're helping.

Like Dan says, "It's like a support group, without being called a support group". Isn't that something we all need in life? A little support as we walk the paths life gives us?

So, come - join us on our paths, pull up a chair, and pour yourself a cup of coffee. You are welcome here. Together we are stronger - and we have lots of inter-generational programs too!



Seniors gather at West Broadway Community Centre for Art Program - stronger together!

SAVE THE DATES 2019

RIDE FOR REFUGE	October 5 9 AM
PARTNERS MISSION	October 26 9 AM
SEW MUCH LOVE	October 26 1 PM
WALK A MILE	November 23 9 AM
CONCERT FOR SOCKS	November 15 7 PM
BEAT THE COLD	FEBRUARY 8, 2020

YOU GIVE SAFETY IN THE "METH CRISIS"

You're likely reading this somewhere you feel safe. For many of our guests 1JustCity drop-ins are their only safe space. They may be struggling with homelessness or housing, where they're regularly robbed or threatened.

A friend, Karl, who lives on the street told me **"no one does meth cause they want to."** For him meth helped him stay awake to keep watch of his belongings & stay warm walking overnight. Quickly though, **"it became its own problem instead of solving one."** Karl is known for being helpful & polite. Karl says the people that he uses meth with have harder stories than his. **"They're using [meth] to bury all the hurt they're carrying - like they're drowning in hurt so they drown that out with the meth."** For some - when the meth wears off, its hard to not feel scared or upset. **So it's really not a 'Meth Crisis' - it's a crisis of heartbreak and trauma.**

Thanks to the Winnipeg Foundation we've trained our Community Capacity Builder to teach Non Violent Crisis Intervention. This gives our guests & volunteers the chance to grow their skills to reduce conflict, recognize conflict directed at them is not about them, & to be a calming presence. With your help we can cover the material costs. For \$30 - you can get a volunteer certified and skilled in Non Violent Crisis Intervention (that looks like a manual, a certificate, two light lunches, and a more capable person in our community).

Whatever you give today - you'll be giving to directly support people the most impacted by meth in our communities - to have skills to de-escalate conflict, skills to support healing and skills to take care of themselves through it all! You'll change a life!

"Because we all need a place where we can be safe and feel loved."

Tessa Blaikie Whitecloud, 1JustCity



FindyourBeCause.org
#FindyourBeCause



DONATE NOW AT 1JUSTCITY.CA/DONATE

**YES, I'LL HELP SOMEONE
DIRECTLY IMPACTED BY
METH IN MY COMMUNITY**

More skills - to feel safe & help
OUR communities be safe

Let me Help 1 Person \$30

Let me Help 3 People \$90

Let me help 10 people
\$300

Right now I choose to give

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