



**DAYBREAK**  
Rebuilding lives. Inspiring hope.

## From our Operations Manager...

As it gets colder and the holiday season approaches, it is common for our staff to provide increased assistance and support to our residents around challenges with mental health and addictions. This is especially true this year. Our residents, like all of us, continue to struggle with the isolation and constant changes that come with the ongoing pandemic. We would like to extend thanks to the City of Ottawa for continuing to provide support to assist us in getting through this difficult time.

Fortunately, many of our residents also have external support with The Ottawa Royal or other mental health teams. Daybreak staff are grateful to be able to liaise with these partners and assist residents with coordinating appointments and transportation to ensure continued access to mental health care. We are pleased to say that we were able to assist in alleviating the immediate difficulties our residents have faced in recent times.

We are also fortunate to be able to continue working with Centretown Pharmacy on Bank Street, a proactive pharmacy that provides much support to Daybreak and the homelessness sector in Ottawa. They work with our staff to arrange and manage medication delivery for our residents and give expert advice and guidance when the need arises.

Meanwhile, our Property Manager, Brodie, is working hard to ensure that our residents have the most comfortable, well-equipped homes that we can provide thanks in large part to generous donations from IKEA Ottawa and the Home Depot Foundation. Lately, he has installed several new TVs at our homes as we aim towards providing streaming services in our homes. Check out the pictures below for some of our latest home transformations!

Amanda is working to arrange holiday festivities for our residents. Once again, this year, our festivities will be modified due to the pandemic. Next year, we hope to return to bringing together residents from all our homes for a big holiday party at Knox Church who typically provide a great space for our big community meal and allow us to arrange a special visit from Santa. We are pleased to say that Santa will still be visiting our homes individually this year! Staff would like to thank Kanata Stockings and Khalsa Aid for their contributions in making this period a little more enjoyable for our residents.

Of course, we are most grateful for our entire community of supporters and donors who make everything we do possible! Thank you!



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## Meet Jennifer

"I was a young, single mother of three children, two girls and a boy. I had my first daughter at the age of 20, my second daughter at age of 22 and my son at the age of 24. I raised them alone all my life while also battling 4 mental health issues (Bipolar, PTSD, Borderline Personality Disorder & Dissociative Personality Disorder), as well as drug addictions. My three children are now successful adults.



My mental health and drug addiction has been and will always be a continuous struggle throughout my life. Adjusting to life at Daybreak was extremely difficult at first, dealing with so many people in such a small space, all with different personalities and backgrounds. Now, I have several good friends at the house, people I socialize with and go for walks. We can decorate our own rooms and there's no curfew so this all adds to the independence which I crave.

Until recently, I couldn't even say the word " home" when talking about where I lived, but through safety, security, freedom and awesome staff, my independence and self-esteem are being rebuilt after 8 years of domestic abuse.

Some days are tougher than others, it's just a huge relief knowing that because of Daybreak, I do not also have to worry about being homeless. And that if I ever need help or a friendly, non-judgmental ear, I can always turn to the Staff here to help me get through anything.

I really want to thank Richard, Amanda and Brodie for not only accepting me here at Daybreak, but for giving me a new lease on my once broken life and for allowing me to become, once again, the independent woman I used to be 9 years ago.

**I now gratefully consider Daybreak as my home."**

Daybreak Staff would like to thank Jennifer for sharing her story in her own words - she has been a great addition to our women's home and we are so grateful to have her living with us!



**Thank You IKEA!** Daybreak received several thousand dollars worth of furniture from IKEA Ottawa in September. Extreme gratitude to Julie Damaren from IKEA Ottawa (pictured). She has been extremely professional, generous, and wonderful to work with. Daybreak thanks IKEA for their support and we hope it continues in the coming years.