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## STAFF

### Interim Executive Director:

Alice Kubicek

### Office Manager:

Lissa Boyd

### Housing Support Workers:

Mike Haas

Corrine McMahon

## Daybreak Housing

393 Piccadilly Ave.

Ottawa, ON K1Y 0H3

[www.daybreakhousing.com](http://www.daybreakhousing.com)

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## Carrie's Story

Lately I've been asking myself, "Am I ready to move on from my safety net of Daybreak?"

First, let me tell you how I came to Daybreak. In 2006, I had to take a leave of absence from my full-time work as my so-called 'trusty' coping skills no longer served me. I spent some time as an inpatient at a psychiatric hospital in Guelph. It was there I was diagnosed with PTSD and severe depression. I received long-term disability but eventually it was not being renewed. I was so depressed then I did not have the energy to fight for longer coverage. I left my work and my source of income was cashing in my RRSP's, which at that time was around \$20,000. I eventually got accepted for Ontario Works assistance and Ontario Disability Program (ODSP). I wanted to avoid going to emergency shelters. Luckily for me, a friend had heard about Daybreak.

When I first arrived at Daybreak, I knew I would be safe with a roof over my head and food. I more or less crashed when I got there. But that was okay as I needed to experience the lows in order to climb back up the hill to my next level in recovery – whether I liked it or not! This was a very emotional time for me on many levels I lived at Piccadilly House for about four years and then had a chance to move downtown to the Gloucester House. But at Piccadilly I was able to form a good relationship with one tenant. After that, I was able to trust more women. I still keep in touch with some of women at Piccadilly and having friends that I trust is huge.

I went to Willis College and graduated with honours in Business Administration with Advanced Accounting and Software Applications. However, during that time, I developed chronic back issues. For about a year, I was not able to volunteer or pursue a job in that field.

## Community Gardens

By Diane O'Neill, President

Mike and Lissa have championed a new program this summer. With a lot of physical labour they created a community garden for our tenants and surrounding homes. Their efforts yielded great tomatoes, wonderful herbs, and so many other vegetables shared with all who participated.

The garden was a complete success, so stay tuned as Mike has more ambitious plans for next summer!

If you wish to volunteer in any capacity, please contact the Daybreak office and explore your options. All our wonderful volunteers help make Daybreak houses feel like home! 



I now have three volunteer jobs in Centretown that keep me busy. They help me to prepare as I look for part-time work. A personal investment for me is getting professional help from several places. I am still on ODSP and half of that goes to pay for therapy appointments. But I don't complain. I am very stubborn and I know that a better life for me is out there.

So am I ready to move on? You bet! Thank you to Daybreak staff, volunteers, and all the residents - thanks for helping me along! 

# St. Andrew's Presbyterian Church Partners With Piccadilly

By Laura Smith

St. Andrew's Presbyterian Church has been closely involved with and supportive of Daybreak since the 1980s. The congregation as a whole has supported Daybreak in prayer and financially, and members have volunteered and served on the Board.

Over the last five years, a team of five St. Andreans sought to deepen the congregation's relationship with one of Daybreak's houses. Every four to six weeks, the five of us would go to spend time with the women at Piccadilly House. We would take a meal to share, or bring snacks and board games for an evening of fun. We also ventured further afield sometimes, going with residents to see the sights or experience events in Ottawa, including Winterlude, the Tulip Festival, and the National Art Gallery. We have enjoyed a few picnics in local parks, and even a trip to the Bytowne Cinema!

Our team from St. Andrew's sees this as a ministry of presence and friendship. An opportunity to build relationships and to give the women of Piccadilly – as they seek to rebuild and transition to independent living – a chance to be involved in their city and to enjoy what it has to offer.

As is so often the case, this ministry has been such a blessing for our St. Andrew's team – in the way the women have opened their home to us and shared their stories and lives. We were particularly touched, humbled and filled with gratitude when, to thank us for the meals and time we had shared together, the women of Piccadilly insisted on making dinner for us for one of our monthly visits.



St. Andrew's Presbyterian Church  
Photo Credit: Pjposullivan1/Flickr

## Staff Update

By Diane O'Neill, President

Welcome to fall and winter! For Daybreak it is the beginning of a new and exciting year.

The Board of Directors is so pleased to welcome Alice Kubicek as our interim Executive Director. Alice has volunteered for many years with Daybreak as a member of the Board and as President. She has a unique perspective on our organization and tenants. Alice is passionate to provide the best service and homes for our 'family'. 

*I believe that other churches and the rest of Daybreak's houses could find immense joy and grace in the same type of ministry. If you think your church would like to be involved, please be in touch with the Daybreak office.* 

Account #DBH

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### Thank you to:

**Algonquin College, Carleton University and the University of Ottawa** for sponsoring students that provided us with expertise to launch special projects!

**Maurice Yelle Excavation and Home Depot Canada Foundation** for supporting our community gardens!

**United Way and Ottawa Hydro** for the Brighter Tomorrows Fund!

**Rona:**  
Daybreak supporters can use the card below to received a 5% discount on most purchases. Rona will also make a matching donation to Daybreak!

*Our mission is to provide minimum-support homes emphasizing community living for single people with limited income. Daybreak Housing believes that residents can better achieve their goals and potential when provided with support for their well-being in a safe, caring environment, designed to foster personal growth.*