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Daybreak Housing

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www.daybreakhousing.com

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My Journey with Daybreak

By Paul Thomas, former Daybreak Resident

My name is Paul. I am a recovering alcoholic and have been sober since May 30th, 2008. I lived in Toronto for almost 25 years, where my addiction was the root cause of the terrible, dysfunctional life I lived. I moved back to Ottawa in December 2007 and spent the next two years in and out of recovery homes. Daybreak called me in January 2010 and told me they had a room for me. I moved to Somerset House on February 1st, 2010.

What a journey it has been! I got a job working in a developmental group home and I found that I had a natural ability to support others. I worked there for a year and a half. Then, one year later, I went back to college and graduated with honours in the Community Services Program. I currently work part-time at home transcribing audio interviews for Ottawa's First Nations population.

The staff at Daybreak has been extremely supportive and helpful to me during my time at Somerset House. I sat down with Corrine in August 2014 and she helped me re-apply for subsidized housing. She made sure I put down more options this time and told me I should be housed within a year. Well, she was right! I got a call on February 5th, 2015 and I have been accepted to move into a studio apartment for March 1st.

On the first year anniversary of my sobriety, I used the motto "Came to Believe" on my medallion. I still abide by that motto and I have it engraved on my silver pocket watch. To anyone who wants to just give up, I encourage you not to do that. Tell yourself it is non-negotiable. If people offer you the support, make the most of it. Addiction is a terrible disease and you cannot recover alone. You must reach out and let others help you. You will eventually "Believe" as I did and still do to this day. 

Monthly Giving:

An Easy and Affordable Way to Support Daybreak

By Rob Dekker, Fundraiser

There is a mad rush that most of us make as the end of the year approaches. While we are caught up in the joy of the Christmas season, the deadline for donations at the end of the tax year can just spring upon us.

It's not always possible to do, but monthly giving is an option that should be considered as a way to maintain your annual giving. Changing the frequency of donating to Daybreak to a monthly plan is also an affordable way to increase your annual tax receipt.

Signing up for monthly giving is easy. Visit our website at www.daybreakhousing.com/ways_to_donate.php or call our offices and speak to Lissa at **613-238-8070 ext. 1**.

Monthly giving is not only an easy and affordable personal donation plan, it also provides Daybreak with a steady stream of funding throughout the year.

Please consider making arrangements today for monthly giving to Daybreak Housing. 

Pet Therapy

By Jessie Anderson, Co-op Student

Engaging in Pet Therapy has always been something I have wanted to do. Upon entering into my placement with Daybreak Housing, I was hopeful that this would be something I would have the opportunity to begin. Luckily, the staff and residents at Daybreak were more than open to having my Bernese Mountain Dog, JD, come in.

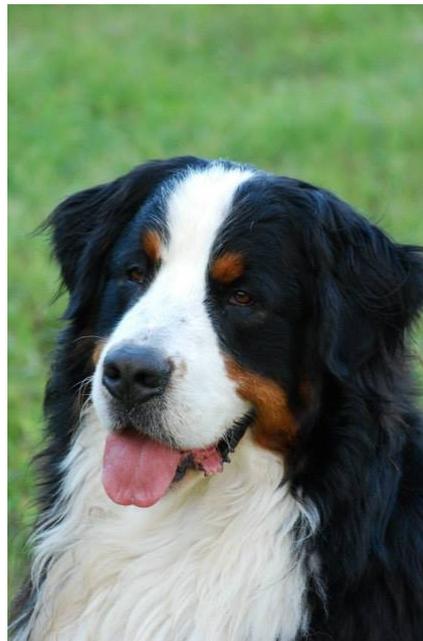
The first time JD came in to visit with the residents he was wonderful and the reaction was huge! The impact on the residents was evident. You could see the joy he brought to those who were having challenges and difficulties. Simply communicating with him and having his company brought a smile to many faces and residents expressed how happy they were that he was there.

As I continued to bring JD in to meet with residents it was clear how uplifting it was to them, and many of them began asking for him to spend more time with them. This even opened up discussions among the residents about volunteering with animals. They asked me about opportunities to volunteer on farms and at other animal-related agencies.

For me, these experiences were extremely rewarding, encouraging, and validating because I would like to continue conducting Pet Therapy through the use of dogs and eventually horses. Seeing how much pleasure JD brought to residents allowed me to witness the strength of animal-human interaction and also gave me first-hand experience in Pet Therapy.

These experiences also supported my own belief of how helpful animals can be to the healing process. This is absolutely something I am going to continue working toward and will use at every opportunity.

Thank you to the Daybreak residents and staff for allowing JD and I to spend time with you. We both hope to see everyone's smiles again soon! 



JD

Dorothy Fulford

By Rob Dekker, Fundraiser

Daybreak is saddened to hear of the death of former Board Director Dorothy Fulford. Dorothy served on the Daybreak Board of Directors from 1988 to 2000 in many different capacities. She passed away on February 19th, 2015. She was a member of St. Peter & St. Paul's Anglican Church.

Donations in her memory can be made to either Daybreak or St. Peter & St. Paul's. Flowers were sent on behalf of Daybreak in her memory. 

City Funding

By Lissa Boyd, Office Manager

In late 2014, Daybreak submitted a proposal to the City of Ottawa's Request for Offers for homelessness services. Daybreak has always depended on this type of funding to operate.

Daybreak was awarded Supportive Housing funding for another two years and we look forward to continued collaboration with the City's Housing Services Branch. 



Save the Date!

Daybreak's
2015 Annual
General Meeting

Monday, May 25th
6:45pm

Parkdale United
Church
(429 Parkdale Ave.)

Keynote Speaker:

Mike Bulthuis,
Executive Director,
Ottawa Alliance to
End Homelessness



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.



Donate through Canada Helps by following the link on our web site
www.daybreakhousing.com