



TIPS TO

BREAK OUT OF A RUT:
Shake things up!



BREATHE CLEAN/FRESH AIR

GET SUNLIGHT: Expose yourself to sunlight as early in the morning as you can. Have your bedroom lights turn on a half hour before you are supposed to wake up.

EAT HEALTHY: Watch your cravings. Do not eat like a buffalo!



EXERCISE: Go for a daily walk



beat the winter blues

SUPPORT & SOCIALIZE

SET a GOAL
for personal development.



CELEBRATE SMALL SUCCESSES

DRESS FOR THE COLD

TAKE A MULTIVITAMIN
containing D-3

TAKE UP A WINTER ACTIVITY
Embrace winter! It cannot be your enemy.



PRAY, PRAY, PRAY
Give thanks to God for your blessings

COZY UP YOUR HOME:
Transform a drab sterile environment.
Re-organize a junk drawer.

Happy Valentine's Day

Thursday, February 14, 2013

"COR AD COR LOQUITUR"

"Heart speaks Heart"

John Henry Cardinal Newman

BECOMING NEIGHBOURS:
PRESENCE, PRAYER
AND SOLIDARITY

PERSONAL CHALLENGE

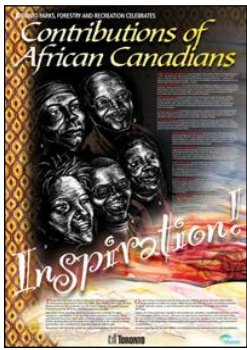
Valentine's Day is only a few days away. Challenge yourself to do at least one act of love in your life, your neighbourhood, your city, your world. Network!!! Re-connect with folks you met when you first arrived in Toronto. Phone your companion and offer a listening heart. Whatever it is, offer your heart to warm the heart of someone else. There is a good chance your own heart will end up singing! Embody hope and carry healing into the world to one person, one seemingly small action at a time.

BE GOD'S VALENTINE!

(Congregation of St. Joseph – USA)

MARK YOUR CALENDAR

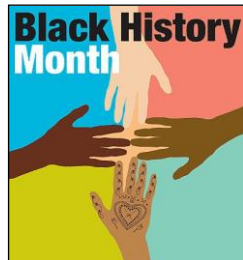
FEBRUARY - BLACK HISTORY MONTH



Time to honour and celebrate the achievements of Black Canadians native-born and immigrant, and their contributions to the social, economic, cultural and political life of Toronto. Opportunity to learn about and be inspired by the history, pride and strength of African Canadians who have been at the forefront of the struggle for fair treatment and equal opportunity for all. Moment to reaffirm efforts to address the causes/effects of racism and recommit ourselves to building an inclusive society. See:

www.toronto.ca/blackhistory

Toronto Public Library will feature visits and interviews by emerging authors, spoken word poets, musicians and journalists. www.torontopubliclibrary.ca



HAPPY CANADA FLAG DAY!



National Flag of Canada Day on February 15 celebrates when the red-and-white Maple Leaf Flag was first raised on Parliament Hill in Ottawa in 1965.

FAMILY DAY: MONDAY, FEBRUARY 18, 2013

Share with your companion,
your family and friends,
how important they are to you.



**WE ARE ALL EXTENDED FAMILY
FOR ONE ANOTHER!**

"God, Creator of Earth and of all people, help us to be mindful that, as members of one global family, we are equal in your eyes. Help us to continue to appreciate the diversity of persons in our homes and in our world. As members equal in human dignity, may we build a **NEW WORLD** and proclaim our willingness to be the holy people you call us to be. Amen"

—adapted from the Thomas More Center website

CLINICS IN TORONTO FOR UNINSURED PATIENTS

Persons who can use the services:

- People without status/the non-insured
- People in 3 month wait period for OHIP
- People who don't have a primary care provider (no doctor or nurse practitioner)
- People who live in Toronto

Persons who CANNOT use the services:

- People with status
- People who already have regular doctor/nurse practitioner
- People with OHIP or IFH
- People with private insurance
- People who are visitors or students and reside in Canada more than 6 months

West End Non-Insured Walk-in-Clinic
2nd Floor - 761 Jane Street (at Woolner)

Info: Sidika at 416-760-2815 ext. 204

Mon 4:00pm to 7:30pm, Wed 1:00pm to 4:30pm
(Operated by nurse practitioners. If you need to be referred to other services, referrals will be made.)

Community Volunteer Clinic
for the Medical Uninsured

Unit 1 – 1127 Markham Road, 416-264-4446

5:00pm to 8:00pm Tuesday and Thursday.

(Please phone for specific services)

FCJ Refugee Centre

208 Oakwood Ave. 416-469-9754

Doctor available every second Saturday.

(Please phone for an appointment)

GRATITUDE!!!

Louie Schwartzberg

www.youtube.com/watch?v=gXDMoiEkyuQ

(recommended by Christine Gebel, OLM)

WE REMEMBER

Sr. Isabel Maxlhaieie, CPS

who died January 19, 2013.

She was the companion for
Yongdun Li (China).

"Isabel is now a Citizen of Heaven."

