



S.H.I.F.T

SUPPORT AND HOPE

FOR INDIVIDUALS AND FAMILIES TODAY

VOLUME 3

FALL NEWSLETTER

OCTOBER 2022

BEHR Paint Day!



On September 20th, a team of exceptionally kind-hearted and community minded people from Behr Paint joined us at our new location to help breathe new life into the space!

S.H.I.F.T is grateful to have been selected as one of the four non-profits across Canada to receive a mood-boosting makeover! In addition to a bright coat of paint for our front and back porches, as well as our Intake and Administration offices indoors, S.H.I.F.T. was presented a grant

cheque for just shy of \$7500, to be put towards our Daytime Drop-In programming. This grant will assist us in ensuring that our Drop-In Centre offers consistent support to those most in need in our community.

A BIG thanks to the Behr teammates that came out to complete the much needed paint projects - Tim, Thomas, Vincent, John, Greg, Greg S, Mike, Michael, Jared, Christine, Tyler, Niki and Donna, as well as Christina from Harbingers. What a fabulous crew of humans!

Another BIG thanks to our amazing mural crew - Danielle Furlotte and Niki Melara. They have taken a blank garage wall and turned into a masterpiece that shows our truest desires for our community.



Inside this issue:

BEHR Paint Day!

From Jeni's Desk

Mental Health Matters

Save the Date - CNOY

Save the Date - Giving Tuesday

Volunteer Spotlight

Make a Difference @ S.H.I.F.T.



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S.H.I.F.T provides safe, respectful, and welcoming emergency overnight accommodation, meals and supports to those experiencing or at-risk of experiencing homelessness and/or food insecurity in South Simcoe.

We are committed to facilitating connection to further services, resources, and community.

S.H.I.F.T

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From Jeni's Desk:

Fall is here! Which means it's that 'time of year' again, here at S.H.I.F.T. - when we begin our preparations for our upcoming winter programming. Thank you to all of our donors and volunteers for your ongoing support and dedication to ensuring that we can continue to provide life-saving services to those who need it most in our community. We hope that you'll continue to partner with us for the 2022-2023 winter season, providing services within our Daytime Drop-In and Emergency Overnight Shelter programs! Be sure to follow us on social media and watch for updates on our website to keep informed about all our accomplishments and learn how your donation was used. We hope you enjoy learning about our work and continue to stay engaged with our team.

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We are hard at work, preparing for our winter programs to open. We are putting finishing touches on some minor renovations and beautification projects that have been taking place throughout the summer months, and have turned our focus to set-up, cleaning and programming preparations over the last few weeks of October.



I'd like to introduce you to the newest member of our leadership team - Jazmin Khan. Jazmin joins our team as the Program Coordinator for the Emergency Overnight Shelter and Daytime Drop-In programs. Within her role she will be overseeing the day-to-day operations of the shelter and drop-in programs, staff and volunteers, as well as working within the Intake team to complete shelter admissions and provide case management to Participants. Jazmin will work alongside our Volunteer Coordinator (Katie) to ensure that our volunteer schedule is complete for the season, and completing all training and orientation for all returning and new volunteers. Please join me in welcoming Jazmin to the S.H.I.F.T. family!

We are so excited to see how our new location and a fresh new outlook will benefit the community we serve!

Mark your Calendars!

Winter Program Opens - November 1st, 2022

Giving Tuesday - November 29th, 2022

CNOY 2023 Website Launch - December 1st, 2022

Coldest Night of the Year 2023 - February 25th, 2023



#GIVING TUESDAY



GivingTuesday takes place, this year, on November 29th, 2022. GivingTuesday is a global day of giving that harnesses the power of social media to raise awareness and funds for important causes.

We hope you will join us in supporting our important work on GivingTuesday.

On Nov.29, click [HERE](#) to donate.

Mental Health Matters

World Mental Health Day took place on October 10th, this year. This is a day to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

Throughout the last 2 years many aspects of mental health have been challenged; and already, before the pandemic, in 2019, an estimated one in eight people globally were living with a mental disorder. At the same time, the services, skills and funding available for mental health remain in short supply, and fall far below what is needed. Whilst the pandemic has, and continues to take its toll on our mental health, S.H.I.F.T. remains passionate about working alongside local partners and service providers to protect and improve the overall health and mental health of our community.



S.H.I.F.T. recently accepted a donation from the Coleman family, from the proceeds raised at the annual Kyle Coleman Memorial Golf Tournament held Sept. 17th, 2022 at Bear Creek Golf Club. The tournament is held, annually, in honour of Alliston's Kyle Coleman, who died by suicide in December of 2016 at the age of 18. We are honoured and feel truly blessed to be the recipient of the funds raised in his memory. S.H.I.F.T. is grateful to the Coleman family for their generosity and support of our programming.



Join us February 25th, 2023 for S.H.I.F.T.'s 4th annual Coldest Night of the Year fundraising event!

The Coldest Night of the Year is a fantastically fun, family friendly walk-a-thon that raises money for people experiencing homelessness, hurt, and hunger.

How can you get involved?

- * **Become a corporate sponsor**
- * **Start a fundraising team**
- * **Join a team and raise funds**





VOLUNTEER SPOTLIGHT

-KATIE BEGLEY-

Katie has been volunteering with S.H.I.F.T since the fall of 2020. At the height of the pandemic, she stepped in to help S.H.I.F.T. pivot to meet the ever-changing expectations for health and safety. As our Volunteer Coordinator, Katie is hands on, behind-the-scenes assisting administratively in most aspects of volunteer management, from recruitment to onboarding, to scheduling and general communication.

When asked why she volunteers, Katie said "I volunteer to give back and to help those that need support with meeting their needs. It brings me joy to help people and to help our community. We're all called to help one another, it's what life is all about."

Katie is a life-long resident of New Tecumseth. As an instructor in the University of Guelph-Humber Early Childhood Studies program, Katie teaches the next generation of early childhood professionals. Through her teaching, she prepares her students to enact change in their communities, incorporating lessons about poverty and food insecurity into her curriculum.

If she wasn't already busy enough, Katie recently embarked on an exciting new adventure, opening a home and lifestyle boutique, where she shares her passions with the community.

Thank you Katie for your passion, time, dedication, and support!

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

-Margaret Mead

**MAKE A DIFFERENCE
AT S.H.I.F.T**

Volunteering:

S.H.I.F.T relies heavily on volunteers to assist us in all aspects of programming and operations.

Volunteers are needed now MORE THAN ever!

There are many different ways you can volunteer with S.H.I.F.T.:

- ⇒ Open call for volunteers
 - ⇒ *Shelter - Evening and Breakfast shifts available*
 - ⇒ *Outreach - weekday afternoons available*
- ⇒ S.H.I.F.T. Board Committees—Advisory, Fundraising and Planning & Development

If you are interested please click [HERE](#) or email our [Volunteer Coordinator](#)

Donate:

Your donations make a HUGE difference, no matter the amount. If you would like to donate to S.H.I.F.T please click [HERE](#) for more information.

Thank you!