



Daniel Smith (left) was once a client of the Barrett Centre for Crisis Support. Now he works there. Peter Kibor (right), director of Barrett Centre, says of Daniel's contributions: "There is something magical about relating to someone from a place of experience."

From self-harm to self-acceptance

One person's journey of healing leads to the Barrett Centre

May 11, 2009, is a date that Daniel Smith will never forget. Clutching a slip of paper containing an address, he walked up and down Emerald Street South six times before finding the courage to walk through the front door of the Barrett Centre for Crisis Support.

This year, the Barrett Centre celebrates a decade of support to the community. It is a lifeline for people like Daniel, who experience a mental health crisis but don't require a hospital stay. The Barrett Centre provides a range of services including a 24-hour crisis line, face-to-face counselling, support groups and 10 crisis beds, in a home-like setting.

Since high school, Daniel had struggled with thoughts that compelled him to injure himself. For many years, he was able to hide

his self-harming behaviour from friends and family. He married a woman he affectionately calls "his rock" and had a successful career in sales. But in his late 30s, he spiralled out of control and was admitted to hospital.

Over the next several years, Daniel was in and out of hospital without any clear answers or insights into his condition. When he found the Barrett Centre, he was at his breaking point.

"Something had to change," he says. "I needed help and this program was the last chance to try to hold my rapidly changing life together."

Daniel was immediately struck by the centre's un-institutional look and feel. "This place looked so different from what you would

Continued on Page 3 ...

A MESSAGE FROM
BROTHER RICHARD



Celebrating the many gifts that allow Good Shepherd to thrive in our community

Good Shepherd has much to celebrate this year. As a proud human services and community health agency, we look forward to joining all Canadians in marking our country's 150th birthday on July 1 – and throughout the year. We are fortunate to live in one of the world's greatest countries, where we look out for one another and our limitless compassion is on display every day.

Our volunteers and co-workers are proud of Good Shepherd's long history in Hamilton. Since 1961, our mission has been to provide compassionate care for residents of this city whose circumstances have put them at risk of poverty and homelessness. This year we mark special milestones for three of our programs: the Barrett Centre for Crisis Support, Notre Dame House emergency shelter for youth and Emmanuel House Palliative Care Centre.

On the cover of this newsletter, you meet Daniel, who came to the Barrett Centre at the time of his greatest need – when a mental health crisis consumed his life. With help from our co-workers, he battled his debilitating impulses and won. Daniel found a new purpose in life. He decided that he could use his lived experience to help others. Daniel's story exemplifies the successes that we have achieved in community-based care. In July, we celebrate the Barrett Centre's 10th anniversary as a respected part of the community.

In 1998, Notre Dame House, our youth shelter, opened its doors. Now in its 20th year, "The Dame" has become a sanctuary for youth, where they can find respite while learning skills that help them break out of the cycle of poverty that threatens their futures.

And finally, at the end of June we celebrate the grand re-opening – and mark the 20th year – of Emmanuel House Palliative Care Centre. Our landmark building on Stinson Street has been closed for months as we undertook much-needed renovations. We're excited to finally welcome residents back into a home-like setting with modern amenities as they make life's final journey with their friends and family. Our reputation for comfort and care is widespread; last year palliative care was provided to 787 people in Emmanuel House or in their homes.

As I reflect on all that we celebrate during this special year, I feel blessed to be a part of a tremendous organization and a caring community.

But most importantly, we are blessed by God's gifts to Good Shepherd – our staff, volunteers and donors – who allow us to celebrate our many successes and face down the diverse challenges presented to us daily.

On behalf of those people, thank you for your ongoing support of Good Shepherd. I hope you have a wonderful summer with your loving family and friends.

God bless you

Bro. Richard OH
Brother Richard MacPhee, OH
Executive Director

Our dinner guests celebrate a deliciously happy Easter

Guests began lining up at The Good Shepherd Centre on Mary Street early on Saturday, April 15. It was a warm and sunny Saturday – a wonderful time to enjoy Easter Dinner with friends and family. Guests dined on ham, scalloped potatoes, salad, vegetables and dessert. Good Shepherd's volunteers and staff served 450 Easter meals.

"Hunger is a daily reality for one in five Hamiltonians living in poverty," says Brother Nick Foran, Good Shepherd's manager of shelter services. "People from across Hamilton who live in poverty often can't enjoy the traditions of the holidays. This event brings people together to celebrate Easter and enjoy a hot meal in a welcoming environment that affirms their dignity."



Volunteers serve Easter Dinner to guests at The Good Shepherd Centre on April 15. Four hundred and fifty meals were served by volunteers and Good Shepherd staff over the course of the two-hour event.

'He brings a perspective that none of us can bring'

... Continued from Page 1

expect – there were no white coats, no stethoscopes. And when I first came in, there was a warm greeting and I felt a sense of being welcomed with no judgment," he says.

That lack of judgment was crucial because, as Daniel explains, the root of self-harm is a lack of self-acceptance and self-esteem.

"Those of us who live with thoughts of self-harm feel it's what we deserve," he says.

After meeting with Peter Kibor, director of the Barrett Centre, Daniel was referred to *Beyond Self-Harm*, a 12-week group program. With the support and compassion of the facilitators and participants, he began to feel better. It was slow process – he kept going back to the group until he "finally got the program."

Peter was so impressed by Daniel's progress that he was invited to become a volunteer peer support worker for the Self-Harm Reduction Program. With a renewed sense of hope, he started planning for a career in mental health.

Daniel completed several courses in harm reduction and psychiatric

rehabilitation and obtained his professional credential as a peer support worker. In July 2011, he was hired by Good Shepherd as a part-time peer support worker to co-facilitate *Beyond Self-Harm* and provide support to people participating in the group. He also filled in occasionally at the *Crisis Bed Program*. In May 2016, Daniel was hired as a full-time peer support worker at the Crisis Bed Program.

Peter feels privileged to have Daniel as part of their team.

"There is something magical about relating to someone from a place of experience," says Peter. "He brings a perspective that none of us can bring and we value his input during our clinical case review sessions."

Now that Daniel's journey of healing and self-acceptance has come full circle, he's grateful for the opportunity to help other people who are experiencing mental health crisis.

"It gives me a chance to show others that it is possible to have someone listen to you who cares, not because they are paid to do so, but because they have been down a similar path."

Our newest donor is ... a house!

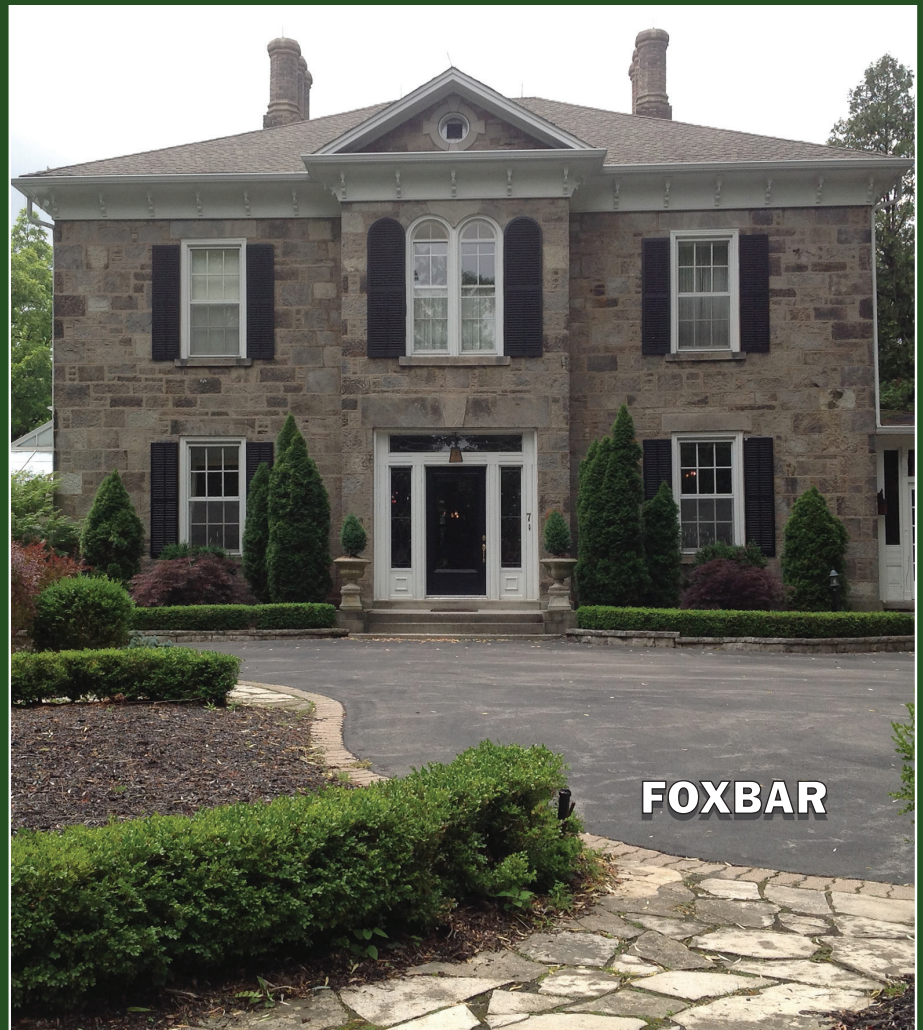
We are always thrilled when donors reach out to us with creative ideas for supporting Good Shepherd.

Here's one that we haven't heard before: *Foxbar* – a house – is our newest donor to the Venture Centre.

If you or your kids are fans of the television series, *Good Witch*, you'll know *Grey House*, which is actually one of Dundas's most historic buildings. The stately home, located on Overfield Street, is known as *Foxbar*. It was built between 1840 and 1851 for prominent lawyer Alexander Robertson.

Foxbar's current owners – both generous supporters of Good Shepherd – rent it to the *Good Witch* production company for filming. They've decided that their beautiful home – which has become famous in its own right – should give back to the community. So instead of banking the location fees, they donate them to support the Venture Centre.

We'd love to hear from you! If you have an interesting way of fundraising, please call us at 905.572.6435 (905.57.ANGEL).



THE VOLUNTEER Outreach

Patti Leonard's passion and energy earns her Hamilton's Community Builder Award



Patti Leonard at
Glamour in the Hammer 2017

Patti Leonard is a woman of extraordinary energy whose commitment to Good Shepherd's mission exemplifies what it means to be a leader.

Good Shepherd's relationship with Patti began in 2012 when she was appointed to the Good Shepherd Centres Board of Directors. Never one to back away from a challenge, Patti volunteered to chair the Fundraising and Program Committees and in 2015 was

elected the Board's vice president, a position she holds today.

Cathy Wellwood, Good Shepherd's chief development officer, first met Patti in 2012, during a meeting of the Fundraising Committee.

"At that time, we were struggling to engage a younger and more diverse demographic in our philanthropic initiatives," remembers Cathy. "I suggested we organize a fashion show, but didn't have a fully formed idea of how the event would be structured. Days later, Patti called to tell me that she had awoken in the middle of the night with a concept that would celebrate Hamilton's art and culture scene by bringing together artists and fashion designers under one roof. She even had a name for this event – *Glamour in the Hammer*."

Launching a new fundraising event is a difficult and risky venture. Undaunted and determined to make *Glamour in the Hammer* a success, Patti volunteered to chair the event's organizing committee. She threw herself into the project – no detail, no job, was too small for her full attention. On February 6, 2015, the first *Glamour in the Hammer* was launched to rave reviews. It has grown to become one of Hamilton's premier food, fashion and fundraising events. On May 5, more than 800 people attended our third-annual show.

On April 24, Patti received the Hamilton Community Builder of the Year Award from Volunteer Hamilton in recognition of her contributions to Good Shepherd. In her acceptance speech, Patti said that volunteering has given her opportunities for personal growth.

"I feel I get more than I give," she said. "I have grown spiritually, emotionally and have been blessed with many new and lasting relationships within the community that are directly related to my volunteering."

VOLUNTEERS URGENTLY NEEDED

Venture Centre – Volunteers required to assist with sorting food donations, bagging groceries, stocking shelves and greeting guests, Monday to Friday, 8 am-12:30 pm or 12:30-4 pm. Volunteers also required for donation sorting, Monday to Friday, 9 am-noon or 1-4 pm.

The Good Shepherd Centre – Volunteers required for food preparation, Monday to Friday, 9:30 am-noon.

The Good Shepherd Centre Men's Shelter – Volunteers required for reception area, Sundays, noon-3 pm and 3-6 pm

Child Minding – Volunteers required Monday-Friday, 9 am-noon, 1-3 pm, or Wednesday, 4-6 pm. High school students are welcome.

Emmanuel House – Volunteers needed for reception from 4:30-7 pm or to prepare lunch or dinner.

Family Centre – Volunteers needed to run weekend craft groups for children, or activity nights for adults.

Seniors Activation Maintenance Program (SAM) – Program activity volunteers required to assist staff from 9 am-noon. Kitchen volunteers required daily from 9 am-noon or 2 pm.

Women's Services – Female volunteers required to assist with food preparation, Monday & Tuesday, 9 am-noon, and Tuesday, Wednesday & Thursday, noon-4 pm.

Youth Services – Office volunteers needed to help with office duties, also to serve lunch or dinner.

Special Skilled Volunteers: Hairstylists, tai chi instructors, yoga instructors, macramé instructor, manicurist

To volunteer:

Call Marilyn or Maggie
905.528.6565 x3333 or x3321

Special Recognition Volunteer Awards



ANNE WEST
VOLUNTEER AMBASSADOR AWARD



JENNY FRAPPA
FUNDRAISING AWARD



THE HOME DEPOT CANADA
COMMUNITY SERVICE

Congratulations to our recipients of the Ontario Volunteer Service Awards

Diane McInnes • 2,356 hours Angela Eng • 1,095 hours
Arlene Charters • 1,269 hours Cordis Boyd • 1,000 hours
Mary Davis • 1,207 hours John Labreche • 1,000 hours

Our Years of Service Awards

30 YEARS

Kim McPherson ♥ Yvonne Sookoo

25 YEARS

Scott Harrison ♥ Viola Harrison ♥ Gloria Hunt
Joan Lewis ♥ Ann Van Eerdewijk ♥ Doreen Wood

20 YEARS

Zakir Ahmed ♥ Deborah Barfknecht ♥ Marilyn Bremner
Kenneth Buist ♥ Margaret Enright ♥ Joseph Laposa
Bernice Lezon ♥ John Lungul ♥ Flavio Pongetti

15 YEARS

Marguerite Birett	Peter Lazier
Dennis Brosek	Barbara Llewelin
Joseph Brosek	Rosalie Murphy
Rena Bryson	Janet Percy
Margaret Chambers	Lloyd Pottie
Gladys Cook	Rheal Richard
Sylvia Heald	Helen Szydowski
Dominic Hui	Vera Woronchanka

10 YEARS

John Anderson	Victor Micallef
Lise Bury	Jack Murphy
William Di Francesco	Marcell Nainee
Amelia Hutchings	Yvonne Nainee
Nancy Laver	David Quinton
Ruth Maudsley	Jeanetta Santarelli
Kyle McPherson	Doris Zammit

5 YEARS

Richard Blacquiery	Rosalie Little
Greg Butler	Deborah MacPhee
Maureen Clement	Kristen Mandozzi
Jaime Corneil	Gino Marcantonio
James Cottle	Joan Mendolia
Nicholas D'Amico	Margaret McCarten
Kathy Dallaire	Jordan McCarter
Lynne Di Francesco	Wendy McNamara
Diana Dalla Costa Rich	Ellen Monkhouse
Merle D'Souza	Joanne Parker
Thomas Fauteux	Jeanette Potter
Remi Fleury	Harlee Rasmussen
Laura Gideon	James Ray
Nancy Hanratty	Don Slaunwhite
Cathy Hillgren	Karen Taaffe
Lia Kupchanko	Donald Wallace
Patti Leonard	Anne West
Suzanne Levy	

Celebrating the dedication & compassion of our volunteers



30 YEARS



25 YEARS



20 YEARS



15 YEARS



10 YEARS



5 YEARS



5 YEARS



5 YEARS



**JAZZ UP
THE WINTER
BLUES**
ANCASTER MILL
MARCH 6, 2017

IAN THOMAS

Good Shepherd's fundraising events are celebrations of the community. Proceeds go to programs that make Hamilton a healthy, resilient city by addressing poverty, homelessness, violence and mental illness.

We look forward to seeing you at the **Good Shepherd Golf Classic** on September 14 and **Harvest Dinner** on October 12. For more info, visit us at:

goodshepherdcentres.ca/events

Glamour in the Hammer
Hamilton Convention
Centre by Carmen's
May 5, 2017



TERRAWARE EARTHWARE



Putting Women & Youth on Par

*Supporting Good Shepherd
Youth Services & Women's Services*

Heron Point Golf Links
September 14, 2017





Our donors find new ways to help fight poverty

I am always so heartened when we receive good news stories from our donors. In the past few months, we've heard from people who have taken new approaches to fundraising for Good Shepherd.

In the winter edition of *The Shepherd*, two donors encouraged others to support our agency and told their stories of why they stepped up to help our battle against poverty and homelessness. Recently, we received a cheque accompanied by a note from a Burlington resident who was inspired by their stories:

"I read your message in The Shepherd and learned what Good Shepherd continues to do for the community, supporting them in so many ways in their time of need.

"Your (newsletter) on Stomping Out Hunger mentioned that \$300 can offset the cost of providing a hot evening meal at the men's shelter. I have enclosed a cheque for \$300 to be used for this purpose."

In this edition, we tell you about two longtime friends of Good Shepherd who have discovered another really creative way to continue giving to us. This family, who wish to stay anonymous, have been extremely generous and kind to Good Shepherd for many years, but now they have come up with something that I have not heard of in my entire career in fundraising: They have made Foxbar, their beautiful landmark Dundas home, a donor. They rent their house to a TV production company and donate the location fees to the emergency food program at the Venture Centre. It helps us keep the shelves stocked. Last year, more than 67,000 individuals received the nourishment they needed through the Venture Centre's Marketplace.

Finally, April was Volunteer Month and, as always, Good Shepherd took time to celebrate and thank the people who are at the heart of our mission to *Never Stop Loving*. More than 5,000 people come through our doors every year to help us welcome all people with hospitality, compassion, acceptance and a spirit of generosity. Good Shepherd would not be able to support our neighbours in need without the energy and dedication of so many wonderful people. Thank you to all our volunteers, whether you join us occasionally or for hundreds of hours a year. Everything you do helps people in need.

I hope you have a summer full of joy and warmth!

God Bless,

Cathy Wellwood
Chief Development Officer

GOOD SHEPHERD'S COMMITMENT TO YOU



The Shepherd Newsletter is published three times a year. It is our way of sharing Good Shepherd news and events. You will also receive greetings from the Brothers and Staff of Good Shepherd at Easter, Thanksgiving and Christmas.

Each Good Shepherd mailing is accompanied by a reply card and a return envelope for your convenience. Although your support is vital, we understand that not everyone can make a donation in response to each mailing.

If you prefer fewer mailings, or none at all, let us know. We also invite you to use the reply envelope enclosed to communicate with us. Please tell us how we're doing and inform us of changes in your mailing information.

Good Shepherd subscribes to the Association of Fundraising Professionals Donor Bill of Rights. We value our donors and take your privacy seriously. We do not share, trade, or sell any donor information that we have collected.

HOW TO REACH US

goodshepherdcentres.ca
 facebook.com/goodshepherdhamilton
 twitter.com/goodshepherdham
 youtube.com/goodshepherdhamilton

General Inquiries:

10 Delaware Avenue
Hamilton ON L8M 1T3
Phone: 905.528.9109
info@gsch.ca

Donation Inquiries:

Phone: 905.572.6435 (905.57.ANGEL)
Fax: 905.528.6967
donations@gsch.ca
goodshepherdcentres.ca/donate