



# FIVE-O-SEVEN NEWS

Centre 507 • Safe haven • Stepping stone • Serving Ottawa's disadvantaged since 1983  
507 Bank St., Ottawa K2P 1Z5 • (613) 233-5626 • Housed in McLeod-Stewarton United Church

## YOUNG SUPPORTERS COME UP BIG FOR CENTRE 507

### U.S. EMBASSY TEENS SHOW WHAT COMMUNITY REALLY MEANS

Giving up time on Sunday mornings might not seem like a choice most teenagers would make. But the teenage children of United States Embassy staff aren't your typical teens.

"These kids move around a lot with their families. So they understand that supporting a community is important no matter where you happen to be," says Deborah Stillman, co-community

liaison office coordinator with the U.S. Embassy. She and her colleague Donna Groves approached Centre 507 last spring looking for a way the teens could give something back to their temporary community in Ottawa.

"It was very easy to work with Centre 507. We were encouraged to contribute any way we could," Stillman says. That contribution turned out to be semi-regular Sunday morning sandwich making. About a dozen teens are part of the group.

It wasn't long before the teens began looking for other ways to contribute.

"After talking to Tracy [Davidson, Centre 507 Manager], the kids realized how important bus tickets are to the participants. So they decided to plan some fundraising."

Traditional ideas like a bake sale have been floated, and the teens are hoping to offer Embassy staff a babysitting service where children could be dropped off for a movie night.

"You really have to touch a chord with teenagers if you want to motivate them. Centre 507 has done that," Stillman says.

### Young people making a difference...

#### Junior artists create support for 507

A grade six class at Knoxdale Public School took on a peace and justice project with a practical aim. Each child produced a peace poster, and the class put on a play that earned \$180 for Centre 507.



#### Kids and parents party in the street for 507

About 175 residents of Second Avenue raised \$275 for Centre 507 at their annual summer street party. The party features a raffle for charity. The residents decided to support Centre 507 because it's part of their community.



#### Church youth soup it up for 507

The Woodroffe United Church youth group, together with its United Church Women's group, cooked up soup mixes and asked their congregation to donate the cost of a meal in exchange for some soup. The youth served up a donation of \$316 for Centre 507.



#### Preschool mitten drive warms up 507

This winter marked the second year in a row that children at Good Morning Preschool, which is down the street from Centre 507, donated winter coats, mittens and hats to the Centre. Besides providing much needed warm clothing, the annual drive helps raise the Centre's profile in the Glebe neighbourhood.

## STAFF PROFILE

# STEVE CHENIER



Centre 507 staffer Steve Chenier

For support worker Steve Chenier, the rewards of working at Centre 507 come from the small steps that participants manage to make to improve their lives.

## SAFE AND "WARM"

Willie Miner makes the trek from Gladstone and Bronson to Centre 507 just about every day.

He figures he's been coming to the Centre for 14 years. He chats with friends and staff, plays cards and participates in counselling sessions. As a 507 volunteer, Willie makes sandwiches, hands them out, carries boxes of supplies, cleans up and takes out garbage.

He is so passionate about the Centre and spends so much time there that some of his peers make fun of him. He doesn't appreciate the comments, but they won't keep him away. Two reasons stood out from our conversation: safe and "warm."

Having battled alcoholism since his teens, 57-year-old Willie knows the local street scene. And he feels that Centre 507 is about as safe as a drop-in centre can be.

"You want to help people take small steps to do things for themselves—move out of a bad boarding house, get out of a bad relationship, stop using and abusing drugs or alcohol," Steve says. "Small steps can lead to huge bounds."

Steve recently ran into a former participant shopping at an electronics store. He had not been by the Centre in a long time, and was clearly doing well.

"It's rewarding when that happens. You feel good about helping people who need it."

But Steve acknowledges there are also many challenges.

"It's also hard. The little steps don't happen for a lot of people."

Steve has been support worker for over 10 years, previously at the Mission and the Salvation Army and, for the past three years, at Centre 507. He had studied to be a correctional worker at Algonquin College. But after completing a four-month placement at the Shepherds of Good Hope, he

But the warmth of the staff also touches him deeply. They know him well and truly care for him. When they ask how he's doing, they know it's not always fine. Often, Willie says, they know at a glance and don't need to ask. When attempts to stop drinking have fallen short, there was only concern, not judgment. One of Willie's incentives to quit is: "I don't want to disappoint the staff or my friends."

Sometimes the support is on the formal side, like the eight-session anger management training he completed under the Life Skills program. Admitting that his mouth gets him into trouble sometimes, Willie sums up the training as "terrific." It's the kind of thing that helps when someone complains about the kind of sandwich he gives them or accuses him of sitting in their chair. Informal support between hands of cribbage or laughing over sandwich preparation can be equally helpful.

decided he preferred to work in more of a social service job, where he has to use less of a "heavy hand."

He gives a lot to Centre 507, but says he gets a lot out of the job.

"I meet a lot of interesting people who are well read, or who have travelled extensively, or who are from different cultures. I benefit from learning about their experiences, whether good or bad."

Still, he has a crazy dream that one day the Centre will be able to close because it isn't needed. That's not something he believes will happen anytime soon.

"With the huge hole that has developed in the social safety net, there are lots of people falling through the cracks who depend on our services."

"The problem is that everything is stretched to the limit. Support workers have had caseloads double in 10 years," Steve says. "People expect miracles, and sometimes you only get prayers."

## HELPING OTHERS TAKE SMALL STEPS

## PARTICIPANT PROFILE

# WILLIE MINER



Centre 507 participant Willie Miner

As well as his daily trek to Centre 507, there's another journey Willie would like to make. Alcoholism got between Willie and his son, so Willie is saving for a trip to Victoria to get to know him a little better. Centre 507 is not only a safe haven for Willie, but a stepping stone to sobriety and that journey west.

# CALLING ALL GOOD SAMARITANS

Although grants from the City of Ottawa and the United Church of Canada are the financial bedrock of Centre 507, we could not operate successfully without donations. In 2004, the Centre's operating costs totalled about \$300,000. About 10 per cent, or \$30,000, was provided by donations – from individuals (including a significant in-memoriam component), churches, businesses and a benefit concert.

The Centre's board of directors has a committee devoted to the related tasks of raising the Centre's profile and raising funds. Its achievements and on-going projects include this newsletter, public service advertisements in *The Ottawa Citizen*, a more visible street sign and a benefit concert.

The benefit concert held last October 13 was a great success. A subcommittee of four had a great time getting heavily involved in show biz. The Centralaires Concert Band delighted the audience with their arrangements, Garth Hampson and Shawne Elizabeth were guest soloists, while CBC Radio host Rob Clipperton acted as master of ceremonies.

Donations will continue to be essential to the survival of Centre 507. Your caring does count.



In our last newsletter, we profiled Centre 507 participant Gerard MacLeod. The article mentioned that Gerard was moving into his first apartment. A friend of Centre 507 read the article, learned that Gerard was hoping to get a cat and stepped up to help. Here's the happy result – Gerard and a ball of fur named Nemo.

## CENTRE 507: SAFE HAVEN, STEPPING STONE

Centre 507 is a drop-in centre that is open to all who seek a safe, friendly and supportive environment. Centre 507 participants are members of our community who may be disadvantaged either economically or socially. Homelessness, mental illness, addictions, health concerns, poverty, unstable housing, unemployment or loneliness are examples of issues faced by our participants.

### Free services offered at Centre 507:

Supportive listening/counselling • Advocacy & referrals • Crisis intervention • Information on community resources • Community outreach workers from other agencies • Life management skills program • In-Centre chaplain • Hot food, snacks, coffee • Clothing & toiletries • Access to telephones, computers, fax & Internet • Needle exchange • Foot care clinic, barber, sewing/clothing repair • Recreational events and special outings • Thanksgiving & Christmas luncheons

## CENTRE 507'S WISH LIST

In addition to financial contributions, Centre 507's wish list includes the following items:

- Hygiene supplies (disposable razors, shampoo, toothbrushes, toothpaste, deodorant, etc.)
- Meal supplements such as Boost or Ensure
- Socks, men's t-shirts, shorts and casual pants

# THANK YOU TO OUR FUNDERS AND DONORS...

Centre 507 would like to thank the numerous individuals who have made financial contributions to the work of Centre 507. Without these donations, much of the work of Centre 507 would not be possible. Out of respect for privacy, we have not listed names of individual donors – but please know that individual donations are very much appreciated and needed.

Centre 507 gratefully receives ongoing funding from the City of Ottawa, the United Church of Canada, and the Ottawa Presbytery of the United Church of Canada for the Day and Evening Program. Provincial Homelessness Initiatives Funding (PHIF) supports the Street Outreach, and the Supporting Community Partnerships Initiatives (SCPI) funds the Life Management Skills Program.

We would also like to acknowledge and thank the following congregations and organizations for their generous donations and contributions to the work of Centre 507 since our last newsletter in Autumn 2004:

Barrhaven United Church  
Centretown Emergency Food Centre  
City View United Church and  
United Church Women (UCW)  
Community of Christ Church

Dominion Chalmers United Church  
Elmdale Public School Book Sale  
Fallowfield United Church  
First United Church  
Giant Tiger  
Glebe St. James United Church  
Good Morning Preschool  
Hawthorne United Church  
House of Lazarus  
J. R. Bailey, CA's  
Loblaws Isabella  
Loeb Glebe  
McLeod Stewarton United Church  
Montgomery Legion 351  
Orleans Bakery  
Orleans United Church  
Queenswood United Church & Men's Club  
Red Cross – Share the Warmth  
Rideau Park United Church  
Riverside United Church  
Southminster United Church  
St. Andrew's Presbyterian Church  
St. Paul's United Church (Richmond)  
Stittsville United Church  
TD Canada Trust  
The Ottawa Food Bank  
Trinity (Kars) UCW  
United Way  
United States Embassy  
Volunteer Ottawa –  
Mayor's Walk for Volunteerism  
Westminster Presbyterian Church  
Woodroffe United Church Youth and UCW

... and many others, who anonymously leave donations of hygiene supplies, food, clothing or household items. To anyone we may have missed – a heartfelt thank you!

# HOW TO SUPPORT CENTRE 507

## Make a financial contribution

Any contributions are gratefully accepted. Cheques should be made payable to Centre 507. Income tax receipts are provided for donations over \$10. Donors to Centre 507 now have the option of making monthly donations as an automatic transaction from their bank accounts. If you would like to donate using this convenient method, please call 233-5626 to ask that a Pre-Authorized Remittance form be sent to you.

## Donate practical items

Centre 507 accepts donations of practical items including men's clothing and hygiene supplies.

## Volunteer

From our board of directors to individuals who volunteer to serve holiday luncheons, Centre 507 relies on volunteer time and energy to offer many of our services.

This newsletter is written, edited and designed by volunteers. Grateful acknowledgement is offered to Konica Minolta for printing. For more information, contact Centre 507. ∞



## CENTRE 507 STAFF AT FEBRUARY 1, 2005

Steve Chenier, Support Worker  
Tracy Davidson, Centre Manager  
Kate Drouin, Life Mgmt. Skills Worker  
Michèle Ferland, Support Worker  
Daniel Lalonde, Support Worker  
Jonathan Lorch, Street Outreach Worker  
Sonja Prakash, Street Outreach Worker  
Dennis Wiginton, Chaplain

Many dedicated relief staff and enthusiastic placement students

## Board of Directors to April 6, 2005\*

Anu Bose, Chair  
Bill Giggie, Vice Chair  
Allan Porter, Treasurer  
George Teather, Secretary

Roger Babin, Matthew Bonsall, Malcolm Brooks, Tracy Davidson (ex officio), Rev. Grant Dillenbeck (ex officio), Adam Fendley, Betty Gross, Jean Lee, Ken Love, Roy Maddocks, Joe McKendy, Phil Normand, John O'Brien, Ted Pert, Ron Scharfe and Richard Slocombe

\*New Board members will be elected at the Annual General Meeting on April 6, 2005

## YES!

I would like to contribute to the work of Centre 507.  
Please find enclosed my donation of :

\$25     \$50     \$100     Other amount: \$ \_\_\_\_\_

Income tax receipts are provided for donations over \$10. Please fill out the following to receive a tax receipt:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone number: \_\_\_\_\_

(This information will not be sold or shared in any way.)

Please make your cheque payable to Centre 507.

Mailing address: Centre 507, 507 Bank Street, Ottawa, Ontario K2P 1Z5

Tel: (613) 233-5626    Fax: (613) 233-5088    Email: centre507@ncf.ca

Registered charitable business number: 118848472RR0001

