

## Q U A R T E R L Y N E W S L E T T E R

Fall 2019

# **Moss Park Festival**

- Tradition continues



On July 27<sup>th</sup>, NIP successfully hosted its 5<sup>th</sup> annual Moss Park Summer Festival. The event welcomed approximately 400 community members. Special thanks to Councilor Kristyn Wong-Tam, MPP Suze Morrison, and donor Julie Robinson who made appearances at the festival, and to Minister Bill Morneau who sent a special message. Our sincere thanks to Downtown Yonge BIA for their donation.





Councilor Kristyn Wong-Tam (Right)

#### **Our Mission**

Neighbourhood Information Post (NIP) strives to provide programs and services that make it possible for all marginalized and socially isolated people in our community to live a stable, quality life in a suitable home by: responding to community needs; by developing programs that empower people now and for the future; engaging in community partnerships to advance our mission and educating partner agencies about the success of our programs.

#### **Our Vision**

To be a vital community organization committed to homelessness prevention, housing stabilization, economic stability, and improved quality of life for vulnerable households in eastern Downtown Toronto.

#### **INSIDE THIS ISSUE**

Honey Bee Program
Program Updates
Upcoming Events

269 Gerrard Street East, 2nd Floor Toronto, ON M5A 2G3 416-924-2543 | nipost@nipost.org | www.nipost.org

## I LOVE MOSS PARK!

We would also like to thank our partners: Moss Park Creating Caring Community (CCC), The 519, Moss Park Pharmacy, and Toronto Community Housing Corporation (TCHC) for their support of the event.







We had many activities for children such as clown and balloon animals, story reading, face-painting, henna, hair braiding, etc. We had dance performances from pop-dance group JACE, our senior dance group, and musical performance from Danger Storm.







### **Educational Workshops**

We have held three educational workshops on the Canadian Government and civic participation. Structure of the Government in Canada; Three Levels of Government and Elections.







### **Tour to the Legislative Assembly**



To encourage the seniors to learn more about the provincial government and the country, we led them to a comprehensive tour at the Ontario's Legislative Assembly at Queen's Park. The seniors were introduced to the Legislative building's history, the structure of the government, Legislative Chamber and the people of the legislative government.

#### **Healthy Diet Cooking Program**

Our Healthy Eating Program started in October. Participants learned to prepare food in a healthy way and made new friends.

#### Group photo of the first session







Red Bean Sticky Rice Ball and Dumplings







Making Red Bean Sticky Rice
Ball and Dumplings

#### **Haute Goat Farm**









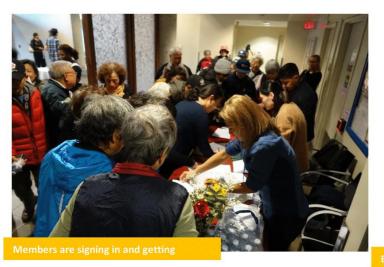
We took 76 parents and children to the Haute Goat in August. They played with alpacas, goats and horses; went on a bug tour to learn about insects; and also foraged wild food for lunch. Thank you to Debbie Nightingale for her hospitality, and TD Securities underwriting Hope Fund for supporting this event.

## 49th Annual General Meeting

On October 23, 2019, we had our 49<sup>th</sup> Annual General Meeting. We reported on our work in the past year, and recognized our volunteers' contributions.













Board of Director with Councilor Kristyn Wong-Tam and MPP Suze Morrison

Board of Director with Kristyn Wong-Tam and Suze Morrison

Please call or visit us for more information or if you would like to apply for our programs!

#### **ENERGY ASSISTANCE**

## Ontario Electricity Support Program (OESP)

The OESP is a program for low-income families that provides a monthly credit on electricity bills. Once approved the credit will be applied on each new monthly electricity bill for the next 2 years. You can get from \$35 to \$75 of your electricity bill each month. If you need a break on your hydro bill, give us a call and we will be glad to do an application with you!

## <u>Low-Income Energy Assistance Program</u> (LEAP)

LEAP is designed for low-income individuals and families. Upon successful completion of the application process, the funds will be credited to your electricity bill. Households can be approved for only one grant in the calendar year.

LEAP grants are limited to individuals from low-income households who:

- --Have energy bills that are currently in arrears; or
- --Have recently received a disconnection notice

If you have any questions about LEAP Program, please contact Neftali at 416-924-2543 x223.



#### **RENT BANK**

NIP has assisted thousands of families who faced eviction because of rental arrears or were in need of first and last month's rent.

If your income is low but steady and you are <u>not</u> receiving social assistance, you may be eligible to apply.

Loans taken out from Toronto Rent Bank are interest-free and funded by the government.

This is a no fee and we provide a flexible repayment plan.

For more information, please contact Maja at 416-924-2543 x226.

#### **TRUSTEESHIP**

This free service is for lowincome individuals who may have some difficulties managing their finances.

The service consists of:

- Paying your rent
   /utilities/other monthly bills on time;
- Creating a budget;
- Learning financial literacy skills;
- Landlord & tenant negotiation;
- Community support;
- Assistance to achieve financial independence.

This service is dedicated to helping individuals manage their cash flow in order to help facilitate an understanding of personal finance as well as money management skills.

For more information, please contact Meerra at 416-924-2543 x227.





CREDIT CARDS
INSURANCE
UTILITIES

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### **UPCOMING AND ON – GOING EVENTS**

Activities	Location	Date and Time
Workshop on Governance of Toronto	246 Sackville Ave Meeting Room	2019/11/25 10:00AM ~ 12:00PM
Community Housing Corporation		
Hobby Groups	252 Sackville Ave- 7 <sup>th</sup> floor	Every Friday 9:00 AM ~ 12:00 PM
Fitness Group	246 Sackville Ave Meeting Room	Every Tuesday 9:15 AM ~ 10:15 AM
Healthy Eating Cooking Class	402 Shuter St. Kitchen	2019/11/8,22,29 10:30AM ~ 12:30PM
Healthy Eating Series	269 Gerrard St. E. Committee Room	Every Wednesday from Oct.30 to
		Dec.4 10:00AM ~ 12:PM









If you would like to know more about our upcoming events or how to donate, please contact us at 416-924-2543 or nipost@nipost.org

### Follow us on social media!









Charitable Registration # 890642945RR0001