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“I have to do the work every day and stay sober every day. I can do it because of the support of Good Shepherd and all the donations and the help that everyone here has given.”

Bradley, helped by your support of Good Shepherd's DARE Program

I grew up in Niagara. I came from a good home. My family gave me a good work ethic. But I grew up with a mental illness, so I struggled. My addiction issues started when I was around 14 years old. I felt like I had a hole inside my heart. Something was always missing and the only way to fill it was to use drugs.

In my 20s, I worked full time, I had a place, I had a son. But I let drugs destroy everything. I was 26 or 27 years old when it all fell apart. I'm 37 years old now.

I learned about Good Shepherd's DARE Program about five years ago, when I came to do treatment in Toronto and DARE helped. After treatment, I went back to Niagara, but I was homeless and lost and I relapsed.

I survived because of two workers in the methadone clinic I attended in Niagara. One of them did my laundry, the other gave me food. When I wanted to try treatment again, they paid my ride to Toronto from Niagara.

Read on to find out how your support gave Bradley a chance to build a new life grounded in faith and service.

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I slept my last night in Niagara next to a dumpster. I woke at six in the morning, and I cried my eyes out. I called Mike in DARE at 8:30 in the morning and he answered. I said I was on my way to detox and was I welcome at DARE afterwards. He said "Yes!"

It's a miracle I'm here. I've had more than 30 overdoses. My son's mother is dead. Most of my friends are dead. And they died because they were doing the same thing I was doing.

When I was on the streets, the people I hung out with were annoyed when I started panicking and getting distraught. Nobody wanted to hear about it, I was annoying them, they told me to shut up. So, I did.

A couple of days after I arrived, I was lying in my bed in the DARE Program. I had a flashback and it all came back and I had a panic attack. I went into the office with the counsellors and I closed the door. I said, "My life is unmanageable and I see death coming." I said, "Please, please, please save my life. I can see death coming. I am willing to do anything. Please." And the three of them went above and beyond to support me.

The way I think of it is, I have been given a gift, and that gift is called desperation. When I was desperate enough to do anything to change, I started to change.

My sponsor in Alcoholics Anonymous told me I needed to do something difficult — I needed to believe in a power greater than myself, that I needed to have faith. I started to pray in the morning and at night. At treatment, I learned about Cognitive Behavioural Therapy, mindfulness, and journalling. I realized I was looking for something outside me to change me.

People asked me where I was going after treatment — and my plan was to go back to the Good Shepherd. And they said, "That's a step in the right direction."

The DARE Program gives me everything I need. It gives me the ability to work my program. The staff understand me. They're helping me find housing. The thought of getting into housing made me realize I've been homeless for about 10 years.

For the past 10 years, I was not employable. And now I'm having job interviews, I have opportunities.

By the grace of God, I am still alive, I don't have a chronic disease. I feel like I've been given this opportunity and maybe I can make something of my life.

I'd love to be able to give back what was so freely given to me. I am taking roles of service, giving back as much as I can.

I was afraid I'd never be able to feel the way I feel. I have to do the work every day and stay sober every day. I can do it because of the support of Good Shepherd and all the donations and the help that everyone here has given.

I am very grateful that I have been given this opportunity to be sober and be alive.



Not everyone makes it. Mike, a DARE counsellor, keeps memorial photos on the bulletin board behind his desk. Last year, your compassionate donations gave 229 homeless men with addictions a chance to be sober — and be alive.

A season of renewal and hope



Easter is a season of renewal, a time to reflect on the year we've had and to look forward to all the possibilities of the coming year. Good Shepherd Ministries, however, is looking at a difficult road.

The needs of the unhoused and the precariously housed in our community are

growing. Sky-rocketing housing costs, record-high food inflation, and stresses on our health care system mean that more people need help.

But we believe there is strength in numbers. Together, we can make an impact. Benefactors, volunteers, and coworkers work together to create a network of care.

Here's what YOU are helping to make happen!

This past year, Good Shepherd launched two new programs. Shelter Diversion will help people who are at risk of losing their housing. Follow-up Supports program will help vulnerable, recently housed people to gain skills and make connections so they can thrive and stay housed.

For more than two decades, you have helped Good Shepherd Ministries care for eight frail seniors with

a history of homelessness at St. Joseph's Residence. Sadly, more older adults are finding themselves homeless as housing costs soar.

But something can be done about senior homelessness and Good Shepherd is doing it!

Mathias Place – 95 units of affordable housing with assisted living supports for homeless older adults — is moving from dream to reality, and we hope you will help give this bold new initiative the firm foundations it needs.

At a time when there are so many uncertainties surrounding us, we are blessed to know that you are walking this road with us.

Your care, compassion, and hospitality give renewed hope to the vulnerable and marginalized individuals who walk through the doors of Good Shepherd.

Thank you for giving the joy of renewed life to those in need!

Aklilu Wendaferew, MSW, RSW
Executive Director



COMMUNITY UPDATE



Br. Malachy was born into eternal life on February 6, 2023.

Known for his larger-than-life personality (and voice to match), he was stationed in Toronto from 1991 to 1995 where he oversaw the meal program.

He died in Albuquerque at age 79, in his 54th year of religious life.

60 years of service in Toronto

Sixty years ago, at the invitation of Archbishop Pocock, the Brothers opened a refuge for people who struggle with poverty and homelessness.

Good Shepherd continues to answer the call to “feed the hungry, give drink to the thirsty, clothe the naked, and welcome the stranger.” Sadly, as the housing crisis in Toronto grows, more people than ever need these services. Your kindness will help Good Shepherd sustain this work now and in the future.

Caring for our aging (and homeless) population

Mathias Place will offer 95 units for senior individuals with a history of homelessness and poverty

Toronto is facing a housing crisis. Nowhere is this more evident than in the senior homeless population.

According to the most recent Canadian National Shelter Study, older adults (50+) and seniors (65+) make up more than 20% of the homeless population. In the past decade, the number of homeless older adults using shelters (50 to 64) grew larger than the number of youths.

The 2021 Street Needs Assessment in Toronto showed that older adults and seniors (50+) make up 37% of the City's homeless population. Toronto Public Health announced 216 homeless people died in 2021 - a 50% increase from 2020.

Housing is needed now! So last year, Good Shepherd took a bold step and secured a property at 1731 Lawrence Avenue East, next door to Precious Blood Parish.

Good Shepherd's plan is to build Mathias Place and provide 95 single units for older adults (55+) who have a history of homelessness or are at risk of homelessness.

Mathias Place will provide 24-hour staffing and care support that will include meal preparation, laundry, cleaning, and medication monitoring. To promote the health and dignity of residents, Mathias Place will offer social and recreational programming.

Mathias Place will take many hands to make it a reality — government, caring individuals, and businesses and organizations which understand that the cost of homelessness is higher than the cost of housing vulnerable people.

Together, we can help frail seniors who struggle to remain housed. To learn more, please contact adrienne@goodshepherd.ca, 416.869.3619 x223.



Architect's rendering of Mathias Place, Good Shepherd's proposed 95-unit residence for frail older adults with a history of homelessness.



Barrett House & St. Joseph's Residence How you are helping to provide housing for those in need

For the past 40 years, your donations have helped Good Shepherd Ministries provide housing for people who would otherwise be homeless.

Barrett House, a supportive residence for six individuals living with HIV and AIDS, opened its doors in 1986. St. Joseph's Residence, which offers eight units for seniors with a history of homeless, opened in 2001.

A geriatric social worker who volunteered at St. Joseph's Residence described it as "one of the best-kept secrets in the business." St. Joe's success inspired Mathias Place, where we hope to reproduce the same caring environment on a larger scale.

Our Gala returns....

It's back! "Angels Among Us", the annual Good Shepherd Gala, has returned after a three-year hiatus.

On May 13, 500 guests will gather together to raise funds to help people who struggle with poverty and homelessness. Grab a ticket if you to attend this fun evening of fine dining, live music, and more! Or consider a donation of items, tickets, or services for the Silent Auction!

Swing for September



Good Shepherd will be hosting a golf tournament on September 13 at Deer Creek Golf Club in Ajax. Foursomes are \$2,800 so book ahead to avoid disappointment!

For more information about either of these events, call Adrienne at 416.869.3619 x 223 or e-mail her at adrienne@goodshepherd.ca.

Hosted by
TV and radio personality
Jennifer Valentyne

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INTERIOR FINISHING SYSTEMS TRAINING CENTRE[®]
presents

ANGELS AMONG US
GOOD SHEPHERD GALA

Saturday, May 13, 2023
Paramount Eventspace, Woodbridge
Supporting programs & services for the homeless

Thank you to Gala Title Sponsor IFSTC and to:

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Andrew, a Good Shepherd volunteer, sorts donated food for the meal program. The work done by volunteers keeps Good Shepherd's services going!

Many hands make light work

The volunteers who come to Good Shepherd give us a powerful example of what can be achieved when people come together to help others. Without volunteers, Good Shepherd would not be able to provide the care and support that it does.

Volunteers don't just bring extra hands to help the work get done — they bring positive energy that inspires and encourages co-workers. Good Shepherd's homeless guests also get a boost from knowing someone

has come to help them, not because they're getting paid, but because they care. We love our volunteers!

Good Shepherd currently has volunteer spots in the afternoon, from 1 to 4 pm.

Please e-mail Corliss at corliss@goodshepherd.ca or call her at 416.869.3619, ext. 262 to find out details.

You can also talk to Corliss about volunteer-from-home opportunities like Bake4Good!

Compassion never goes on vacation! Join the compassionate crew of monthly donors who give year-round. For more info, please contact Cindy at 416.869.3619 x 277 or cindy@goodshepherd.ca

There's no better legacy than a legacy of kindness. Please remember our homeless brothers and sisters and the work of Good Shepherd Ministries when making your will.

Do good for yourself by doing good for others.
St. John of God

Here's what **YOU** helped make happen in 2022



Emergency shelter

87 beds, 86% occupancy
470 individuals received shelter



Meals & meal guests

261,953 meals served
Average 717 meals daily
Estimated 284 individuals served daily



Clothing & toiletries

100 items distributed daily



Help with Housing

47 people helped to find housing through the Resettlement & DARE Programs
14 people housed in 2 supportive residences



Drug & Alcohol Recovery Enrichment

229 admitted to pre-treatment services
80 entered treatment
27 admitted to post-treatment services



Services for Veterans

38 Veterans received intensive case management
13 Veterans helped to find housing



**DONATE
ONLINE
NOW!**

DONORS MAKE A DIFFERENCE

Thank you to the following organizations:

The Royal Canadian Legion Branches & Ladies

Auxiliary of Ontario Command.....	\$136,741
Helmets to Hardhats	\$50,150
Prodigy Group.....	\$20,000
Knights of Columbus, Council 9079	\$2,500
Queen of The Holy Rosary Shrine Lay Apostolate	\$2,500
Ferris and Associates Inc.	\$1,500
Build It.....	\$1,140
St. Justin Martyr Parish	\$1,000
Turco Persian Rug Company.....	\$1,000
IPG Health Medical Communications	\$553
Eumag Ninety Inc.....	\$500

CND Visitation Province Inc.

First Church of Christ, Scientist, Toronto

IUPAT DC46

J.S. Cheng & Partners Inc.

Manion Wilkins & Associates Ltd.

Pastel Labs

The Adam and Miles Foundation

Quality Move Management

Scott Shields Architects



Dorm Supplies

- razors (disposable)
- toothpaste
- toothbrushes
- deodorant
- shaving cream
- soap
- body lotion
- shampoo

DARE Program
blank notebooks



Food

- granola bars & other packaged snacks
- cereal
- canned stews/soups



*Wish
List*

Founded in 1963, Good Shepherd Ministries is a registered charity and a mission of the



Hospitaller Order of Saint John of God
Province of the Good Shepherd in North America

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