

AUGUST



Friends & Advocates Peel
6-239 Queen Street E
Brampton, ON L6W 2B6
(905) 452 -1002

Important Dates

Intersectionality Awareness Month
National Wellness Month
Emancipation Day - August 1
Civic Holiday (*Office Closed*)- August 3
International Day of the World's
Indigenous Peoples - August 9
International Youth Day - August 12
National Never Give Up Day- August 18
World Humanitarian Day - August 19
Women's Equality Day - August 26
International Overdose Awareness
Day - August 31



FAREWELL SUMMER STAFF

As we say goodbye to our summer staff, Nabila and Sahib, we want to thank them for their hard work, positivity, and dedication over the past few months.

Their contributions have made a meaningful difference, and we wish them all the best in their future endeavors!

40th ANNIVERSARY

We are excited to celebrate Friends & Advocates Peel's **40th Anniversary** on **September 16th**! Join us as we commemorate four decades of connection, support, and community. Stay tuned for more information about this special celebration—additional details will be shared in the September NAP.



AUGUST BIRTHDAYS



Nikki, Morgan, Vanessa, Asif,
Rachel, Jesse, Chris, Janna,
Michelle, Ravinder, Sandra,
William, Ravi, Sandra

Have a very Happy Birthday!

LET'S GO TO THE EX!

We hope you're having an amazing summer! To keep the fun going, we have a special surprise in store—we're heading to the CNE! Join us on **Tuesday, August 25th**, from **12:00 p.m. to 7:00 p.m.** for a day filled with exciting sights, tasty treats, and summer fun. Registration will open on **August 4th** and close on **August 17th**.

Transportation will be provided by bus, with pick-up and drop-off details to be shared closer to the event.

Don't forget to dress for the weather and wear comfortable walking shoes—we'll be doing lots of exploring! We encourage you to bring snacks and a refillable water bottle for the day.



SHARE YOUR SKILLS & INSPIRE OTHERS!

Do you have a hobby, talent, or skill you'd love to share with others? Whether it's crafting, painting, photography, cooking, gardening, music, technology tips, fitness, or another interest, we'd love to hear from you!



Starting in **August**, we're inviting clients to partner with their service area staff to lead an activity or presentation—either **in person** or on **Zoom**. It's a great opportunity to connect with others, build confidence, and share something you're passionate about.

If you're interested in leading or co-facilitating an activity, please speak with your service area staff. We look forward to learning from you and celebrating the unique skills within our F&A community!

SUBSIDY REMINDER

Reminder: Clients attending in-person activities are eligible for up to **three** subsidies upon registration.

If an activity is **cancelled** or a client is **unable to attend**, it is the client's responsibility to request that their subsidy be transferred to another activity.

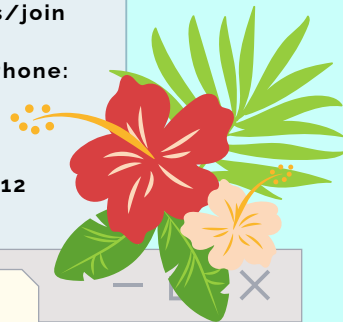


Zoom

How to join Zoom using a computer: <http://zoom.us/join>

How to join Zoom on the Phone:
Dial (647) 558-0588

All Zoom Activities:
Meeting ID: 325 368 5712
Password: 12345



CONNECT WITH US



Website
www.fapeel.org



E-mail
contact@fapeel.org



Instagram
[@fapeel](https://www.instagram.com/fapeel)



Facebook
[/friendsadvocatespeel](https://www.facebook.com/friendsadvocatespeel)



STAFF EXTENSIONS

Feel free to leave a direct message to any member of our staff team at **(905) 452 - 1002**. Staff can also be reached at in-person activities between **1:30pm & 4:00pm** at **(437)-999-2306**. This phone is not monitored and we are unable to accept voicemail messages.

Karen M		3 2 2
Carrie A		3 2 3
Christina B		3 2 4
Zenab S		3 2 7
Sasha S		3 2 9
Elizabeth F		3 3 1
Carl M		3 3 3
Nabila D		1 0 1
Sahibpreet D		1 0 3



Office hours are from **8:30am to 4:30pm** with lunch closure from **12pm-1pm**. Calls outside of these hours will not be answered - but feel free to leave a voicemail!



If you would like to cancel your subscription to our Newsletter, contact admin@fapeel.org or call the office (905 452 1002) to let staff know

RECIPE: WHIPPED LEMONADE!

- 4 cups (or more) ice
- 1 cup lemonade
- 1/2 cup sweetened condensed milk
- 1 lemon, juiced
- Lemon slices, for garnish

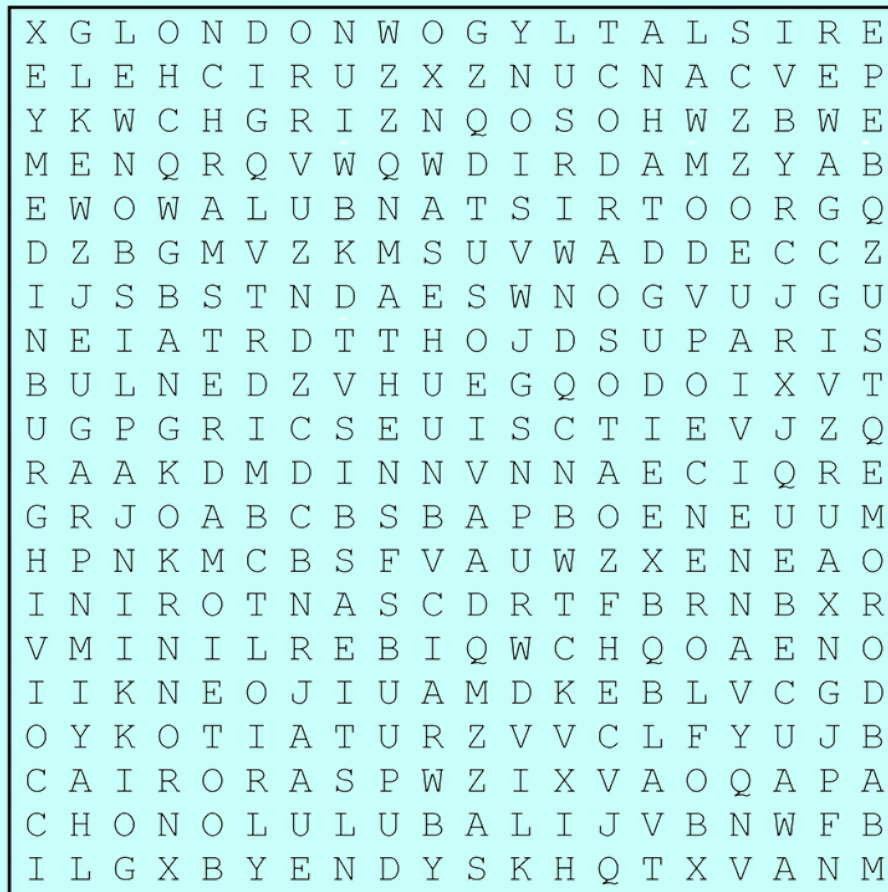
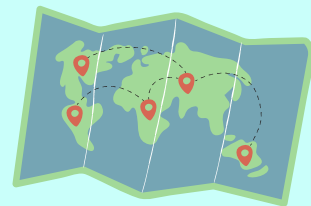
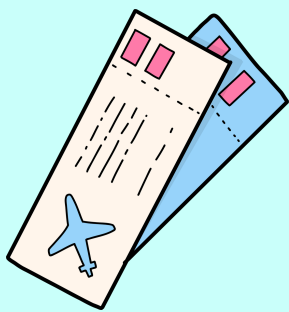
In a blender, blend ice, lemonade, milk, and lemon juice until smooth and creamy. Add more ice to thicken as desired. Pour into glasses. Garnish with a lemon slice before serving.



STAY HYDRATED

As temperatures continue to rise, remember to stay safe in the heat. Drink plenty of water throughout the day, even if you do not feel thirsty, and try to stay in cool, shaded, or air-conditioned spaces whenever possible. Be mindful of heat warnings and watch for signs of heat-related illness, such as dizziness, headaches, nausea, or excessive fatigue. Stay hydrated and take care of yourself this summer!

Travel Destinations



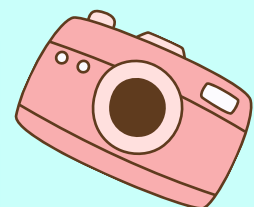
Word list:

AMSTERDAM
ATHENS
BALI
BANGKOK
BARCELONA
BERLIN
CAIRO

CANCUN
DUBAI
EDINBURGH
FLORENCE
HONOLULU
ISTANBUL
LISBON

LONDON
MADRID
MAUI
PARIS
PRAGUE
QUEBEC
RIO

ROME
SANTORINI
SYDNEY
TOKYO
VANCOUVER
VIENNA
ZURICH



FRIENDS & ADVOCATES PEEL

DIVERSITY, CULTURE, EQUITY, INCLUSION

Learn about some of this month's important observances!
Join us on Zoom for the following activities to get educated,
spread awareness, and show your support.



AUG 2026

AUG 12

3:00 PM

National Wellness Month

Small Talk

Encouraging a holistic approach to well-being, this talk will explore simple ways to support physical, mental, and emotional health in everyday life.

AUG 17

3:00 PM

National Never Give Up Day

Small Talk

Celebrating resilience and perseverance, this discussion will focus on overcoming challenges, maintaining hope, and finding strength through adversity.

AUG 26

1:30 PM

Women's Equality Day

Small Talk

Commemorating the ongoing pursuit of gender equality, this talk will reflect on the progress made, the challenges that remain, and the importance of creating equitable opportunities for all.

NOT SURE WHERE TO TURN? YOU DON'T HAVE TO FIGURE IT OUT ALONE.



NEED HELP RIGHT NOW

Crisis Helpline (Talk/Text) – 9-8-8 (24/7/365) Call if: you are feeling hopeless, thinking about suicide, or in immediate emotional distress Website: https://988.ca	24/7/365 Crisis Support Line (Peel Dufferin) – 905-278-9036 Call if: you are in a mental health or addiction crisis and need immediate local support Website: https://cmhapeeldufferin.ca
Distress Centre of Greater Toronto (24/7/365) – 416-408-4357 Call if: you feel overwhelmed, anxious, or need to talk through difficult thoughts or emotions Website: https://dcogt.com	Distress Line of Peel (24/7/365) – 905-459-7777 Call if: you are feeling emotionally overwhelmed, distressed, or unable to cope Website: https://dcogt.com
Gerstein Crisis Centre – 416-929-5200 (24/7/365) Call if: you are experiencing a mental health or substance use crisis and may need mobile or in-person support Gerstein Crisis Centre+2211 Ontario+2 Website: https://gersteincentre.org	Crisis Services Canada (National line) – 1-833-456-4566 (24/7/365) Call if: you need immediate support and local lines are busy or you prefer a national service Website: https://www.crisisservicescanada.ca



NEED SOMEONE TO TALK TO (NOT A CRISIS)

Hope + Me Warm Line (Mon–Fri, 9:30 am–5:00 pm) – 1-888-486-8236 Call if: you want peer support, encouragement, or to talk through how you're feeling Website: https://hopeandme.ca	Progress Place Warm Line (6:00 pm–12:00 am, 7 days) – 416-960-9276 Call if: you want a friendly, non-judgmental conversation, especially in the evening Website: https://warmline.ca
Krasman Centre Warm Line (24/7/365) – 1-888-777-0979 Call if: you want peer support at any time, whether you're struggling or just need someone to listen Website: https://krasmancentre.com	Ontario Caregiver Helpline (24/7/365) – 1-833-416-2273 Call if: you are supporting someone else and need guidance, support, or resources Website: https://ontariocaregiver.ca

YOU DON'T NEED TO BE IN CRISIS TO REACH OUT. IF SOMETHING FEELS OFF, THAT'S ENOUGH.



LOOKING FOR ONGOING SUPPORT OR SERVICES

Health811 (24/7/365) – 1-866-797-0000 or 811 Call if: you have health concerns and want to speak with a nurse for advice or reassurance Website: https://ontario.ca/health811	Centre for Grief & Healing (Halton/Peel) – 905-848-4337 Call if: you are dealing with loss, grief, or bereavement and need support Website: https://bereavedfamilies.ca
Victim Services of Peel (24/7/365) – 905-568-1068 Call if: you have experienced a crime or traumatic event and need support or guidance Website: https://vspeel.org	Toronto Seniors Helpline (24/7/365) – 416-217-2077 Call if: you are an older adult or caregiver looking for support, resources, or help navigating services across the GTA Website: https://torontoseniorshelpline.ca
PAARC – 905-629-1007 Call if: you want help with substance use, including assessment, counselling, or treatment options Website: https://paarc.com	one-Link – 905-338-4123 Call if: you need help getting connected to mental health or addiction services in your area Website: https://one-link.ca
ConnexOntario Helpline (24/7/365) – 1-866-531-2600 Call if: you want help finding mental health, addiction, or gambling supports across Ontario Website: https://www.connexontario.ca	Legal Aid Ontario (24/7 phone line) – 1-800-668-8258 Call if: you need legal advice, help understanding your rights, or support with a legal issue Website: https://www.legalaid.on.ca

DAILY TIPS FOR SELF-CARE

Self-care is personal! These tips are a starting point, feel free to adapt them to your needs. Take care of yourself and make self-care a daily priority!

- **Nature Scent Pause:** Spend a few minutes noticing smells outside — flowers, grass, or fresh air. It's grounding.
- **Cold Drink Mindfulness:** Savor a cool beverage, noticing its texture, taste, and temperature.
- **Digital Sunset:** Turn off screens 30 minutes before bed for better sleep and mental rest. If 30mins is challenging start with 10mins and work your way up.

Small daily practices help build a strong foundation for balance and well-being. Making space for them each day can lead to lasting, positive change.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Civic Holiday <i>Office Closed</i>	4 Zoom Self Esteem & Mindfulness (1) 90 mins (11:00am) Staff: Nabila Zoom Peer Support (1:30pm) Staff: Carl Mississauga Mini Golf (2:00pm) Staff: Elizabeth, Sasha Zoom Where in The World (7:00pm) Staff: Sasha	5 Zoom Wellness Wednesday (11:00am) Staff: Christina North Etobicoke Mini Golf (2:00pm) Staff: Sasha, Carl Zoom Escaping the Comfort Zone Small Talk (3:00pm) Staff: Nabila	6 Zoom Show & Tell (11:00am) Staff: Christina Mississauga Nintendo (2:00pm) Staff: Elizabeth, Sasha Zoom Astrology Trivia (part 2) (3:00pm) Staff: Nabila	7 Zoom Healthy Eating Small Talk (11:00am) Staff: Sasha Brampton Games Afternoon (2:00pm) Staff: Christina, Nabila Zoom Social (3:00pm) Staff: Carl
10 Zoom Check In (11:00am) Staff: Karen Zoom Chair Yoga (1:30pm) Staff: Carl Mississauga Outdoor Scattegories (2:00pm) Staff: Elizabeth North Etobicoke Humber Arboretum Park Walk (2:00pm) Staff: Sasha, Nabila	11 Zoom Self Esteem & Mindfulness (2) 90 mins (11:00am) Staff: Nabila Brampton Mall Walk (2:00pm) Staff: Christina, Elizabeth Zoom Social & Leisure (3:00pm) Staff: Sasha	12 Zoom Wellness Wednesday (11:00am) Staff: Christina North Etobicoke Paint & Chill (2:00pm) Staff: Sasha, Carl Zoom All About National Wellness Month (3:00pm) Staff: Elizabeth	13 Zoom Poetry Writing (1:30pm) Staff: Elizabeth Brampton Outdoor Friendship Bracelets (2:00pm) Staff: Christina, Sasha Zoom Jeopardy (3:00pm) Staff: Carl	14 Zoom Two Truths & A Lie (11:00am) Staff: Christina Mississauga Colouring (2:00pm) Staff: Elizabeth, Carl Zoom Social (3:00pm) Staff: Sasha
17 Zoom WCG Employment Services Living Series (11:00am) Staff: Sasha Brampton Peer Support (2:00pm) Staff: Carl, Christina Zoom National Never Give Up Day Small Talk (3:00pm) Staff: Elizabeth	18 National Never Give Up Day Zoom Self Esteem & Mindfulness (3) 90 mins (11:00am) Staff: Nabila Zoom Trivia: All About Animals (1:30pm) Staff: Carl Zoom Contexto and Boggle! (7:00pm) Staff: Elizabeth	19 World Humanitarian Day Zoom Wellness Wednesday (11:00am) Staff: Christina Zoom Word Puzzles (1:30pm) Staff: Nabila North Etobicoke Sundae Social (2:00pm) Staff: Sasha, Carl	20 Zoom Staying Safe in the Heat Small Talk (1:30pm) Staff: Sasha Brampton Outdoor Colouring (2:00pm) Staff: Christina, Elizabeth Zoom Practicing Gratitude Small Talk (3:00pm) Staff: Nabila	21 Zoom Name That Tune: Movie Soundtracks (11:00am) Staff: Carl Mississauga Outdoor Uno (2:00pm) Staff: Elizabeth, Carl North Etobicoke Decoupage Craft (2:00pm) Staff: Sasha, Nabila Zoom Social (3:00pm) Staff: Christina

24 Zoom Check In (11:00am) Staff: Carrie Mississauga Peer Support (2:00pm) Staff: Carl, Elizabeth North Etobicoke Outdoor Games (2:00pm) Staff: Sasha, Nabila Zoom Desert Island (3:00pm) Staff: Christina	25 CNE DAY TRIP (12-7pm) Office Closed	26 Women’s Equality Day Zoom Self Esteem & Mindfulness (4) 90 mins (11:00am) Staff: Nabila Zoom Women’s Equality Small Talk (1:30pm) Staff: Christina Mississauga Kariya Park Walk (2:00pm) Staff: Elizabeth, Sasha Zoom General Knowledge Trivia (3:00pm) Staff: Carl	27 Zoom Women’s Group (11:00am) Staff: Sasha Zoom Acts of Kindness Small Talk (1:30pm) Staff: Nabila Brampton Dairy Queen (2:00pm) Staff: Christina, Sasha	28 Zoom How to Spot AI (11:00am) Staff: Elizabeth North Etobicoke Peer Support (2:00pm) Staff: Carl, Sasha Zoom Social (3:00pm) Staff: Nabila
31 International Overdose Awareness Day Zoom August Trivia (11:00am) Staff: Nabila Brampton Mini Golf (2:00pm) Staff: Christina, Elizabeth North Etobicoke Outdoor Colouring (2:00pm) Staff: Sasha, Nabila Zoom Alphabet Game (3:00pm) Staff: Carl	1	2	3	4

in-person activities

All in-person activities require you to call the office and register.

Check the back of this page for venue addresses.

The following chart displays all August 2026 **In-Person Activities**.

Date	Time	Activity	City	Location	Meeting Place	Address
Tuesday, August 4	2:00pm	Mini Golf	Mississauga	Mini Indy	Square One Cineplex	99 Rathburn Rd W, Mississauga, ON L5B 4C1
Wednesday, August 5	2:00pm	Mini Golf	North Etobicoke	Centennial Park	Green House	151 Elmcrest Rd, Etobicoke, ON M9C 3S2
Thursday, August 6	2:00pm	Nintendo	Mississauga	Hazel McCallion Library	RM 2A	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Friday, August 7	2:00pm	Games Afternoon	Brampton	The Honourable William G. Davis Centre	Second Floor Large Room	60 West Drive, Brampton, ON L6T 3T6
Monday, August 10	2:00pm	Park Walk	North Etobicoke	Humber Arboretum	Park Entrance	205 Humber College Blvd, Etobicoke, ON M9W 5L7
Monday, August 10	2:00pm	Outdoor Scattergories	Mississauga	Celebration Square	Fountain	300 City Centre Dr, Mississauga, ON L5B 3C1
Tuesday August 11	2:00pm	Mall Walk	Brampton	Bramalea City Centre	Front Entrance	25 Peel Centre Dr, Brampton, ON L6T 3R5
Wednesday, August 12	2:00pm	Paint & Chill	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Thursday, August 13	2:00pm	Outdoor Friendship Bracelets	Brampton	Chinguacousy Park	Snack Bar	9050 Bramalea Rd, Brampton, ON, L6S 6H1
Friday, August 14	2:00pm	Colouring	Mississauga	Hazel McCallion Library	Open Hub	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Monday, August 17	2:00pm	Peer Support	Brampton	The Honourable William G. Davis Centre	Second Floor Large Room	60 West Drive, Brampton, ON L6T 3T6
Wednesday, August 19	2:00pm	Sundae Social	North Etobicoke	Woodbine Mall	TD Bank Entrance	500 Rexdale Blvd, Etobicoke, ON M9W 6K5
Thursday, August 20	2:00pm	Outdoor Colouring	Brampton	Chinguacousy Park	Snack Bar	9050 Bramalea Rd, Brampton, ON, L6S 6H1
Friday, August 21	2:00pm	Decoupage Craft	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Friday, August 21	2:00pm	Outdoor Uno	Mississauga	Celebration Square	Fountain	300 City Centre Dr, Mississauga, ON L5B 3C1

Monday, August 24	2:00pm	Peer Support	Mississauga	Hazel McCallion Library	Room 2A	301 Burnhamthorpe Rd W, Mississauga, ON, L5B 3Y3
Monday, August 24	2:00pm	Outdoor Games	North Etobicoke	Rexdale Hub	Front Picnic Benches	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Tuesday, August 25	11:00am	CNE Day Trip	Toronto	Exhibition Place	Front Entrance	100 Princes' Blvd, Toronto, ON M6K 3C3
Wednesday, August 26	2:00pm	Kariya Park Walk	Mississauga	Kariya Park	Park Entrance	3620 Kariya Dr. Mississauga, On L5B 3J2
Thursday, August 27	2:00pm	Dairy Queen	Brampton	Dairy Queen	Patio	133 Queen St E, Brampton, ON L6W 2A9
Friday, August 28	2:00pm	Peer Support	North Etobicoke	Rexdale Hub	Lobby	21 Panorama Court Ave, Etobicoke, ON M9V 4E3
Monday, August 31	2:00pm	Mini Golf	Brampton	Chinguacousy Park	Snack Bar	9050 Bramalea Rd, Brampton, ON, L6S 6H1
Monday, August 31	2:00pm	Outdoor Colouring	North Etobicoke	Rexdale Hub	Front Picnic Benches	21 Panorama Court Ave, Etobicoke, ON M9V 4E3

Etiquette for Friends & Advocates Zoom Activities

WELCOME to the (name of activity). Thank you for your participation!

1. Please position yourself and your camera properly, with your first name on the screen for attendance.
Staff will take attendance and monitor individuals joining & leaving during the activity.
2. To eliminate distractions, if joining late or leaving early please don't announce yourself. **Staff will acknowledge your presence when appropriate.**
3. To ensure everyone is heard, let's speak one at a time. **Mute your microphone unless speaking, and raise your hand to speak.** If you're joining over the phone, press *6 to mute your microphone and *6 to unmute your microphone. Press *9 to raise your hand and please be patient while we get to you.
4. **Limit distractions and multitasking.** Things like: cooking, cleaning, walking, etc. (Only attend if you are fully alert and able to participate with your full attention). Keep background noise to a minimum by turning off TV, radio, alarms, cellphones, etc. If you need to take a call, mute your microphone and turn off your camera until you're able to resume with your full participation. (If required, *Staff will mute microphones and turn off cameras*).
5. Please **dress appropriately** as if you were attending in person.
6. If someone is **not** following the Etiquette they may be removed from the activity with a follow up call from Staff.
7. This is a positive, safe, and inclusive space where everyone is valued and respected. Discrimination, criticism, or harassment of any kind including comments related to race, ethnicity, culture, age, gender identity, sexual orientation, ability, or beliefs will not be tolerated. This is a space to enjoy the activity and connect positively with others. Please focus on sharing uplifting and supportive comments, and refrain from discussing opinions on politics and/or religion. If you're not feeling well or are having a difficult time, we encourage you to call the office for support and rejoin when you feel ready.
8. **Let's all have a positive experience!** For those on the phone I will read who is here.