

CHALLENGING TIME FOR OUR SHELTERS

HALTON WOMEN'S PLACE CALLING ON COMMUNITY'S SUPPORT AS CRISIS CALLS ON THE RISE, WRITES CARM BOZZO



CARM BOZZO
Column

When COVID-19 started, you heard us loud and clear - women in abusive homes were not able to call the shelter or their friends and family.

There was no reprieve - no safe time - to call or reach out. Now, we are seeing our crisis calls increase and we are preparing for an influx of clients.

And in the midst of all of this, all our face-to-face events have been cancelled, resulting in a huge financial loss for the organization that directly supports women and children who need us.

Halton, we need you.

But where there is challenge, there is opportunity. Here are a couple of different virtual fundraisers you can easily host.

- Challenge yourself! Ask friends and family to pledge you to complete a challenge (e.g., 20 pushups, walking a long distance, book reading goals, doing at-home yoga, and so on).

- Use your talents! Lead a workout, gardening or craft tutorial on your Facebook or Instagram page, and ask your virtual attendees to donate to participate.

- "Gift" back! Have a virtual birthday/anniversary party and collect donations for Halton Women's

Place in lieu of gifts.

- Games for a good cause! Host a game night, poker tournament or bingo night!

Special thanks goes out to Dr. Vineet Bhandari from Bhandari Dental, who, as part of their Brighter Smiles for our Community program, is offering in-office whitening for a reduced price, with proceeds directed to Halton Women's Place. Call to book, and mention Halton Women's Place to get the promo price! Call them at (289) 813-8239 and visit their website at bhandaridental.com.

And our supporters have been filling their cups! Will you join them? Have a virtual (or physically distanced) coffee with a friend, colleague or family member, and donate the cost of your daily cup of coffee to help Halton Women's Place during this difficult financial time. (Donations of \$20 or more will receive a tax receipt!) Find out more at haltonwomensplace.com/events/your-cup.

For more information on how you can support Halton Women's Place, or to find out more about us, email kmckenna@haltonwomensplace.com. Visit our website at www.haltonwomensplace.com.

Carm Bozzo is the manager of development and communications for Halton Women's Place. She can be reached at cbozzo@haltonwomensplace.com.

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SNAPSHOT



Tony Fortunato photo

A male downy woodpecker visits a local backyard. Do you have a great local photo you'd like to share? Send it to sleblanc@metroland.com, along with a brief description.

HOW TO SELF-MOTIVATE WHILE AT HOME

HURRY-UP-AND-WAIT UNIVERSE MANY OF US ARE NOW IN OFFERS AN OPPORTUNITY FOR REINVENTION, WRITES STEPHEN ILOTT



STEPHEN ILOTT
Column

The alarm clock face is blinking at you like a neon sign on the fritz, but unfolding yourself out of bed is optional—at least for another half-hour.

Everyone else in the house stumbles to life, out of sync, like "Lost in Space" characters dropping out of suspended animation. You're safe in a bubble but working from home—"life-

ing from home" — as a friend of mine put it.

The morning rituals that populated your sunrise are undefined or have been readapted digitally.

You may have that Zoom meeting at 10:30 a.m. and a day on the laptop carved in pencil — but a big whack of time normally dedicated to slapping on your public face, herding your family toward their needed destinations, leaping in your car to wait in line at the Starbucks drive-thru for your Grande Americano, followed by the sprint to grab the GO train or worse, stare down the QEW shuffle and on to face your office day just isn't there. It went poof.

Life will re-emerge but now something new is prodding the inner recesses of your scalp.

It's a voice saying, "maybe the universe is offering me a way off the gerbil wheel."

But how do you motivate to reinvent your life

while at home? Where do you start?

I'm going to offer a few thoughts. Take them, leave them, adapt them or try them on for size. It's all up to you.

The hurry-up-and-wait universe we find ourselves in is ideal for reinvention. Know that structure, lists and planning are fine, but it is not motivation and isn't going to get you scissoring off to fulfilment at a gallop.

Motivation comes from seeing positive change, however small, not just aspiring to it. Peaks and valleys are part of the process so allow for gobs of nothing getting done. Don't let it hobble you.

Stephen Ilott is a professional home organizer with decluttering.ca and author of "The Domestic Archaeologist." For more information, visit www.decluttering.ca or contact him at info@decluttering.ca.

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Web: www.mediacouncil.ca



newsroom@theifp.ca
IndependentAndFreePress
@IFP_11

WHO WE ARE

Publisher
Kelly Montague
Regional Managing Editor
Catherine O'Hara
Managing Editor
Karen Miceli
Distribution Representative
Ioulia Polar
Real Estate
Kristie Pells
Regional Production Manager
Manuel Garcia
Halton Media General Manager
Jason Pehora

CONTACT US

The Independent & Free Press
280 Guelph Street, Unit 77
Georgetown, ON L7G 4B1
Phone: 905-873-0301
Classifieds: 1-800-263-6480
Fax: 905-873-0398

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