



**Board of Directors**

Norm Price - Lois Hunter  
John Atkins - Zita Devan  
Ryan Boutin - Cheryl Bryant  
David Murtha - Helen Yazdani

**“The Kids are Alright”**

2nd Quarter 2013

**A Focus on Family and Mental Health**

Studies show that ‘living conditions’ directly affect people’s health & well-being. Case in point: APCH recently provided shelter & support to a family of four (children were 8 & 12). The family had been living in a stressful environment; residing with extended family who were plagued with addiction and mental health troubles. The strain this caused for the children resulted in loss of appetite, plummeting school grades and a general withdrawal from the activities they once took great pleasure in.

Arriving at APCH broken and desperate; with the support of our programs and caring staff, the anxieties faded, appetites grew and with the love of special parents, smiles & laughter became the norm and grades increased exponentially.

**“Chocolat”**

**An Evening of Wine and Chocolate**

A Place Called Home welcomed many supporters to Common Grounds in Lindsay for our first annual Wine and Chocolate pairing. Sommelier Louis Karkibasis from Pane Vino presented the pairing and guitarist Che Saunders provided the entertainment. A great time was had by all!



**The Numbers Speak...**

**May 2013**

The shelter numbers from January to March are as follows: 81 clients were served including 11 families and 14 children. Averaging 60 youth clients each month; our facility was 85% full for the entire three months. The ID clinic provided 76 pieces of identification and our Energy program assisted in negotiating almost \$28,000.00 for clients through referrals, advocacy and payment arrangements to various utility providers



We would like to thank Feeney Roofing for sponsoring this newsletter. Please visit their website [www.feeneyroofing.ca/](http://www.feeneyroofing.ca/)

**Upcoming AGM**

A Place Called Home will be holding their Annual General Meeting on Wednesday, June 26th in the Cambridge St. United Church Parlour, starting at 7pm.

Everyone Welcome,  
Refreshments Served



compassion



moving people  
forward



shelter



reversing the  
stigma

## APCH Events

Antique Show and Sale  
Lindsay Exhibition Grounds  
**July 13th & 14th**

10th Annual Mark-a-thon  
**August 10th, 2013**

Kawartha Classic Cycle Tour  
**September 21, 2013**

## Supporting Partners



## E-Newsletter

Would you rather receive this electronically?

Please send an email to [info@apch.ca](mailto:info@apch.ca) and we will add you to our e-news listing

## Donate Online



## Spotlight on Mental Health

### NATIONAL AND LOCAL FOCUS ON MENTAL HEALTH ISSUES

Mental health is a subject that is still taboo in many circles. People seldom want to admit that they need help even though one in five adults will suffer from depression or other debilitating mental health conditions at some point in their lives. Individuals who experience homelessness represent a higher than average population of those who are suffering and efforts such the "Let's Talk" initiative by Bell and the efforts of our staff in conjunction with Ross Memorial Hospital and The Canadian Mental Health Association ensure that those we meet who are battling mental health conditions are pointed towards the help they need. Case conferencing between APCH, our local hospital, CMHA and the ACT Team (Assertive Community Treatment) has been very successful and we are thankful for these many additional partnerships

## Board Opening in June

### APCH SEEKING A BOARD MEMBER

We are currently seeking one new board member to join us for the upcoming year. Specifically this person should be familiar with accounting practices and reading financial statements, providing some guidance to our finance committee. If you are interested or would like more info, please contact Lorrie Polito at 705-328-0905 x222 or email [lorrie@apch.ca](mailto:lorrie@apch.ca). A Board Info package can be picked up or emailed to you. You can make a difference! For a rewarding experience, consider this opportunity.

## A Summer of Fundaisers

### 43rd Annual Antique Extravaganza - July 13th and 14th

Sponsored by:



A special thanks to our event sponsor, Farmers Mutual Insurance. Join 55 dealers at the Lindsay Exhibition Center and preview a wide selection of antiques and items and enjoy our Victorian tea. Admission is \$4.00 and all the funds raised goes to support APCH



More information can be found at [www.lindsayantiqueshow.com](http://www.lindsayantiqueshow.com)

### 10th Annual Mark-a-thon



**10-10-10!** (10<sup>th</sup> year-10<sup>th</sup> of August-\$10,000 to raise) Take a stroll with Mark Fevang and company in either a 5k or 10k walk in support of the homeless on August 10th. Leaving from the Farmer' Market on Victoria Street, help Mark meet his goal of raising \$10,000 this year.

Pledge sheets are available at [www.lindsaymarkathon.com](http://www.lindsaymarkathon.com)

### 10th Annual Kawartha Lakes Classic Cycle Tour



Grab your bicycle and get ready to enjoy the heart of the Kawartha... 10th annual cycle tour on September 21, 2013. Email [admin@kawarthacyclingclub.com](mailto:admin@kawarthacyclingclub.com) or visit <http://www.kawarthacyclingclub.com> for more details or watch for postings on the apch website and on our facebook page...coming soon