

GOOD WORK NEWS

The Working Centre, 58 Queen St. S. Kitchener, ON N2G 1V6

Issue 152

March 2023

Subscription: A Donation Towards our Work

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Responding to Homelessness in Waterloo Region



The 34th Mayors' Dinner

The Working Centre is excited to announce the return of The Mayors' Dinner, to be held in-person on Saturday, April 15th, 2023.

What does it take to impact the issues of homelessness in our community?

We will highlight stories of people who have acted into these issues as we build a community where everyone has a place to live. Real change will only happen as we each contribute in meaningful ways.

The 34th Annual Mayors' Dinner follows the long-standing tradition of gathering together to celebrate meaningful community service.

Tickets are now available for purchase. Please RSVP by March 24th.

Read more on page 8

By Stephanie Mancini

This year's Mayors' Dinner focuses on Responses to Homelessness. We are pleased to celebrate the many diverse efforts it takes to make change happen in the face of the daunting, disturbing and often tragic realities we face as a community.

We have leaned in with everything we have as an organization, and have been on the front-lines of this tragedy, hardship and injustice.

We have watched every community across Canada grappling with the issues of a lack of affordable housing, growing encampments and the challenges of creating indoor spaces during our coldest/hottest months that offer viable housing/shelter options for people facing the complexities of a toxic drug supply, trauma, mental health issues and dislocation.

We have deep issues to resolve as a community, and we have joined with government and community partners to creatively respond and reflect on the social questions of how we use land, how we include complex people in our neighbourhoods, how

we find the money to respond in both the short-term (shelter/interim housing options, indoor spaces that offer responses to extreme weather, washroom access) and the long-term (affordable/supportive housing and mental health/substance use supports that help people to strengthen once they are housed).

We have been overwhelmed by the numbers who struggle to find housing each night. The workers at the front door of our King Street Shelter were overwhelmed every evening when people lined up, hoping to be let in. Every night there were more than 20 people who were not able to access a bed.

It was a great relief when the renovations at the King Street shelter were completed in December and we were able to convert to a 24/7 shelter for 100 people, who could be guaranteed a bed each night. We were immediately at capacity and saw many others hoping to find a place in our shelter.

On Christmas Eve during the harshest snow storm of the year, the doors were opened wide, everyone

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Thirty Ninth Year

Issue 152

March 2023

Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. Four issues of Good Work News constitutes our annual report. There is a circulation of 13,000 copies. Subscription: a donation towards our work.

Editors: Joe Mancini, Stephanie Mancini

Contributors: Isaiah Ritzmann, JP Smola, Ala Abdulkarem, Mike Morrice, Douglas MacLellan, Christina Mancini

Editorial comments, changes of address and new subscriptions should be directed to:

The Working Centre

58 Queen St. S., Kitchener, Ontario, N2G 1V6

Phone: (519) 743-1151 • Fax: (519) 743-3840

E-mail: kara@theworkingcentre.org

Web: www.theworkingcentre.org

Canada Post Bulk #05306256

Charitable Registration #13092 9607 RR0001

Responding to Homelessness

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was welcomed from the freezing wind and snow. Soon there were 150 people in the shelter. It was a special Christmas where we shared the space in the most Christmas way imaginable.

While this open door was important during Christmas, we were glad to return back to 100 people after the storm. It is impossible to imagine how complex it is to host 100 people in a congregate space, where people sleep side by side, in dire circumstances. Easy for fights to emerge, as we respond to a toxic drug supply that leads to drug poisonings/overdoses, welcoming EMS/police as a regular part of our work. Despite this complexity and less than ideal situation, we have people requesting access every day.

But there is beauty and community too! One of our workers recently reflected on what it is to come in to work each day, knowing the joys and hardships before us. Shelter in the winter means that one minute we are first responders in life-and-death overdoses, and then we turn around and feel the joy of people making music together. It is a work of love and bravery, this work of providing shelter.

We build relationships of care and connection, and we face, time after time, the loss of people who are dear to us as they succumb to overdose from a toxic drug supply. This past week we saw the death of two people who are very dear to us as a community; the wound of this loss building on the loss of so many people before them.

The cycle of life happens around us as we support women who are pregnant and hope to rebuild their lives as they seek to keep this child. Supporting people who viscerally feel the regret and tragedy of estranged children. Families torn apart by the loss.

We welcome pets, helping people maintain that sense of companionship. Recently we walked with one person through the death of their long term friend, a dog who was really the shelter's dog – he stayed with us even when we had to ask his owner/parent to leave for a day/week as we navigated interpersonal conflict in the shelter.

Shelter in the winter means that one minute we are first responders in life-and-death overdoses, and then we turn around and feel the joy of people making music together. It is a work of love and bravery, this work of providing shelter.

The same week that we marked the loss of this little one, Powder, we also witnessed the birth of puppies. A woman staying in her car left her dog with us just before the puppies were born. Complex moments.

Even before COVID, The Working Centre was harnessing our organizational capacity to address the urgent needs of homelessness. In the midst of the pandemic we recognized the importance of addressing hunger, shelter/housing and drop-in supports in new ways. We created a commissary kitchen for producing 700 meals per day. We doubled the shelter system by adding 60 motel rooms, 80 interim dorm units, and a year round 100 person 24/7 emergency shelter. We maintained the services of St. John's Kitchen as an important hub throughout the pandemic.

The work is daunting, the challenges feel quite relentless. There are so many dear moments in the midst of the work, but we are standing in a place of witness of many injustices that should not be happening. This work breaks our hearts open time and time again as we insist on continuing to offer love and welcome as the best response.

Recently one of the King Street Shelter residents moved away to access housing and he called to let us know how he was doing. We heard his gratitude – because you cared, because you showed up every day, even the day after some really hard days, because you know me as a person – you helped me to see myself as important and take the next step in my life.

We work to be present in the current moment, while also building forward on a vision of more housing, more care, and building in action the kind of society that we want to be part of.



Remembering Don Reist 1943 – 2023

For the past 20 years, Don and Karen Reist of Hilltop Acres Poultry have been donating enough turkeys to provide for the St. John's Kitchen Thanksgiving and Christmas dinners. It is a donation that we have relied on and Don and Karen always generously provided.

On February 9th, 2023, Don Reist passed away suddenly.

Don had farmed his whole life in the Bloomingdale area and was joined by city girl Karen in 1964. They started raising and selling chickens in 1969 and grew into Hilltop Acres Poultry Farm. He had a passion for his business and work, striving to provide the best products and always putting his customers first.

In thanksgiving for Don and Karen's long-time support for St. John's Kitchen.



Thank You for Your Support!

We want to thank all the volunteers, donors, and community partners who have supported our efforts to produce and distribute over 700 meals each day during the past year and provide shelter to 250 people a night.

Thank you to all those sharing the spirit of community, especially the 2,500 people and groups who donated over the Christmas season.

Thank You for Your Community Support!



On Saturday December 17th, a high school youth group of Radha Krishna Mandir Hindu temple in Cambridge came to the King Street Shelter to deliver 80 care packages filled with warming hats, gloves, socks as well as fresh fruit, bakery goods and other food items. They also delivered 4 pizzas from a local pizza place and some more non-perishable food goods.

The Earthworks & Installations Club from Eastwood Collegiate ran a donation drive and divided the received items between the King St. Shelter and ECIs students in need of supports. Pictured above is of the Earthworks & Installations Club with collected items brought to the King St. Shelter on December 8th, 2022.



Waterloo Region Association of Realtors donated \$6,500 to The Working Centre. Pictured left to right: Joe Mancini, Director (The Working Centre), Megan Bell, President (WRAR), Christal Moura, President-Elect (WRAR), and Katherine Bitzer, Project Developer (The Working Centre)

Govan Brown organized and ran a winter clothing drive for TWC through their offices in both Kitchener and Toronto. In December, they delivered over 20 large bags of clothing. In January, Perimeter Development assembled and delivered Winter Kits to TWC. We gratefully received sleeping bags and 100 back packs full of socks, hats, mitts and personal hygiene items.



Nancy Ransom and Shirley Rullen from the KW Lions Club visit The Working Centre's 58 Queen Street South location to donate emergency blankets.

Kayli Kinnear (left) and Becca O'Donnell, outreach workers from The Working Centre, load a car with cold-weather packages. The packages supplied by the Region of Waterloo contain warm clothes and other items to help people experiencing homelessness.

Photo by Mathew McCarthy / Waterloo Region Record

Paul Kalbfleisch (left) and Bob Egan (right) with Joe Mancini at the King Street Shelter to donate musical instruments. Bob wrote, "It was a heartwarming and eye-opening experience. A few days after the visit I was approached by a parent on the schoolyard when picking up our kids - she works at the shelter and was moved to tears about the impact music has made on the vibe there and the quality of life for some of the residents. I was humbled."



Waterloo Region Crossing Trek Raises Over \$5,000

On February 11th, a group of hikers walked 65km non-stop across Waterloo Region to raise awareness about the state of homelessness in our community. The walk raised over \$5,000 for The Working Centre to help build more units of affordable housing in the community.

The Waterloo Region Crossing Trek started in 2018 and is organized by Tessa Reder. The walks have raised \$120,000 in support of The Working Centre.

Helping Over 3100 Individuals Access Financial Benefits

The Working Centre's Money Matters project works closely with Prosper Canada and the Ministry of Children, Community and Social Services as a local Financial Empowerment organization. We have supported:

- 2,627 financially struggling individuals in our community to connect to financial education, free financial coaching, or help solving urgent financial problems
- 3,142 individuals to access income tax filing securing over \$8,422,950 in critically needed new income

Helping New Canadians Access Income Supports

By Ala Abdulkarem

In September 2019 Lee entered Canada with her two children, where she claimed refugee protection a month later. With the help of some friends here and there she was able to get temporary shelter in Kitchener but soon had to move to Hamilton to find accommodation which fit within the very little amount of social assistance that she was able to access through Ontario Works.

Lee is one of many refugees who are not able to access the Canada Child Benefit because their immigration status makes them ineligible. A generous community member was able to assist Lee and her two children to survive by renting them his basement in Hamilton. The owner of the house then contracted COVID-19 and did not survive. Lee then lost this housing because the house was sold.

In August 2022 Lee came to The Working Centre to find support to file her taxes. Initially it seemed to be a simple 2021 tax return but as we untangled the layers it was clear there were more complexities.

As we went through the paperwork, we noticed that she had never filed any taxes. Lee had very limited information about her rights in Canada. The language barrier and limited awareness of the Canadian system made it difficult to navigate all of this on her own.

We assisted Lee in filing income tax returns for 2019, 2020 and 2021 and we were almost on our way to saying good-bye when I asked her; "By the way what happened to your refugee claim?"

This question opened up an opportunity to understand that Lee had been granted refugee protection in February 2021, and had been granted Permanent Resident status in March 2022. Lee did not realize that this meant she now was allowed to apply for benefits which would significantly increase the household stability for her and her children.

We made another appointment to complete the Canada Child Benefit application and to clarify other eligible credits. This included emphasizing that she needed to apply for these each year when she completes her taxes. After navigating these application pathways Lee was eligible for \$23,105 in benefits retroactively. She would not have been able to access this income without support.

Now Lee has access to her account with CRA, and she knows how this account can help her access supports for her family. She is happy with the secured amount of benefits which she can easily view for the upcoming months to plan for her household. Her children shared a thank you note to reflect their gratitude for the support we were glad to be able to provide.

Canadians with Disabilities Deserve Better

The Federal legislation for a Canada Disability Benefit is exceptionally important news. This is a targeted benefit focused on improving income support for those with disabilities. Benefits delivered through the tax system are efficient and can be directed where they are needed most. We have seen the difference for families that receive the Canada Child Benefit which Ala Abdulkarem describes in the article, Helping New Canadians Access Income Supports. Ala leads our Money Matters project providing support to over 3000 individuals last year.

By Mike Morrice

In the years before being elected, hearing the stories from neighbours living with disabilities were the hardest. Stories of extreme poverty and a broken system.

It's what compelled me to try to do something about it once elected. Today, Canadians with disabilities disproportionately live in poverty across our country. So much so, that we could cut poverty by over 40% if we lifted every person with a disability above the poverty line!

In fact, it's a form of legislated poverty: the provincial Ontario Disability Support Program (ODSP) currently provides a meagre \$1,228 a month for a single person to live on. It's a national embarrassment.

But it doesn't have to be this way.

The Canada Disability Benefit, first proposed by the Federal Liberals in 2020, would provide a tax-free monthly payment to low-income Canadians with disabilities. The idea is for this benefit to top up insufficient programs like ODSP to raise people with disabilities out of poverty.

Disability advocates across the country have been calling for this kind of program for years. Once elected, I began work with a leading organization – Disability Without Poverty – to amplify their efforts. We started with a petition, which earned almost 18,000 signatures from coast to coast. I then coordinated an open letter co-signed by 79 MPs from all parties - including all four of my colleagues from right here in Waterloo Region – pushing the governing party to follow through on their promise.

And it worked! Last June the Liberals introduced Bill C-22, legislation that would create the Canada Disability Benefit.

When it came time to suggest improvements, I brought forward 14 suggestions from the disability community – including many recommended by local disability-serving organizations like Extend-a-Family Waterloo Region. Of these, five of them passed, out of a total of nine amendments that strengthened the bill.

This includes a change that will require the benefit to be indexed to inflation. Another requires the benefit to be barrier-free, meaning recipients shouldn't have to complete a cumbersome application to be eligible and could include a potential recipient being automatically enrolled when completing their taxes. The other three are:

- Adding a definition for 'disability' in the bill, ensuring consistent and equitable access and eligibility for the benefit
- A requirement for the federal government to make agreements they sign with the provinces and territories public for transparency
- For people with disabilities to have meaningful and barrier-free opportunities to give input into regulations as will be developed to set out important decisions like who will be eligible for the benefit

While I'm proud of these improvements, I'll admit I'm disappointed about those that didn't pass. One example is a push for the benefit to be extended past the age of 65: a disability doesn't disappear when a person turns 65, and neither should the Canada Disability Benefit! Unfortunately, we'll have to continue to advocate for the 10% of Canadian seniors with severe disabilities living in poverty.

As I write this though, we still have lots of work to do to get the rest of the disability community this critical boost.

The bill now has to be approved by the Senate, agreements have to be struck with all provinces and territories, and the Federal government must fund the benefit – all while regulations are developed. I'm hoping this can all happen within the next year!

Our advocacy has moved the bill ahead more quickly and improved the legislation, but nothing changes for those who need it until we finish this work. So, I'll continue advocating – our current push is for federal government to include funds for the Canada Disability Benefit in the 2023 budget!

Thanks to everyone in our community that signed our petition, that wrote about your experiences to Parliament, and that put pressure on MPs across the country to support this effort. We're making progress because of you, and disability advocates across the country.

Mike Morrice is the Member of Parliament for Kitchener Centre. First elected in 2021, he's been fighting for housing affordability, the Canada Disability Benefit, and meaningful action on the climate crisis. mike.morrice.C1@parl.gc.ca or 519-741-2001.

Free Walk-In Income Tax Clinic



The Working Centre is once again hosting an Income Tax clinic during March and April for people living on a limited income.

Due to the high numbers of people hoping to access supports, our tax clinic support is walk-in this year.

You can see a tax clinic helper to review your completed intake form and required papers starting on **March 1st, 2023** in person. We also offer an electronic drop-off option.

Volunteers registered with the Community Volunteer Income Tax Program will help to complete your income tax return.

More information and eligibility requirements available online at www.theworkingcentre.org. If you have questions, please contact us at taxclinic@theworkingcentre.org





Access to Dental Care: By the Numbers

1/3 Canadians lack coverage for dental care

Low-income Canadians are **four times** more likely to avoid seeing a dentist because of cost

Low-income Canadians are **twice** as likely to have poor dental outcomes

Access in Waterloo Region

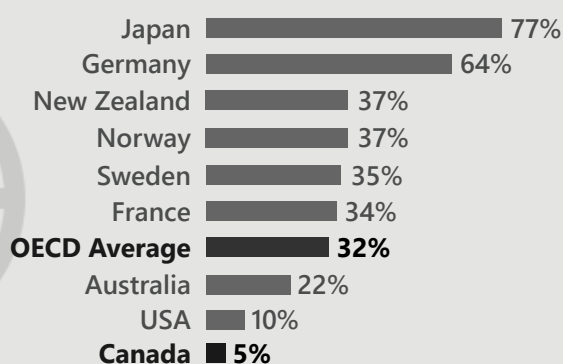
-  **138,000** Residents without dental insurance
-  **104,000** Residents who avoid going to the dentist due to cost
-  **54,000** Residents go to the dentist only for emergency care
-  **46,000** Residents report persistent pain in their mouths

Groups most likely to lack dental insurance and have poor oral health:

- Racialized People
- Seniors
- Low-income and part-time workers
- Immigrants
- Food insecure individuals
- Those struggling to find affordable housing

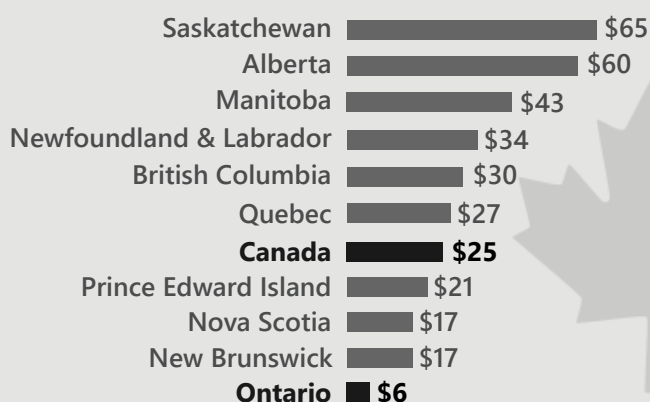
Dental Care in OECD Countries

Percentage of Spending by Public Sources (2013)



Dental Care Funding by Province

Public Expenditure per Resident (2017)



Sources: KWCF's *Left Behind: The State of Oral Health in Waterloo Region*; *Canadian Community Health Survey, 2017/2018*

Note: Only includes residents aged 12 and older

Left Behind: The People Who Lack Access to Oral Healthcare

Adapted from the Kitchener-Waterloo Community Foundations's Report *Left Behind: The State of Oral Health in Waterloo Region*

Access to dental care is often overlooked and underfunded, and is deeply intertwined with complex social issues, from the rise of precarious employment to increasing food insecurity. One thing is clear – for many of the most vulnerable people in our communities, the current system has left them behind and without support.

This report highlights the importance of oral health and analyzes the state of oral health in Waterloo Region compared to other regions. It also takes a deeper look at who has dental insurance in Waterloo Region and who doesn't, and provides recommendations for how oral health outcomes can be improved in the region. It outlines community organizations, public health efforts, and initiatives underway in Waterloo Region that are providing critical oral health programs.

The study draws on data from the **2017/2018 Canadian Community Health Survey (CCHS)**, which includes responses from more than 1,216 respondents from the Waterloo Region aged 12 and older

Waterloo Region is prosperous, with higher-than average median household after-tax income. Nevertheless, approximately **138,000 residents (30% of all residents)** are falling through the cracks and do not have dental insurance. The problem is especially acute for racialized residents, 39% of whom lack insurance.

The implications of these problems ripple across so many domains of health. Poor oral health is linked to worse physical, mental and social outcomes, and represents a pressing and underserved health-care issue.

- The association between oral inflammation and heart disease
- Growing evidence that tooth pain causes depression and that depression worsens oral health
- Employment opportunities decrease for those with worse oral health
- Poor oral health and tooth loss can contribute to locking individuals in a cycle of homelessness
- Low-income students have higher rates of dental pain contributing to worse academic performance
- Renters report much worse oral health and much fewer visits to the dentist, primarily because of cost

As Waterloo Region has become an increasingly expensive housing and rental market, this (and other cost of living increases) will continue to leave residents with fewer resources for dental care and other critical health needs.

Find the full report at: www.kwcf.ca/publications

Community Dental Re-Opens

The Working Centre, in collaboration with philanthropic dental professionals, is re-opening Community Dental to improve access to preventive dental services and dental health care for people who are homeless or at-risk of homelessness.

The Clinic provides free patient-directed care and access to a full range of preventive, diagnostic and restorative services for those who are typically only able to receive emergency dental care.

The clinic employs a Certified Dental Assistant and operates within a Circle of Care model of support.

The clinic relies on volunteer Dentists and Dental Hygienists to provide care out of the clinic's two full-scale dental operatories. No fees are charged to patients.

Open hours are scheduled around



the volunteer hours offered by Dentists and Hygienists.

We were so pleased to learn in November 2022 that we have received a \$100,000 grant over 2 years from Green Shield Canada, towards re-opening the Community Dental Clinic. This grant was made possible by our partnership with Waterloo Region Community Foundation. The funding will support the Dental Assistant hired to host the clinic. We are grateful for the support of Lynne Short at WRCF for hosting several meetings throughout the pandemic towards developing more community based dental services in Waterloo Region.

Are you a Dentist, Dental Assistant, or Dental Hygienist interested in volunteering at the clinic?

Please contact: dental@theworkingcentre.org



Photo of the construction of the top floor apartment at 58 Queen that has now been turned into a four bedroom family-sized apartment

Update on 44-54 Queen St. South

The construction of the 21 apartments at 44-54 Queen Street South is entering its final stages. When we received our building permit in mid-May 2020 we estimated that we could complete the work in about one year's time. As of mid-February the major construction has been completed. The 10 units on the top floor (which includes the 58 Queen units) are drywall finished and painted. The final steps will be the resurfacing of the wood flooring, installation of cabinets, installation of lighting and plumbing fixtures and the installation of the individual heat pumps in each unit. The

11 units on the second floor are all drywall completed and are ready to be painted. The building has beautiful new windows from Strassburger Windows. A new roof has been installed along with extensive exterior and interior masonry repairs. Exit doors and hallways are mostly completed. The rooftop Air Source Heat Pump has been installed and will soon be hooked up.

We are looking forward to starting to rent out the apartments in the next few months. The focus of these units will be to support new Canadian women as they build independent living in Canada, often after a family breakup. Our Queen Street hub of services offers a wide range of supports from employment, income and community connections that will complement these apartments. We are confident this affordable connected housing will be beneficial to young, single mothers settling into a new culture.



Update on New Outdoor Shelter

The Working Centre is working closely with the Region of Waterloo to set up an Outdoor Shelter that will be located on a portion of the Regionally-owned property at 1001 Erb's Road. The site will become home for up to 50 individuals experiencing unsheltered homelessness. We expect to invite people to join the Erb's Road Shelter community when all the infrastructure is built, which is expected by the end of March 2023.

The site will be hosted by a 24/7 Working Centre team and will include connection to community and housing services and health care supports. As part of the formal shelter system, the goal is to support access to permanent housing options as they are available.

We hope this will be a place of rest and community building, where people no longer have to constantly search for basic needs.

50 cabins will provide private, safer and inclusive accommodation. Each 107 square foot cabin will be



furnished and equipped with electricity, heating, cooling and wifi. A main cabin commons will provide running water, washrooms, showers, laundry, a food servery, a shared television, common space, small rooms for private meetings and health care access. A shuttle service will support wider community connections.

This Outdoor Shelter adds to the shelter infrastructure of Waterloo Region. It is an important initiative, demonstrating that new ideas can take root quickly. It will be a learning experience for everyone involved.

More information about the Erb's Road outdoor shelter is available at: www.engagewr.ca/outdoor-shelter

March 2023 Learning Events



Coping with Climate Change Monthly Workshop

Climate Change can be difficult to deal with: personally, emotionally, and existentially. This workshop engages on all these levels in community. We explore four themes: Gratitude, Honouring our pain for the World, Seeing with New Eyes, & Going Forth.

Thursday, March 16th, 7pm at Queen St. Commons Cafe. 43 Queen St. S in Kitchener. Space is limited. Please RSVP.



The Yes Men are Revolting Documentary Film

We invite you to join us for the film The Yes Men Are Revolting: "For 20 years, notorious activists the Yes Men (Mike Bonanno and Andy Bichlbaum) have staged outrageous hoaxes to hijack public dialogue about the issues of the day. In their third cinematic outing (after the Yes Men and the Yes Men Fix the World).. they prepare to take on their biggest challenge yet: climate change." (From Film's Description)

Documentary will be hosted on Monday, March 13th, 7pm at Kitchener Public Library - Central Branch.



A Four Day Week? An After the Alarm Event

Around the world the idea of a four day work week is catching fire. Politicians are studying it, pundits are talking about it, and the public are paying attention. The four day work week is good for us as people. But it's also good for the planet: some studies suggest a four day work week could lead to a 25% reduction in our carbon footprints!

Governments around the world - including our own - have declared climate emergencies. But are we acting like it's the emergency we say it is? One key sign is whether governments are willing to implement policies that drastically reduce our carbon emissions - policies like the four day work week.

Join us for an engaging community presentation and discussion on this compelling topic, in response to the growing climate emergency.

Thursday, March 30th, 7pm at Queen St. Commons Cafe 43 Queen St. S in Kitchener. Space limited. Please RSVP.



A Good War: Mobilizing Canada for the Climate Emergency Spring Book Club

This spring The Working Centre will be hosting a book club reading Seth Klein's *A Good War*. If you are interested in joining this book club please let us know by **Thursday, April 6th**. We plan to begin meeting in mid-April. Books for sale through The Working Centre. Online or in-person groups available.

"In A Good War, Seth Klein explores how we can align our politics and economy with what the science says we must do to address the climate crisis.. The book is structured around lessons from the Second World War - the last time Canada faced an existential threat. Others have said we need a "wartime approach" to climate change, but this is the first book to delve into what that could actually look like. Canada's wartime experience, Klein contends, provides an inspirational reminder that we have done this before. We can do it again."

- Book description from Seth Klein's website.

To RSVP to any of these events, contact Isaiah: isaiahr@theworkingcentre.org

BOOKS FOR SUSTAINABLE LIVING

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Making Home

Douglas MacLellan

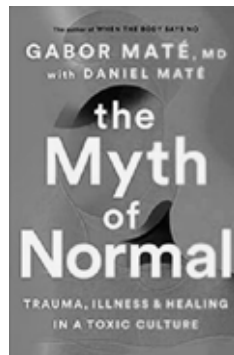
Making Home is a visual journey depicted through portraits, daily life, graffiti, writings on the walls, and inanimate objects to shed light on housing and opioid use over a two-year period in Kitchener and Waterloo, Ontario. The photography is inspired by street people and the people who help them.

Places and locations depicted in the text and photographs relate to programs and community tools created by The Working Centre, a community based, socially active non-profit organization based in

Kitchener. Joe Mancini, co-founder of The Working Centre, has written the introduction, adding context to MacLellan's words and photographs.

\$30.00 | Published by Black Moss Press

Available for purchase at: catalogue.theworkingcentre.org



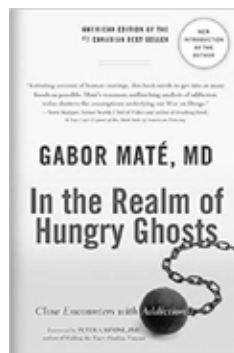
The Myth of Normal

Trauma, Illness and Healing in a Toxic Culture

Gabor Maté

Gabor Maté's internationally bestselling books have changed the way we look at addiction and have been integral in shifting the conversations around ADHD, stress, disease, embodied trauma, and parenting. Now, in this revolutionary book, he dissects how in Western countries that pride themselves on their health care systems, chronic illness and general ill health are on the rise. So what is really "normal" when it comes to health? In *The Myth of Normal*, co-written with his son Daniel, Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society, and offers a compassionate guide for health and healing.

576 pages | \$39.95 hardcover



In the Realm of Hungry Ghosts

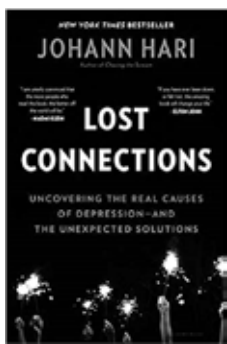
Close Encounters With Addiction

Gabor Maté

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically re-envisions this much misunderstood field by taking a holistic approach. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research

findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness.

493 pages | \$24.00 softcover



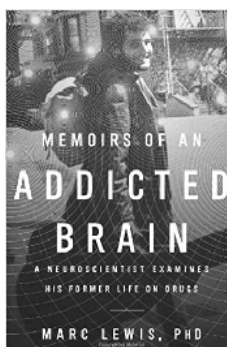
Lost Connections

Why You're Depressed and How to Find Hope

Johann Hari

When Johann was a teenager, he had gone to his doctor and explained that he felt like pain was leaking out of him, and he couldn't control it or understand it. Some of the solutions his doctor offered had given him some relief - but he remained in deep pain. As an adult, he went on a forty-thousand-mile journey across the world to interview the leading experts about what causes depression and anxiety, and what solves them. He learned there is scientific evidence for nine different causes of depression and anxiety - and that this knowledge is about how we connect to one another. Read about ground breaking research on moving past depression.

336 pages | \$24.50 softcover



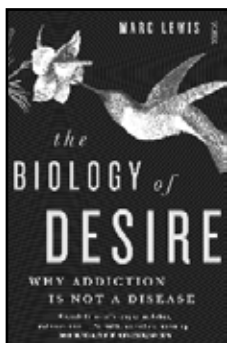
Memoirs of an Addicted Brain

A Neuroscientist Examines His Former Life on Drugs

Marc Lewis

Our minds are governed by a cycle of craving what we don't have, finding it, using it up or losing it, and then being driven by loss, need, desire, or insecurity to crave it all the more. This cycle is at the root of all addictions: addictions to drugs, drink, cigarettes, sex, love, soap operas, wealth, and wisdom itself. But why should this be so? Why are we so driven, often at great cost to ourselves? Dr. Marc Lewis is a distinguished neuroscientist and was a drug addict, dependent on a long series of dangerous substances. This is the story of his journey, seen from the inside out.

336 pages | \$21.00 softcover



The Biology of Desire

Why Addiction is Not a Disease

Marc Lewis PhD

"Informed by unparalleled neuroscientific insight and written with his usual flare, Marc Lewis's *The Biology of Desire* effectively refutes the medical view of addiction as a brain disease. A bracing and informative corrective to the muddle that now characterizes public and professional discourse on this topic." —Gabor Maté, M.D., author of *In The Realm of Hungry Ghosts: Close Encounters With Addiction*.

237 pages | \$22.00 softcover



A Good War

Mobilizing Canada for the Climate Emergency

Seth Klein

Canada is not on track to meet our climate targets. To do so, we'll need radical systemic change to how we live and work and fast. Policy analyst and author Seth Klein demonstrates how wartime thinking and community efforts can be repurposed today for Canada's own Green New Deal. He shares how we can create jobs and reduce inequality while tackling our climate obligations for a climate neutral or climate zero future. From enlisting broad public support for new economic models, to job creation through investment in green infrastructure, Klein shows us a bold, practical policy plan for Canada's sustainable future. Moreover, *A Good War* offers a remarkably hopeful message for how we can meet the defining challenge of our lives.

464 pages | \$24.95 softcover



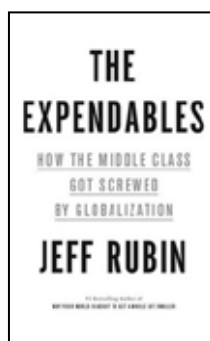
The Least of Us

True Tales of America and Hope in the Time of Fentanyl and Meth

Sam Quinones

From the New York Times bestselling author of *Dreamland*, a searing follow-up that explores the terrifying next stages of the opioid epidemic and the quiet yet ardent stories of community repair. Quinones hit the road to investigate these new threats, discovering how addiction is exacerbated by consumer-product corporations. "In a time when drug traffickers act like corporations and corporations like traffickers," he writes, "our best defense, perhaps our only defense, lies in bolstering community." Amid a landscape of despair, Quinones found hope in those embracing the forgotten and ignored, illuminating the striking truth that we are only as strong as our most vulnerable.

432 pages | \$24.00 softcover



The Expendables

How the Middle Class Got Screwed by Globalization

Jeff Rubin

Former CIBC World Markets Chief Economist Jeff Rubin argues that all this was foreseeable back when Canada, the United States and Mexico first started talking free trade. Labour argued then that manufacturing jobs would move to Mexico. Free-trade advocates disagreed. Today, Canadian and American factories sit idle. More steel is used to make bottlecaps than cars. Meanwhile, Mexico has become one of the world's biggest automotive exporters. And it's not just NAFTA. Cheap oil, low interest rates, global deregulation and tax policies that benefit the rich all have the same effect: the erosion of the middle class.

368 pages | \$32.95 hardcover



Less Is More

How Degrowth Will Save the World

Jason Hickel

The world has finally awoken to the reality of climate breakdown and ecological collapse. Now we must face up to its primary cause. Capitalism demands perpetual expansion, which is devastating the living world. There is only one solution that will lead to meaningful and immediate change: DEGROWTH. If we want to have a shot at halting the crisis, we need to restore the balance. We need to change how we see nature and our place in it, shifting from a philosophy of domination and extraction to one that's rooted in reciprocity and regeneration. We need to evolve beyond the dogmas of capitalism to a new system that is fit for the twenty-first century. But what does such a society look like? What about jobs?

What about health? What about progress? This book tackles these questions and traces a clear pathway to a post-capitalist economy. An economy that's more just, more caring, and more fun. An economy that enables human flourishing while reversing ecological breakdown. An economy that will not only lift us out of our current crisis, but restore our sense of connection to a world that's brimming with life. By taking less, we can become more.

320 pages | \$19.99 softcover



The 34th Mayors' Dinner

Dorothy McCabe
City of Waterloo

Berry Vbranovic
City of Kitchener

Jan Liggett
City of Cambridge

**The Working
Centre**

Cordially invite you to attend the Thirty-Fourth Annual Mayors' Dinner

Celebrate individual and collective examples of people working to respond to the challenges of homelessness in our community

Saturday, April 15th, 2023

Marshall Hall, Bingemans | Kitchener, Ontario

Cocktails & Social 5:30 PM | Dinner 6:45 PM

Program to Follow

Join us for this celebration and invite your friends to come along.
All proceeds from the Mayors' Dinner support The Working Centre.

Individual Tickets | \$150

Includes tax receipt of \$55

Community Group Package | \$1100

Includes eight dinner tickets, one tax receipt for \$340

Contributor Sponsorship Package | \$380

Includes two dinner tickets, recognition,
and one tax receipt for \$170

Patron Sponsorship Package | \$2500

Includes ten dinner tickets, preferred seating,
recognition during event, and tax receipt for \$1550

Please RSVP by March 24th, 2023

Tickets can be purchased online at www.theworkingcentre.org/dinner

For more information, call 519.743.1151 x154 or email: mayorsdinner@theworkingcentre.org

As we come back to gathering in public spaces, we are celebrating the act of reclaiming "social". An auction will highlight packages that help us to gather with friends. Plan ahead with your friends to bid on auction items that help us to reclaim social gatherings. Online auction platform will be open to dinner attendees and others.

Auction goes live by March 31st and closes during the Mayors' Dinner on April 15th.

Celebrating Community Builders for 34 Years



The Mayors' Dinner has a 34-year history of recognizing and celebrating people who have made a significant contribution to our community. The strength of the Mayors' Dinner has always been the coming together of citizens, organizations, businesses, politicians, and people involved in their community, to gather with others to share stories of community building.



The 2019 Dinner (the last dinner held in person prior to the COVID-19 pandemic) recognized the important work of local grassroots healthcare organizations. Honorees included Dr. Mike Stephenson and Margaret Brockett from Sanctuary Refugee Health Centre, Chris and Michelle Steingart from Sanguen, and Dr. George Berrigan and Evelyn Gurney from St. John's Clinic.



In April 2020, the 33rd Mayors' Dinner transitioned to an online event, Guest of Honour, Frances Westley, hosted the theme of Climate Change and Sustainability, focused on developing sustainable practices in the midst of climate change highlighting grassroots work in Waterloo Region. We are pleased to continue this new format of addressing wider social themes.