



*The Grind's new initiative – transitional housing.*

### Transitional Housing Initiative

In late 2017, The Grind Pembroke accepted a generous offer of a house from the estate of a deceased community member whose executor felt that the property should be deeded to a charity serving the homeless. As The Grind had observed the need for transitional housing for the homeless beyond emergency sheltering, the bequeath of the house was a unique opportunity to provide the next stage of sheltering to homeless adult males who were connected to a health or social service agency and who were working on a life stabilization plan.

The year 2018 was focused on developing the concept, organizing the required renovations,

And identifying funding sources and potential partnerships.

Coincidentally that same year The Grind was approached by the head of Algonquin College in the Ottawa Valley's Office Administration & Executive Program searching for a relevant fundraising project as part of her student's course requirement. Following conclusion of a partnership agreement, the participating students and staff, with the input of volunteers from The Grind's Client Services Office, created an energetic community fundraising initiative the students called, "Project Hope for the Homeless". During that year (2018), close to \$12,000 was raised from community and business donations – funds that were earmarked for the required renovations at Transition House.



The college's Construction & Renovation Program also offered to assist the project.

- **In the Spring of 2019, the Construction & Renovation Program at Algonquin College followed through with their offer to assist with renovations at Transition House by assigning 30 students to work over several weeks. This contribution was calculated to be approximately \$6,500 in labour value.**



*Transition House at the beginning of renovations.*

- **In 2019, The Grind entered into a partnership with Mental Health Services of Renfrew County to accelerate the renovations at Transition House so that some of its clients could begin to use the much-needed facility in early 2020. The partnership involved funding of \$100,000 for renovations and furnishings, as well as exclusive use of one of the facility's five bedrooms. During the operational phase of Transition House, the agency agreed to cover the room and board costs of any clients lodged there.**



*Transition House at the close of 2019.*

## Coffee House Outreach

The Grind Pembroke sponsors a number of activities and program throughout the week and on a monthly basis from its Coffee House after regular operation hours. The goals have been to provide opportunities for additional socialization and activities, as well as to provide information programs that will give patrons and clients the tools they may need to become more self-reliant and knowledgeable about services in the community and social and health service processes.

The Grind Coffee House provides the ideal platform for the realization of these goals within an environment that is familiar and non-threatening. Community breakfasts, lunches, dinners and men's and women's activity nights have been popular and well attended.

- In 2019, a total of 1,017 meals were served to patrons at the twice monthly community dinners held in the Grind Coffee House on Saturday evening, (2018 - 1006 meals)



*Providing nutritious food to patrons serves a basic human need as well as fosters community spirit and well-being among our at-risk population.*

- In 2019, emergency food was distributed to 549 clients (2018 - 100 clients).

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***“In keeping with its Mission, The Grind is increasingly focused on taking more of a ‘hands-up’ approach to providing client service.”***

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- In 2019, eight women's events were held including A Night of Elegance (sponsored by the Women's Ministry of the Pembroke Pentecostal Tabernacle), Girl's Night Out, Women's Spa Evening, Craft and Paint Nights, and three breakfasts.
- In 2019, six Men's Breakfasts were held, including inspirational talks.

- In 2019, 34 clients were provided taxi transportation to motels for emergency shelter at local motels (2018 - 37 clients).
- In 2019, 66 clients were assisted with clothing requests in partnership with local thrift shops (2018 - 85 clients).

During the year, experts were invited to make presentations on several topics of importance to clients. For example, a survey was conducted in the Coffee House asking patrons about their information needs. A large majority indicated they were having challenges with housing and landlords. Consequently, a lawyer from the Renfrew County Legal Clinic was invited to talk about the rights and responsibilities of landlords and tenants. Other offerings included a free income tax clinic for those who couldn't afford to go to an accountant or commercial service. In partnership with Family & Children's Services of Renfrew County, The Grind hosted a joint meeting of Parent's Anonymous, a support group initiative to give young parents more confidence in raising their children. Finally, for the second year in a row, a flu clinic was held in the Coffee House for clients and patrons who would otherwise not bother to get one at a pharmacy or doctor's office.



## Faith Services

The Grind Pembroke is a faith-based (Christian), non-denominational organization that is inclusive of all cultural, social and religious traditions. A variety of programs and services are provided after hours in the Coffee House with the intent of providing hope and positive, reflective support to those who are looking for human contact and greater meaning in their lives.



**Faith Counselling** – for those patrons/clients who request this form of support, an academically-trained, local pastor is available each Wednesday afternoon for consultation.

**Worship Service** – Each Sunday evening from 6:30 – 8:00 p.m., a worship service is led by a local pastor with a focus on giving people inspiration and hope that their lives can change.

- **In 2019, Worship Service was attended by 731 people (2018 = 584).**

## Youth Services

The Grind Pembroke offers several programs for at-risk children and youth in partnership with youth-focused agencies and organizations, including first responders.

A **Youth Leadership Course**, administered for the Ontario Provincial Police, is an annual program for at-risk youth ages 12-16 that provides them with enhanced leadership and life skills, increased awareness of the value of civic participation, and development of relationships with a variety of emergency service agencies to foster trust and safety with communities.

The **Valley Warriors Hockey and Soccer Programs** are organized for boys and girls from 5-12 years of age who are challenged by autism, intellectual and other developmental disabilities. The hockey program started in October and ran until March each Saturday afternoon at the Pembroke Memorial Centre. The soccer program started in May and ran for seven weeks on Saturdays at the Shady Nook Recreation Centre.



- **In 2019, the hockey program, involving 13 kids, played two games against teams from out-of-town: the Ottawa Special Hero's and**

**the Ottawa Stars. The team also participated in Pembroke's annual Santa Claus Parade.**



- **In 2019, the soccer program, involving 12 participants, focused on skills development and knowledge of the game. Aside from weekly practices, no games were played.**

## Volunteers – Foundation of Our Strength

As a volunteer-based organization, The Grind Pembroke is indebted to the scores of individuals who volunteered their time and expertise during 2019 to allow us to offer all of the above programs and services. We thank them for their generosity of heart and soul.

## Our Donors

The Grind Pembroke does not receive sustainable funding from government. We rely on the generosity of individuals, our faith community, businesses and community organizations to keep us afloat. We thank you for helping us help those in need.