

october 3, 2020



what moves you?

## Help Raise Operational Funds for Transition House

### Support The Grind Pembroke's Efforts to Assist Homeless Men in Renfrew County

The Grind Pembroke has once again partnered with Blue Sea Foundation\*\* to launch **Ride for Refuge**, its major Autumn fundraising event that takes place on Saturday, October 3<sup>rd</sup>.

The Grind's focus is on raising \$40,000 for operational support of its newly renovated and opened Transition House. Transition House is not a homeless shelter. Rather it is an assisted independent living facility to provide transitional short-term accommodations for homeless men who are actively working on a life stabilization plan. Without stable housing and food, these men cannot focus on addressing their life challenges.

Already our generous Renfrew County community donors have stepped up to the plate to allow The Grind to turn a donated late-1800's house into a comfortable temporary home for men who need a hand-up to become self-supporting and resilient. Thanks to the support of students and staff of Algonquin College, who started the ball rolling with their Project Hope for the Homeless fundraising efforts in 2018, and with later contributions in 2019 of volunteer labour from other students and business groups, plus major grants from the Sisters of St. Joseph and the Ministry of Health through Mental Health Services of Renfrew County / Pembroke Regional Hospital, the renovations work was completed by May, 2020, in time for the first agency client to take up residence in the house on the 14<sup>th</sup> of that month. Now our focus is to ensure that the doors can stay open to help those who need help.

Transition House won't just provide a roof and food, although those are essential elements on the road to recovery for homeless persons. The facility, under the operational supervision of Mental Health Services, will provide other supports that homeless men will need to eventually be able to transition to more conventional accommodations. Life skills training and mentoring will be a part of the experience of living at Transition House.

Ride for Refuge will help The Grind to reach out to the community for on-going support in its efforts to serve the needs of at-risk community members. The Ride will be a fun, COVID-19 safe and family-friendly event that will hopefully raise funds to maintain the building – heat, light, insurance, maintenance – the normal expenses of running a house.

There are several ways to assist us:

- (1) through straight monetary donation in an amount of your choosing;
- (2) registering a team to fundraise through pledges from family, friends and colleagues;

- (3) supporting a team's fund-raising commitment (e.g. adults – minimum of \$150 each and youth – minimum of \$75 each);
- (4) or by being a major event sponsor.

We look forward to having you on board as a supporter of this event to ensure that Transition House becomes a beacon of hope to those who are trying to improve their lives and become contributing members of our community.

To help us, register on-line at: [www.rideforrefuge.org/charity/thegrindpembroke/](http://www.rideforrefuge.org/charity/thegrindpembroke/)

Follow our efforts on Facebook at: [www.facebook.com/thegrindpembrokefundraising/](http://www.facebook.com/thegrindpembrokefundraising/)

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\*\* Blue Sea Foundation is a registered Canadian charity headquartered in Kitchener, Ontario. It assists other charities to thrive financially by providing easy access to profitable turn-key fundraising events and services, like Coldest Night of the Year (CNOY). The Grind Pembroke has participated successfully in CNOY over the past four years.