

THE PTH GAZETTE

April 2026 Issue

Edition #13

Welcome to Spring

*"To plant a garden is to believe in tomorrow."
- Audrey Hepburn -*

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PTH Chef inspired Meals

PTH chefs play an essential role in supporting individuals living with mental health challenges by preparing delicious, nutritious meals that nourish both the body and mind. Consistent access to balanced, high-quality meals can significantly impact mood, energy levels, and overall stability, helping clients better manage their mental health. Through thoughtful meal planning, PTH chefs consider dietary needs, cultural preferences, and the importance of routine, creating a sense of comfort and predictability. Beyond the food itself, these meals represent care, dignity, and support—helping to build trust, encourage healthy habits, and contribute to a more stable and recovery-focused living environment.



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PTH Updates

Mobile Clinic

This is a **friendly reminder** to all PTH clients that mobile clinic services are **available every Tuesday from 1:00 PM to 4:00 PM**. The clinic provides convenient access to basic health care, check-ups, and support services right on-site, helping you stay on top of your health without needing to travel far. We strongly encourage all clients to take advantage of this valuable resource, whether you have a specific concern or just want a routine check-in. Your health and well-being are important, and the mobile clinic is here to support you.



Harm Reduction Supports

Reminder to Clients: Harm Reduction supports are available to help keep you safe and supported. This includes access to safer use supplies, education, and non-judgmental support from staff. If you require any Harm Reduction supplies or have questions about safer practices, please connect with staff at any time. Your safety and well-being are our priority

Client Laundry Cards

Friendly Reminder: All clients are required to submit their laundry card by the **30th of each month**. If your card is not submitted by this deadline, you will be responsible for loading funds onto your own card. If you are in need of support, please note that **laundry soap and bounce sheets are available upon request**. Thank you for your cooperation.



Complaint/Feedback forms

As part of our commitment to maintaining high-quality services and meeting accreditation standards, clients are reminded that complaint and feedback forms are available for your use at any time. These forms can be found outside the PTH office and in the boardroom. We encourage all clients to share their feedback, concerns, or suggestions, as your input plays an important role in improving our services and ensuring a safe, respectful, and responsive environment for everyone.

Second Harvest Reminder

A reminder that the PTH Program partners with Second Harvest to receive food donations every Monday morning. Items are distributed to clients on a firstcome, first-served basis. We encourage clients to arrive early to ensure they receive items that support their weekly food needs.



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PTH Staff Roster

Meet the Staff

Management

Sheldon K
PTH Program Manager

Dawn-Marie M
PTH Program Assistant Manager

Engagement & Support Staff

Rosie M
Weekday Evening Engagement & Support

Faustina M
PTH Overnight Engagement & Support

Mohamud M
Weekend Engagement & Support

Susmi G
Weekend Engagement & Support

Relief Engagement & Support Staff

Sandra N

Loy N

Ali A

Yosan A

Sheetal S

Case Managers

Scharette C

Smarika L

Alvin T
Woodgreen/PTH SIL Worker

Empress A
Woodgreen/PTH Dual Diagnosis Worker

Addictions & Harm Reduction

Elenni Rudi Habtu

Personal Support Worker (PSW)

Kunsag (Day)

Thinlay (Evening)

Chefs

Ijeoma
Lead Chef

Jameson
Weekend Chef

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WORD SEARCH

Tulip
Daffodil
Rose
Picnic
Garden

Butterfly
Bee
Ladybug
Robin
Planting

Hiking
Grass
Leaf
Bloom
Rainbow

Gardening
Bunny
Rain
Sunshine
Blossom

R A I N B O W I S A B K C S O
B C B L O O M L U Q G L D W P
U F A O A K N W N D R A Q I R
T L M D G B L O S S O M A C D
T K V S A I A G H V S S A R G
E H P K Y F G B I D E A C O N
R G A M R H F A N B L E E B I
F P N A P B N O E D A N A I N
L B I I A D E A D L H A Y N E
Y N A P T K D A A I A J N C D
L M A L A N R F A E L A N P R
C I N C I P A K W F O I U A A
U A G O A Z G L L A D Y B U G
Q E R I L L X N P G O M L Y U
W A T U L I P A G N I K I H A

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PTH Programming

Hot Breakfast Program

Every Friday, PTH staff proudly host a hot breakfast program, creating a warm and welcoming start to the day for our clients. This weekly gathering offers more than just a great meal—it's a chance for clients to mix, mingle, and connect with one another in a relaxed, friendly atmosphere. It also provides a valuable opportunity for clients to share their thoughts, ideas, and feedback directly with PTH staff, helping us continue to grow and improve our services together.



PTH April 2026 Program Flyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 reconnect health services 10:00a-11:00a	2 World Autism Awareness Day Hot breakfast 8:00am-10:00am	3 Good Friday	4 Art Groove 1:30pm-3:30pm
5 WALK & TALK 5:30pm-7:30pm	6 Easter Monday	7 HEALTHY DAY World Health Day	8 reconnect health services 10:00a-11:00a	9 Health Wellness 2:00pm-3:30pm	10 Hot breakfast 8:00am-10:00am	11 Movie Night 7:30pm-9:00pm
12 ENGO 5:30pm-7:30pm	13	14 TRIVIA FOR US 7:00pm-9:00pm	15 reconnect health services 10:00a-11:00a	16 Kit making with Rudie 1:00pm-3:30pm	17 Let's Talk Health Hot breakfast 8:00am-10:00am	18 Art Groove 1:30pm-3:30pm
19 WALK & TALK 5:30pm-7:30pm	20	21 Timmy's run 7:00pm-9:00pm	22 reconnect health services 10:00a-11:00a	23 LET'S TALK HARM REDUCTION Rudie 1:00pm-3:30pm	24 Hot breakfast 8:00am-10:00am	25 FINANCIAL LITERACY Boardroom 1:30-3:30
26 Movie Night 7:00pm-9:00pm	27	28 TRIVIA FOR US 7:00pm-9:00pm	29 reconnect health services 10:00a-11:00a	30 shopping w/ Rosie 7:00pm		

PTH Saturday Program 2026

DOMINOES & CARDS
MADISON COMMUNITY SERVICES
PATHWAYS TO HOME EVERY SATURDAY
1:30 PM – 3:30 PM
Come Join us at the Boardroom!
ENJOY A FUN AFTERNOON OF GAMES!



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Client Rights & Responsibilities

You have the right to:

Be respected and treated fairly, regardless of your culture, religion, mental or physical abilities, substance use, sexual orientation, gender identity, or any other form of diversity.

Receive services in a safe, supportive, and non-judgmental environment.

Participate in decisions about your care, supports, and goals.

Have your **privacy and confidentiality** maintained in accordance with program and legal standards.

Access information about your rights, responsibilities, and available supports.

Provide feedback or make a complaint without fear of reprisal.

Be informed about program rules, expectations, and consequences in a clear and transparent way.

Request referrals or additional resources to meet your needs.

You have the responsibility to:

Follow Program Rules:

Adhere to all house guidelines for safety, cleanliness, and security.

Maintain Safety & Cleanliness:

Keep personal and shared spaces clean and hazard-free.

Respect Others:

Treat residents, staff, and visitors with courtesy and avoid disruptive behaviour.

Follow Health & Safety Standards:

Comply with fire safety, substance use, and emergency procedures.

Communicate Regularly:

Attend check-ins with staff to discuss safety, health, or housing concerns.

Collect Meals on Time:

Pick up meals during scheduled hours to ensure fairness and reduce waste.

Honour Tenancy Agreement:

Pay rent promptly and follow all housing and community terms.

Comply with Policies & Laws:

Observe program rules and local regulations to promote harmony.

