

INNER CHILD HEALING

By Gloria Zhang

EXCEPTIONAL READ



FIVE STAR RATING

Rediscover your most authentic self before grief, societal conditioning, and complicated parents, and heal your core wounds in order to redefine yourself!

At birth, we are the fullest and most vibrant expressions of ourselves. Some of us, however, lose this radiance due to one or more tragic life circumstances that robbed us of a beautiful childhood, whether it be the loss of a parent, emotional neglect, or even an abusive upbringing. As adults, we're left stumbling through life, yearning for even a taste of that childhood wonder as we ask ourselves, "How the hell did I get here?".

INNER CHILD HEALING

By: **Gloria Zhang**

This book is "An interesting read. Sometimes we need to take time and enjoy life."

Claims Joe Inguino, Editor Publisher

The Central Newspapers, Canada.

The Central Newspaper endorses this book.

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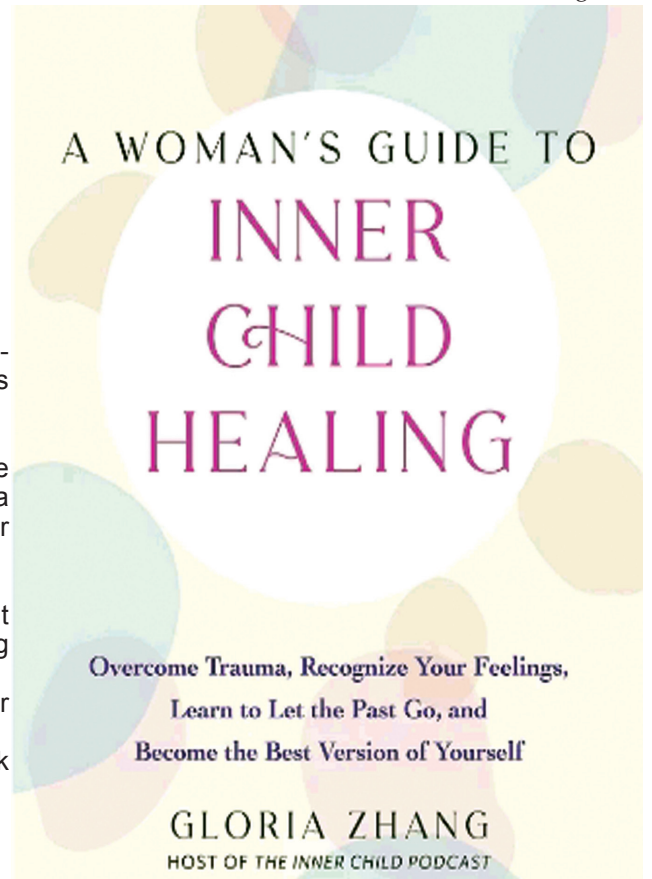


We all wonder about life. We live it and we don't think of what we are doing as time ticks by.

Then one day we sit back and wonder where it has gone.

Well, take an hour and read this book you may be surprised.

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ONTARIO BUILDING MORE SUPPORTIVE HOUSING IN WHITBY

Whitby, ON — The Ontario government is providing \$1.2 million to help create six housing units in Whitby that will support youth experiencing or at-risk of homelessness, mental health, and addiction issues. The three-story building, managed by Durham Youth Services offers transitional housing for youth ages 19 – 24. The upper and mid-level units are each self-contained, three-bedroom units equipped with a kitchen and bathroom which is shared amongst the youths living in the unit. The basement unit is a two-bedroom apartment, also equipped with its own kitchen and bathroom and designated for youth who know each other and/or youth who are supporting a young family. There is a common laundry room and shared outdoor living space. "Our government's housing plan is about creating more homes for the people of Ontario, including supportive housing that is critical to the well-being of both residents and the community," said Associate Minister Rob Flack. "This investment through the Social Services Relief Fund will help provide housing solutions for some of the most vulnerable residents in Whitby, making a real difference in the lives of people in this community." Today's announcement is part of the province's Social Services Relief Fund (SSRF), which has provided over \$1.2 billion of support to help municipal service managers and Indigenous program administrators create longer-term housing solutions and help vulnerable people in Ontario, including those who are homeless or at-risk of homelessness.

The Ontario government is also investing an additional \$202 million each year in homelessness prevention programs – the Homelessness Prevention Program and Indigenous Supportive Housing Program – bringing Ontario's total yearly investment to close to \$700 million. This includes an allocation of \$18.7 million through the Homelessness Prevention Program for the Region of Durham in 2023-24. "Our Government knows that investments to providers like Durham Youth Services with greater flexibility to deliver critical services and housing supports to those most vulnerable will have a significant impact in communities like Whitby. This is yet another positive step forward in the fight against homelessness in Whitby and other parts of the Region of Durham. In 2023-24, our Government has provided \$18.7 million to the Durham Region to address homelessness and other housing priorities." - Lorne Coe

Member of Provincial Parliament for Whitby "When we talk about the need for more housing in our community, the need for supportive housing like Durham Youth Services is an important part of the equation. This funding will ensure vulnerable youth have a safe place to call home, as well as opportunities to learn new skills that empower them to achieve their goals. Thank you to the Government of Ontario for recognizing the importance of giving every young person in our province the opportunity to thrive."- Elizabeth Roy Mayor, Town of Whitby

"The flexible funding provided by the province allowed the Region to support Durham Youth Services to create a safe space for youth without a home, to end their homelessness. A chance to build independence, before transitioning to more permanent housing. An opportunity to learn life skills, where they feel most secure—at home. Although we can't build a specific future for these individuals, we can work together to help them realize a brighter future." - John Henry Durham Regional Chair and Chief Executive Officer