

JUNE 2025

NEWSLETTER

COMMUNITY SERVICE HUB

This month, our Community Service Hub served 56 clients, providing a safe and welcoming space where individuals can be themselves, connect with others, and access comprehensive support. Our dedicated team provides daily assistance with Ontario Works applications, important phone calls to family members, doctors' offices, probation officers, and lawyers, EFRY check-ins, and court assistance. We serve nutritious meals and beverages daily, and host special events.

Monthly Health Services: Our community paramedic visits monthly to provide basic health assessments including foot care, diabetes screening, blood pressure monitoring, and treatment for common ailments like colds and ear infections—removing healthcare barriers for our most vulnerable community members.

The Community Service Hub operates as a judgment-free zone where dignity, respect, and compassion guide every interaction. Together, we're building a stronger, more supportive West Nipissing community.

CELEBRATING CLIENT SUCCESSES

We're proud to share that two clients have secured employment this month, demonstrating the power of setting achievable goals. Additionally, several clients are earning income through odd jobs with support from No More Tears and community members.

SUPPLY DISTRIBUTION

This month we distributed vital supplies to community members in need, including 2 emergency tents, 2 protective tarps, 48 pairs of warm socks, 13 nutritious food packs, 6 blankets for warmth, 1 sleeping bag, 3 fully-stocked essentials backpack and much more

COMMUNITY SOUP KITCHEN

Food has the remarkable power to bring people together, provide comfort, and show care for one another. Our community soup kitchen continues this tradition of hospitality, creating space where everyone is welcome at the table.

June 11th Service: We welcomed 45 individuals for a hearty meal of hotdogs and pasta, topped off with banana splits for dessert. Guests enjoyed their choice of juice, coffee, tea, or water in a warm, friendly atmosphere.

June 25th Service: 28 community members joined us for pulled pork sandwiches with spaghetti salad and fresh fruit for dessert. As always, beverages including water, juice, coffee, and tea were available to all.



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OUTREACH

Outreach dedicated countless hours this month providing essential support throughout the community:

Healthcare Support: We accompanied clients to doctor appointments and counseling sessions, ensuring they receive necessary medical and mental health care.

Transportation Services: Our team provided transportation to the food bank and North Bay shelters for those needing emergency accommodation.

Community Response: We responded to calls from the hospital connecting us with individuals requiring our services, as well as requests from concerned citizens for wellness checks on community members.

Employment Coordination: We coordinated odd jobs for clients, helping them gain employment opportunities and income.



MENTAL HEALTH SUPPORT

We're thrilled to welcome a licensed psychotherapist who now offers services one day per week (or as needed). This addition has tremendous impact for our clients, many of whom feel anxious about accessing services at unfamiliar locations. Having mental health support available right in our hub removes barriers and provides crucial care in a trusted environment.

ONTARIO WORKS NAVIGATION

We've also welcomed Valerie, our new Ontario Works Navigator, who visits monthly (or more frequently when needed) to help clients navigate income support systems. This personalized guidance helps ensure our community members can access the financial assistance they're entitled to receive.

We extend our sincere appreciation to our donors, volunteers, community alliances, and the broader community for their unwavering support. Your generosity, dedication, and collaboration are the cornerstones of our success.

NO MORE TEARS WEST NIPISSING

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VOLUNTEER SPOTLIGHT

MARTINE BASTIEN

This month we're celebrating Martine Bastien as our Volunteer of the Month. Martine's journey with us began when she brought food in one day, stayed to see what we do, and simply never left!

Martine has a huge heart and cares deeply about every person who walks through our doors. She takes time to sit with clients individually, having meaningful conversations and truly getting to know them as people. From day one, she began building client trust through genuine conversation and active listening, qualities that make her an exceptional volunteer.

What makes Martine stand out is her ability to make everyone feel welcomed and valued without judgment. She approaches each interaction with patience, respect, and authentic compassion. Martine never comes to her shift empty-handed, clients always look forward to the special goodies she brings, which adds an extra touch of care to every visit. Martine understands that sometimes the most powerful thing we can offer is simply our presence and willingness to listen. Her consistent reliability and warm demeanor have made her not just a volunteer, but a trusted friend to many of our extended family.

Thank you, Martine, for your dedication and for showing us all what it means to serve with heart!

