



Support House Year-End Celebration

Call-in Guide

Call in numbers: 647 558 0588 or 647 374 4685

Meeting ID: 818 0701 9934

Agenda for the Event:

1. Land Acknowledgement
2. Housekeeping and Participation Reminders
3. Year in Review
4. Executive Remarks
5. Breakout Room Activities
6. Story Sharing
7. Karaoke
8. Sign Off

Land Acknowledgement

Support House is located on the treaty lands and territory of the Mississaugas of the Credit First Nation and the traditional territory of the Haudenosaunee and the Huron-Wendat people. We understand that the land we recognize as Halton has been, and is, home to many First Nations, Inuit and Metis peoples from across Turtle Island, and beyond. We also recognize the unique connections and relationships that Indigenous people and their ancestors have had with this place since time immemorial.

We are all treaty people, and we encourage everyone gathered here today to continue to reflect on and acknowledge events of the past, and all those who came before us, and to continue on the path of Truth and Reconciliation.

We are grateful for the opportunity to live, work and meet in this territory. We are committed to learning, and to working together effectively to move us towards a community where all people and living things are valued and respected.

Housekeeping

Joining an online community can a little intimidating at first. Here are some hints and tips to support you in feeling more at ease during our celebration

1. Be aware of your surroundings. Use earbuds and find a quiet, private location to participate.
2. When you are not speaking mute yourself to limit background noise.
 - We currently have everyone muted, during the activities we will allow you to unmute
 - Mute and unmute for call-in participants is *6

Participation Reminders

To create a safe and inclusive environment for us to gather and celebrate our community please keep in mind the following...

1. Mutual Respect & Kindness
 - Be kind to one another
2. Privacy
 - Respect one another's privacy
3. Support the intention of the space
 - Today is about coming together to have some fun and enjoy each other's company
 - If you are in need of support, we encourage you to reach out to your supports
 - Crisis Services Canada is a national crisis line that can be reached at: 1-833-456-4566
 - If you are experiencing an emergency, please dial 9-1-1, your local emergency line, or visit your nearest emergency department.

Our Year in Review

In 2022 as a community we...

Group Participants

- Self-Help Groups: 264 groups, 2827 attendees
- Social Connections Groups: 196, 1578 attendees
- Just Be You Youth Groups: 50 groups, 219 attendees
- Total: 510 groups, 4624 participants

Kent grew and shaved off four moustaches!

Trainings & Webinars

- We ran 10 webinars; 6 to community partners, 4 to community members
 - with a total of 214 participants
- We facilitated 6 cohorts of Peer Support Core Competencies Training
 - with 104 individuals trained

Clare's gentle voice lulled 13 people to sleep over the year.

Everyone Deserves Support

- 12 people were supported to move into an independent, market-rent living situation
- 15 people were housed through the Region of Halton By-Name List for people experiencing homelessness
- 47 transitions into appropriate housing within Support House

We caught Centre staff member frozen in funny facial expression 37 times this year!

We were fortunate to gain 5 amazing new peer supporters!

We managed to stay connected through a major network outage, and added the term “Hotspot” to our everyday language.

Welcoming pet family members to groups and team meetings became a routine thing!

In fact, Jacquie’s dog Lily showed up to 29 groups! We considered adding her to the attendance sheet!

Most importantly, YOU showed up! Thank You! We’d like to extend tremendous appreciation for you, our community. You support us by showing up and being in our group spaces. Without You, there wouldn’t be an Us.

Breakout Room Activities

Create Your Unique Hot Chocolate

Add 3 ingredients to make your unique virtual hot chocolate

• Marshmallow	• Powdered Vanilla	• Banana Chips
• Candy Sprinkles	• Whipped Cream	• Crushed Gingerbread
• Chocolate Sprinkles	• Caramel	• Granola
• Mini Peanut Butter Cups	• Chocolate Chips	• Count Chocula Cereal
• Cinnamon Powder	• Chocolate Syrup	• Gummy Bears
• Crushed Candy Cane	• Wafer Sticks	• Smarties
• Crushed Pretzels	• Brownie Bites	• Oreos
	• Graham Crackers	• Other
	• Peanuts	
	• Waffle Cone	
	• Toasted Coconut Flakes	

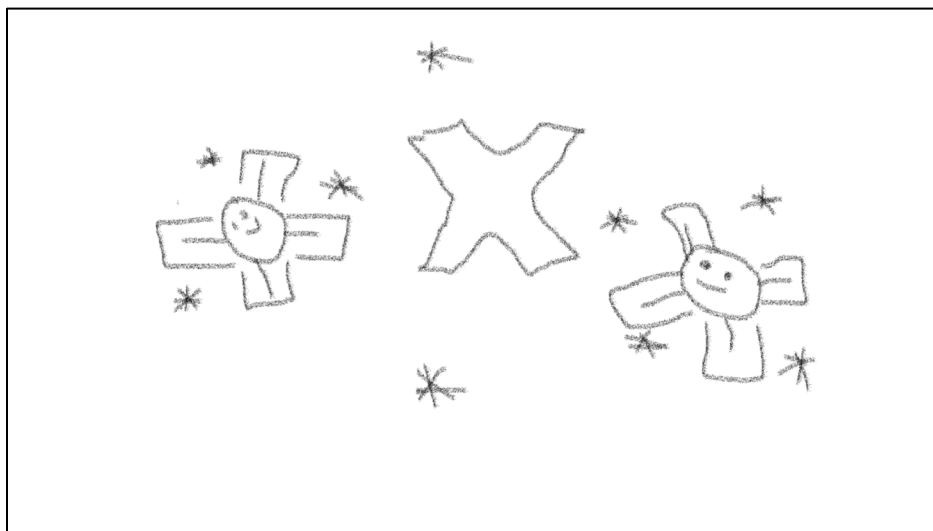
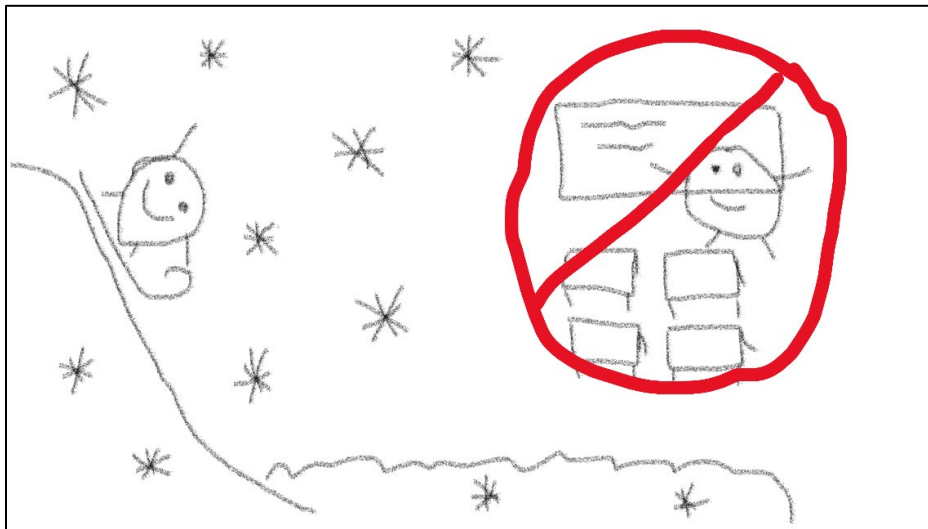
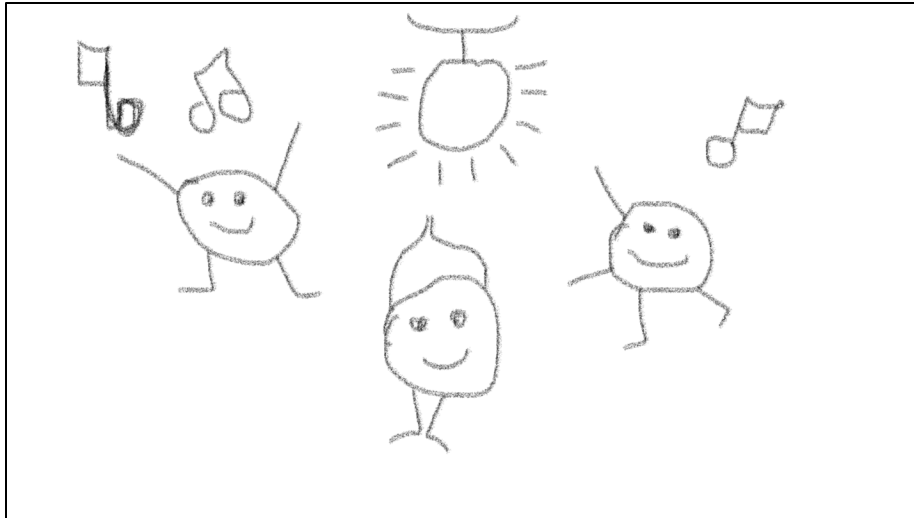
Kindergarten Sketches

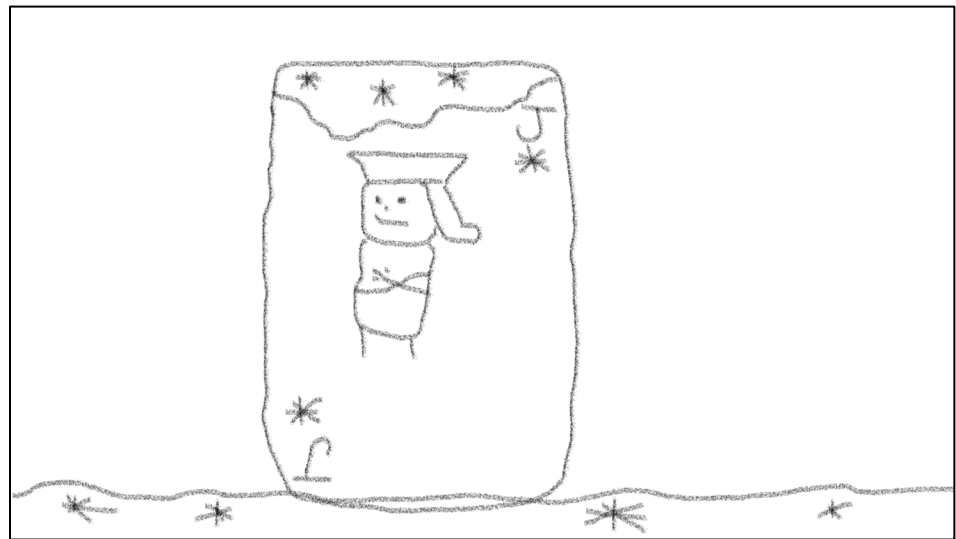
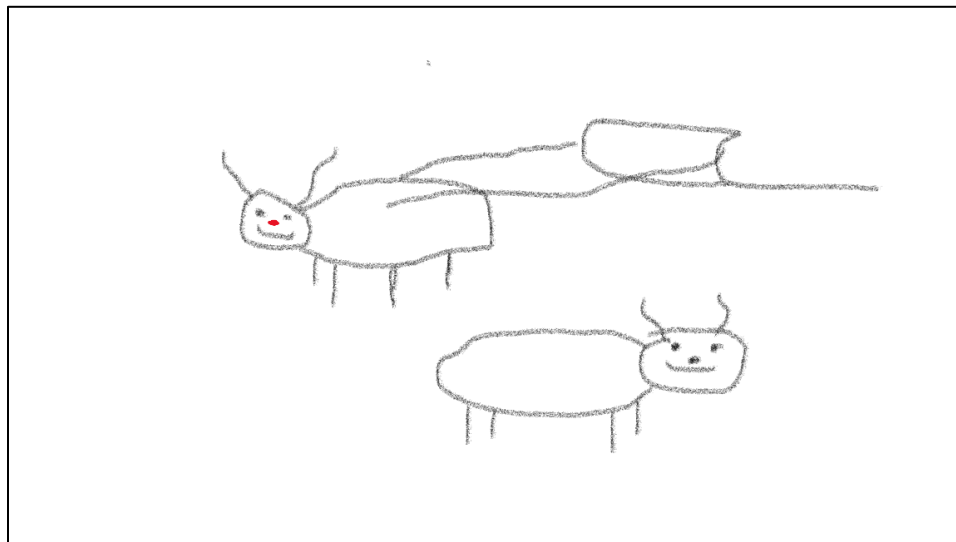
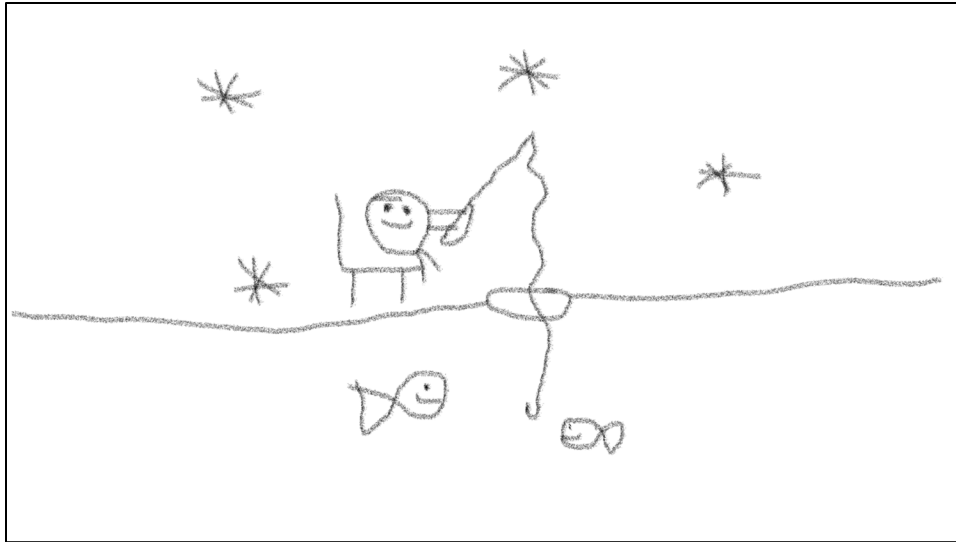
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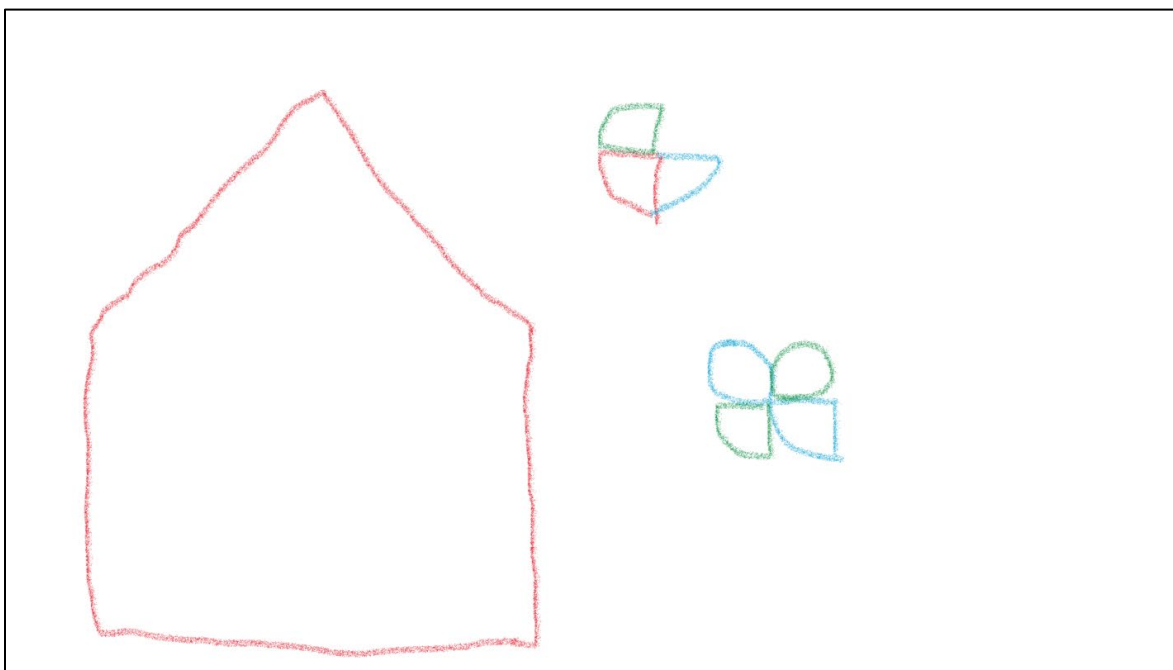
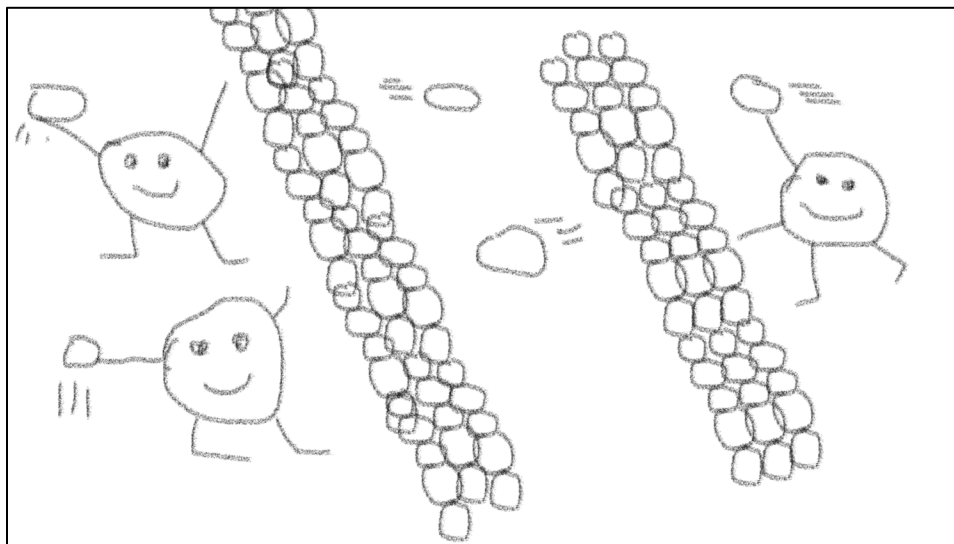
Instructions

Ethan embraced his inner child and drew his best-really-not-so-great kindergarten sketches.

Similar to Pictionary, your goal is to work as a team to guess what new year or winter related image has been drawn.







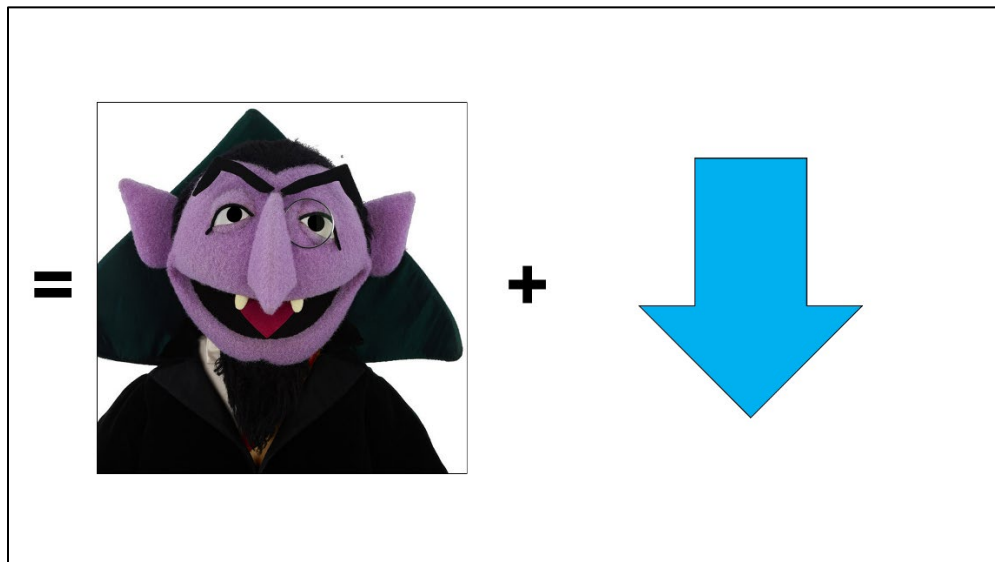
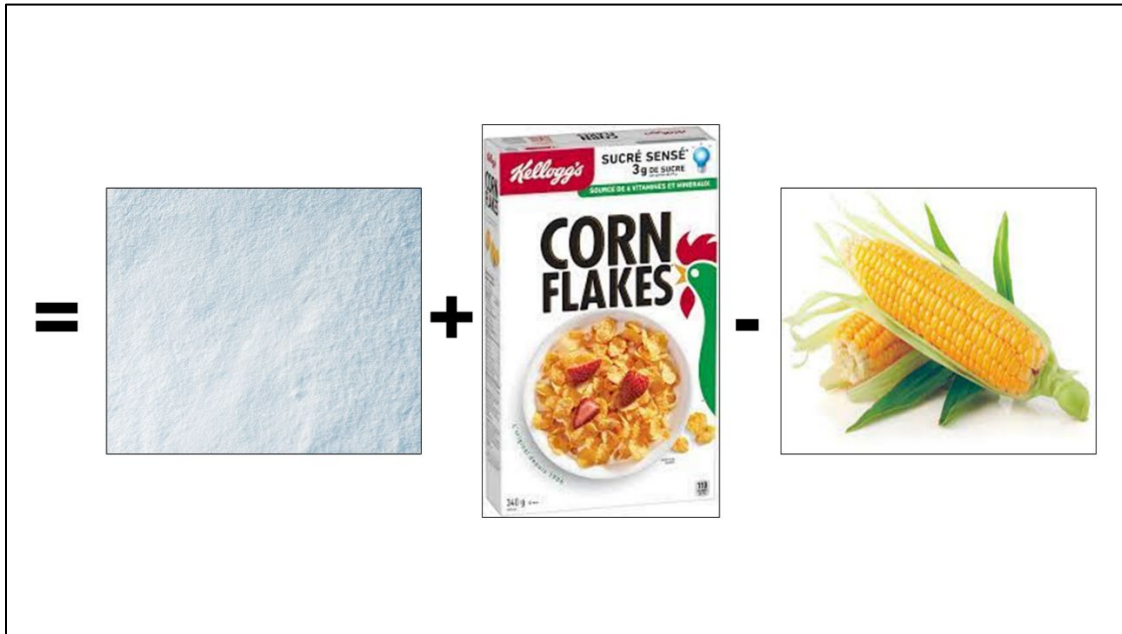
Picture Math

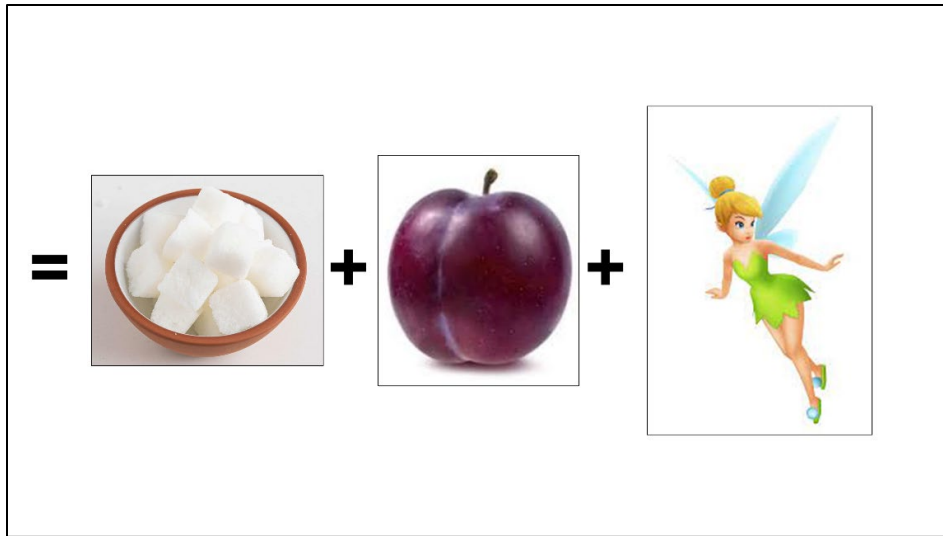
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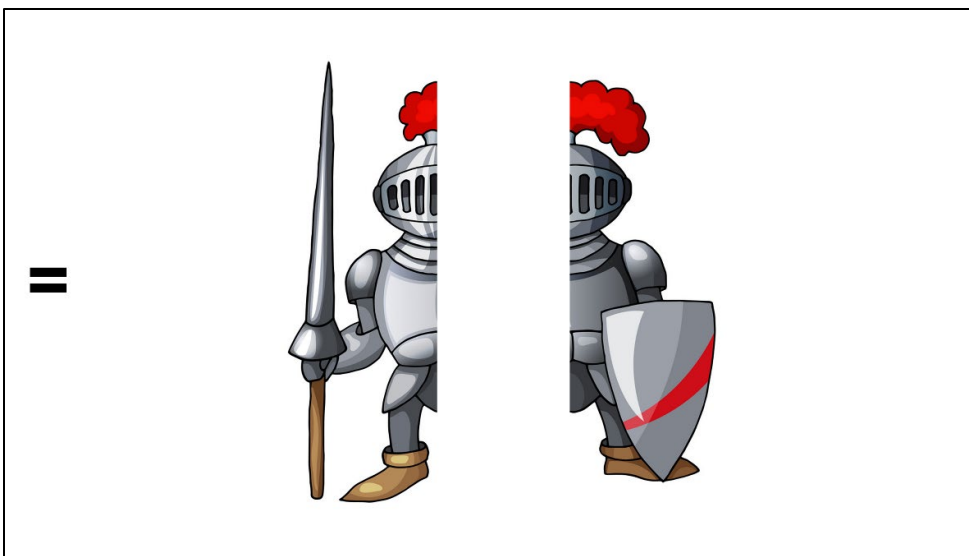
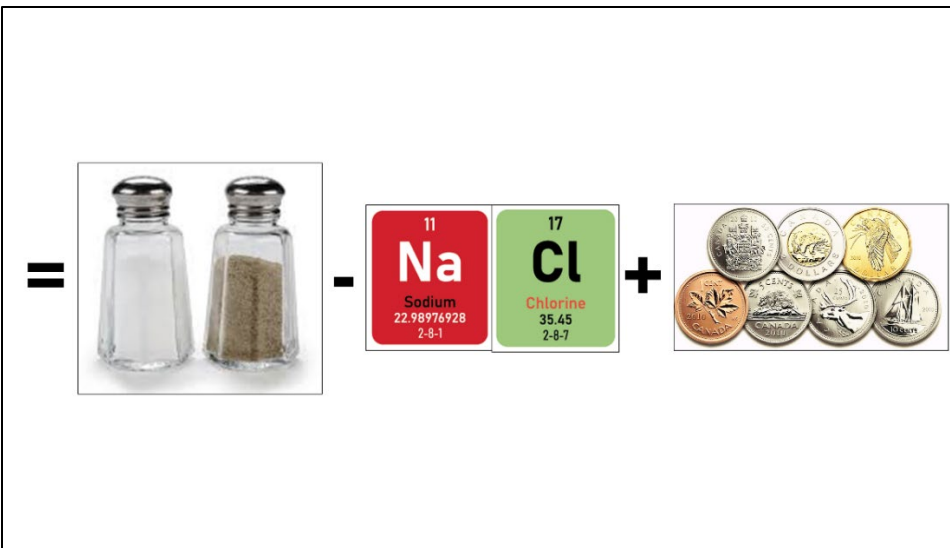
Instructions

The following slides have multiple pictures.

Your goal is to work as a team to add, and/or subtract the pictures, or what they represent to guess the new year or winter related word(s)









Group Story Telling

Instructions

We are going to collectively create a traveling story together to be shared with the rest of the group once we leave the breakout room.

You do not have to worry about keeping track of the story. Our host will be writing our story down in a separate word document to bring into the larger room to share with everyone else.

The facilitator will call on each person in the space, you can either share some thoughts to help build our story or you can pass if that is more comfortable to you. Let's ensure we keep our story appropriate and inline with the guidelines of the space today.

Our story starts with...

“We were walking through the snow today and....

Karaoke

Happy

It might seem crazy what I am 'bout to say
 Sunshine she's here, you can take a break
 I'm a hot air balloon that could go to space
 With the air, like I don't care, baby by the way
 Huh (Because I'm happy)
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do
 Here come bad news talking this and that (Yeah)
 Well give me all you got, don't hold back (Yeah)
 Well I should probably warn you I'll be just fine (Yeah)
 No offence to you don't waste your time
 Here's why
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do

Uh, bring me down
 Can't nothing, bring me down
 My level's too high to bring me down
 Can't nothing, bring me down, I said
 Bring me down, can't nothing
 Bring me down
 My level's too high to bring me down
 Can't nothing, bring me down, I said
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do
 Uh, bring me down (Happy, happy, happy, happy)
 Can't nothing (Happy, happy, happy, happy)
 Bring me down, my level's too high
 To bring me down (Happy, happy, happy, happy)
 Can't nothing (Happy, happy, happy, happy)
 Bring me down, I said
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you (ayy, ayy, ayy)
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do
 Clap along if you feel like a room without a roof
 (Because I'm happy)
 Clap along if you feel like happiness is the truth
 (Because I'm happy)
 Clap along if you know what happiness is to you (hey)
 (Because I'm happy)
 Clap along if you feel like that's what you wanna do
 Come on