

## 2024 1<sup>ST</sup> QUARTER MONETARY DONORS

Chick-Fil-A, in partnership with Second Harvest, has pledged a generous donation to our food bank in March. This donation will certainly go a long way in helping us acquire much needed items and goods, to sustain our food Bank. Not only do they provide us with weekly donation of chicken, which is much loved by all, they have recognized the work we do, and the tremendous need in our community, and wishes to make sure that we are able to continue to serve that community.

**MONTHLY DONNER:** A special thanks to Jen and Ali who have been supporting us monthly since 2023; your donation has allowed us to be able to purchase produce bags needed to pack and distribute our fruits and vegetables, Thank you. A Special thanks to Shaian Martin, Gursimon Singha, Her Voice U of T, John Parrott, and one other who chooses to remain anonymous, Your donation is helping to make a change, and your willingness in helping us do that, is appreciated.

## OTHER MENTION

Congratulations to our Valentine's Day

Raffle winners:

Ms. Lewis, our 1<sup>st</sup> prize winner of our Spa Package, and Ms. Desnavines, our 2<sup>nd</sup> place winner of a pair of Gold Earrings. I hope you enjoyed your winnings.

Our Financial Literacy workshop conducted in two parts during the month of February was a success, thanks to Mr. Philippe Nanalh, our facilitator. This year, we also conducted a much needed Budgeting Workshop specifically designed for low income earners, facilitated by Ms. Tanya Wilson.

# THE SECOND CHANCE FOUNDATION

(A NON-PROFIT ORGANIZATION)

## NEWSLETTER

VOLUME1 / ISSUE 2  
APRIL 01 TO JUNE 30<sup>TH</sup> 2024



### MARCH 8TH WAS INTERNATIONAL WOMEN'S DAY

"INVESTING IN WOMEN IS VITAL FOR OUR COLLECTIVE ECONOMIC PROSPERITY AND GLOBAL STABILITY. WHEN WE EMPOWER WOMEN, COMMUNITIES PROSPER AND COUNTRIES THRIVE."



I want to thank Kaitlynn Fernandez for inviting me as a guest speaker on woman issues at Niagara College; It was quite informative and insightful. I learned a lot from my fellow panelist as well.

I was equally blessed to also be invited to the Birchcliff Community Centre to join in and participate in a series of round table discussion on women issues, how we define and address inclusion .....





## INCOME TAX CLINIC

TSCF operates a year round Income Tax Clinic, in partnership with CRA. Our Tax Clinic remains free for individuals or families that meet the criteria that have been set out; want to know if you qualify? Give our office a call at 416-792-6702 Ext. 11; or alternately, an email can be sent to:

[taxes@thesecondchancefoundation.ca](mailto:taxes@thesecondchancefoundation.ca). We will be more than happy to provide you with the necessary information. The deadline to file your 2023 personal income tax return is April 30<sup>th</sup>, 2024. If you are mailing a paper return, your envelope must be postmarked no later than 12 midnight of April 30<sup>th</sup>, 2024.



43 Division, once again, supporting TSCF. These lovely officers, along with others not shown, and our Food Bank coordinator, conducted an Easter Food Drive for the Foundation Food Bank. Here is a sample of what they collected, with the help of Metro Supermarket. Gratitude abounds for providing us with items that we are not normally able to provide.

**TSCF, along with New Beginnings** is offering a support program, with its aim of promoting the livelihoods of women through educational enrichment, healthy living, and social development. This program is aimed primarily at women between the age of 18-39, who are on social assistance or living in a shelter, to get back on their feet, get out of poverty, and stay out of poverty. The program includes, but not limited to:

- Free Humber College Program – Digital Business Office Technology Certificate
- Necessity Packages (money for groceries, personal and home supplies)
- Paid internships
- Financial Literacy, and Career Development workshop

All interested applicants who fit the criteria are asked to send an email to:

[registration@thesecondchancefoundation.ca](mailto:registration@thesecondchancefoundation.ca) with your full name contact information and age, and you will be contacted with further details.



**Our Thrift store provides a private shopping experience of clothing and household items to those in need, as long as they are referred by their worker. When the general public supports us by purchasing items or donate to our Thrift Store, it allows us to continue to support our community. We are open Monday to Friday: 10 am to 7 pm; Saturdays 10 am to 6 pm; and Sundays from 11 am to 5 pm.**

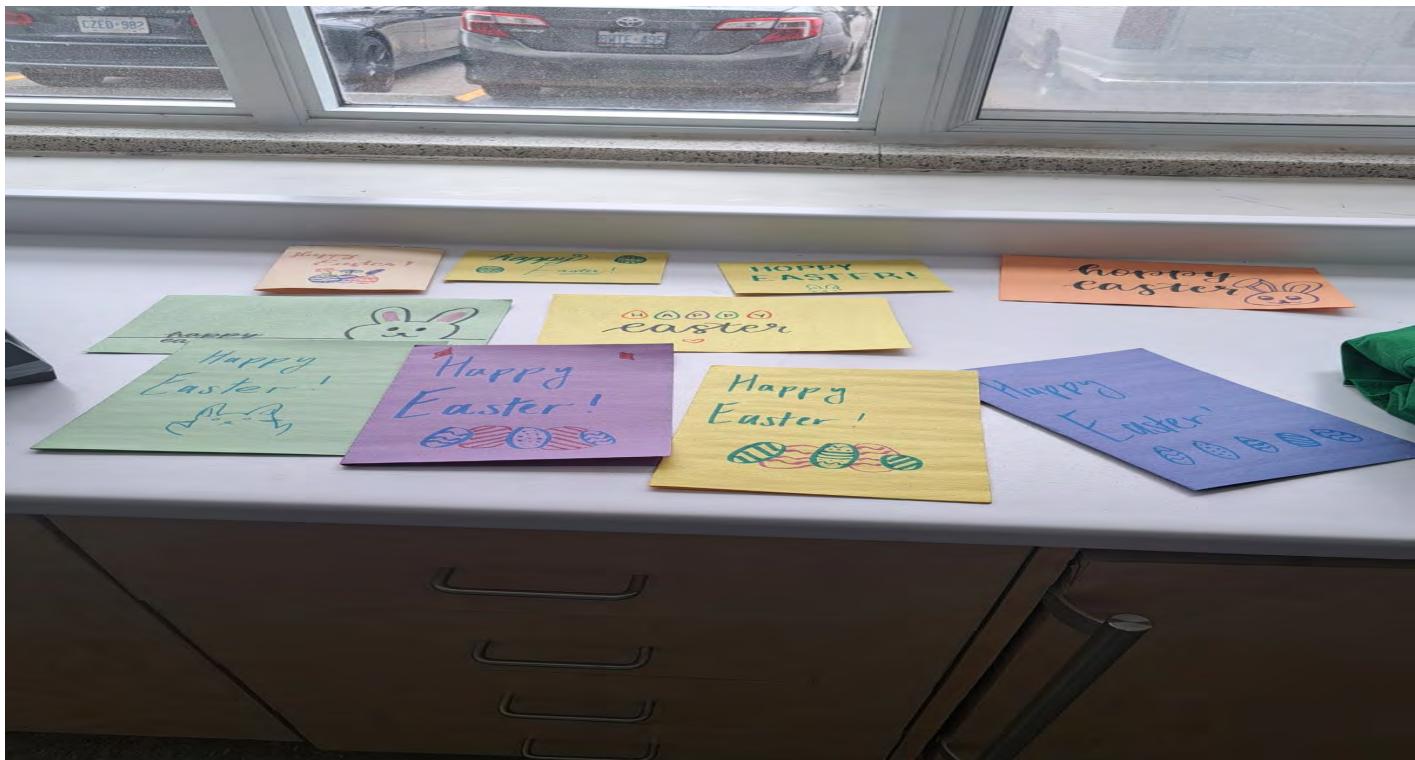
## **EASTER AT TSCF**

In Christianity, Easter is the week to remember the sacrifice of Jesus Christ, after his death by crucifixion. For Christians, regardless of your "strip" Easter is a day of religious services and family gatherings. In Orthodox Christian traditions, eggs are painted red to symbolize the blood that Jesus shed on the cross. In non-Christians, the egg is a symbol of the regeneration that comes with springtime. The day is a good time to stage Easter egg hunt, decorate Easter eggs, join in Easter craft contest and indulge in holiday feasts. As for the Easter Bunny, (not sure where the tradition came from), but, since ancient times, the hare has been said to represent rebirth.

On March 30<sup>th</sup>, TSCF had our Annual Easter Egg hunt for the children, complete with face painting, bouncy castle, ATVs, egg painting, crafts, and lots of prizes and surprises. We finished off the day with a brunch at Qssis Banquet Hall, where we wrapped up around 4 pm. I want to thank Costco, The community police at 43 Division, The Students from the University in Waterloo and Centennial, Qssis, who worked with us by providing the space, and all TSCF volunteers who worked to make this day come together. Another successful event accomplished. Some pictures provided below.







## PROGRAMS AND WORKSHOPS APRIL TO JUNE 2024

**The Second Chance Foundation, in conjunction with Second Harvest, will be putting on a workshop on the following 3 topics:**

April 3, 2024, starting at 1 PM: **Eating Well on a Budget** - come learn how you can stretch those pennies and still eat well,

April 10, 2024, starting at 1PM: **Food Storage** – We have all had issues with food storage, how long it will last and the best way to store food for longevity. Let the expert show us how.

April 17, 2024, starting at 1PM: **Meal Planning** – Planning meals is an art that we should all learn to do. Sounds simple, but it's not.

These workshop will be held in our Community Room at 3171 Eglinton Avenue East. Our space is limited, so if you would like to attend one, or all of these workshops, please contact our office to have your name placed on the list.

Email: [registration@thesecondchancefoundation.ca](mailto:registration@thesecondchancefoundation.ca)

Telephone: 416-792-6702 ext. 11



## Women's Self Defence



We want to effectively prepare you mentally and physically to:

- learn to be aware of your surroundings,
- learn to identify potential threats and discreetly avoid those scenarios,
- learn to de-escalate rapidly evolving situations,
- learn to effectively defend yourself and neutralize any threat.

To prepare you TSCF is offering a 6 week course

**Start Date: April 23, 2024**

**Time: 6-8 pm**

**Location: 3171 Eglinton Ave E**

**Room: Rec room**

**Space is limited.**

Use this QR code to register today.



## **OTHER EVENTS HAPPENING AT TSCF WITHIN THE 2ND QUARTER:**

- May 10<sup>th</sup> will see us celebrating mothers of all strip at our weekly Food Bank.
- June 14th will see us honoring all the fathers on our Food Bank day as well.
- Every year in June (this year it will be June 15th), we solicit donation for care package for the homeless, the under-housed, and the marginalized members of Scarborough and the surrounding areas. These care packages are filled with, but not limited to, personal essentials (for men & women), a hot meal, water, Juice and fruit. A donation of \$5.00 towards this drive allows us to create and put together these packages.

## **THE FINAL WORD**

The great man is he who does not lose his child's heart. - Mencius –

"We have the sky. The rain and the sun come from the sky on old people, young people, rich people, poor people -- all colors, races, and religion, not honoring and blessing just one person or one place, but coming down from above on and for everybody, unconditionally. And if we were to meditate on that vast scale, our petty troubles would fade away".

Keep an eye on yourself for a few days and see the moments where you could experiment by trying something new, meeting someone new, and or moving out of your comfort zone.

### **Contact Us:**

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**3171 Eglinton Avenue East**

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**Telephone: 416-792-6702 Ext. 11**

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