

Feature Article



Finding Hope for the Lost

In the last six years, we have encountered many people who have faced challenges in their lives: older adults isolated from community; youth at loss and uncertain about their future; food bank clients adjusting to a new country or the homeless seeking warmth and shelter. While our existing programs and services can alleviate some of the burdens for them, it is vital to address their needs in a more comprehensive way so that their overall wellness can be improved.

As such, 105 Gibson Centre launched the Wellness Clinic in 2018 to deliver service to our registered users from a social, physical, emotional and spiritual perspective. Starting in early 2020, we will launch a pilot counselling service to address mental health issues and will be an integral part of our ministries. Working closely with other ministries, the counselling service provides a crucial component to the Centre's goal of delivering holistic care to the community. In fact, even before 2020, there had been workshops offered in Arabic, Cantonese and Mandarin for our food bank users and parents of our youth to discuss parenting topics that are commonly seen in counselling sessions.

This may be the first instance where counselling is offered as part of the services at a community centre and not inside of an institution such as hospitals or private clinics. The team consisting of psychologists, psychotherapist and social workers is capable of providing comprehensive mental health services including diagnosis, counselling

or psychotherapy and the referral of community resources for helping people with their life's challenges.

These factors allow our users to sign up for counselling sessions, at discount rates if necessary, at the same place where they come for programs. Counsellors can also encourage the counselees to participate in our programs because physical activities contribute to good mental health. Thus, this is a benefit where within the Wellness Clinic and Counselling Services, our users can have their physical, emotional and psychosocial needs met under one roof.

A cultural stigma that family secrets are not to be exposed often leads the vulnerable to seek solutions on their own and they may not seek professional advice until it is very late. Both the Wellness Clinic and Counselling Service are working with ministries to create topical and needs-based workshops for our community. We pray our holistic services at the Centre can be helpful to our users when they most need it and empower them to seek immediate intervention instead of relying on a doctor's referral to a specialist. It is our ultimate goal that users will experience 105 Gibson's mission – to sense God's compassion and hope in their lives and find their path forward.

Counselling Service by APPOINTMENT only

English, Cantonese and Mandarin services available.

Please leave a message at **905.946.8787 ext 170** or email **counselling@105gibson.com** to book

For details about the 105 Gibson Counselling Service, please visit **www.105gibson.com/counselling**



New and Old

Ray Lee

I celebrate the diversity, dedication and hard work of the volunteers who invest in the lives of others in the community by serving at the Centre. They come from many backgrounds and circumstances. We have over 100 volunteers spending an average of 1,770 hours here every month in 2019. This is phenomenal and much needed as our overall number of services continue to increase.

However, we desire our impact not only to be in breadth but also in depth as we reach deeper into Markham and Scarborough by partnering with neighbouring schools, churches and local groups.

How do we want to see our impact? I think we can see our impact when we can help individuals make connections with others and begin to make sense of their world, themselves, creation and God; when benefactors of our services embrace opportunities before them that allow them to give back to society, such as in Hatem's story and in the lives of our young adults; and when we together can reach toward physical, emotional, mental and spiritual health.

As we head into 2020, you can enrol in our new, by appointment only, Counselling Service that offers individual, couple and family counselling from an interdisciplinary team comprising of psychologists, psychotherapists and social workers. There is hope beyond the issues that appear to press upon us every day. I tried couple counselling many years ago and it transformed my marriage into something very beautiful. I never looked back.

MY experience with 105 Gibson

My Favourite Place

Hatem Al Ameri

105 Gibson Centre's Food Bank is not the first food bank that Hatem visited after arriving in Canada in 2017. However, the Centre's friendly environment and staff had given him a sense of belonging. To him, the Centre is different from other places because he feels the people here love to help and welcome him every time. This made him want to come back – and he has!

Now, Hatem volunteers at the Centre and is often seen setting up classrooms, lifting heavy items or chatting with people and making new friends everyday. He loves to help and not says no to anything. Why? In his words, "Because 105 Gibson Centre is my favourite place." -- *Written by 105 Gibson Reporter*



Seven volunteers were honoured with the **Ontario Volunteer Service Award** which recognizes adult and youth volunteers who had contributed to the Centre for over five and two years respectively. Congratulations to Kevin Leung, Henry Wang, Louisa

Ting, Nora Yeung, Elaine Cheung, Shi-Yi Chiu and Ming-Sing Tso. Thank you for your committed and dedicated service!

Volunteer Opportunities

Our **Out of the Cold program** and **Tax Clinic** will resume respectively in **January** and **March** and we will need many volunteers to help in the following positions.

OOTC

Hospitality, Kitchen, Clothing Bank, Registration, Setup/Cleanup and Special Services.

To details, please visit
www.105gibson.com/out-of-the-cold/



Tax Clinic

Tax Preparer, Receptionist and Telephone Scheduler.

To details, please visit
www.105gibson.com/tax-clinic/



Thankful for What I Have

Benny Wong

As a recent grad with steady employment, Benny always considers himself lucky to have everything he needs and not having to worry about anything. Volunteering at 105 Gibson's Food Bank, Tax Clinic and the Out of the Cold program reinforced this and has changed his perspective of the Centre.

When Benny first heard of 105 Gibson Centre, he thought the Centre only served the Chinese community. Yet, after meeting some of the users, he realized that assumption was wrong. The Centre does, in fact, serve many from other cultural background and walks of life!



For instance, some of the OOTC guests were successful in life before experiencing a downturn. Benny welcomed them and conversed with them during dinner time. He considered this to be a precious opportunity to show hospitality and to understand what they have gone through. He was also hugely motivated by a single mother he met at the Tax Clinic. With two daughters and not much income, life is difficult for the family. Yet, seeing how she placed taking care of them at a higher priority over finance is very touching to Benny's heart.

Benny has learned that not everyone is as lucky as him and he is very thankful for what he has. His perspective on life has changed and he is encouraged to give back to the community so more people can benefit from 105 Gibson's services.
-- *Written by 105 Gibson Reporter*

January – April courses

105 Gibson Centre offers a wide variety of interest courses to the community. Sign up for a class today. Check out some of our new classes.

Activities & Programs

Community Classes

- Wing Chun Kung Fu
- Interactive Playtime with Kids
- Financial Literacy Course

See more at www.105gibson.com/community-classroom/

105 Gibson Abundant Life Institute classes (55+)

- Android Mobile App
- Stretching Exercise: the Visceral Approach
- Health and Wellness Dietary Recipes: a Chinese Perspective

See more at www.105gibson.com/abundant-life-institute/

105 Gibson in Action

105 Gibson Abundant Life Institute

Christmas Lunch on December 5 was filled with laughter and joy as members enjoyed a scrumptious lunch. Classes also performed on stage.



105 Gibson Community Christmas Celebration took place on December 14 with student sharing, gift draw and performance.



The **Christmas Dinner Celebration for Newcomers and Neighbours** on December 15 was packed as guests mingled with each other.



Youth Services **A Meal Together** wrapped up the school term with a **Christmas celebration** on December 19. The students were treated to a delicious meal in addition to game time.

Thanks to the support of many individuals and groups, we prepared 21 hamper baskets for our **Food Bank** clients this year. Along with funding from **MAZON Canada**, we were able to include a turkey in the gift as well.



Upcoming Events

105 Gibson Abundant Life Institute will host **Chinese New Year Celebration** on Saturday February 1 from 1 - 4 pm. Activities include calligraphy, dance, gospel songs and message; **Valentine Fun Night** on Saturday February 15 from 7 - 9:30 pm. Activities include singing, dancing, games and performance.

Youth Services will hold **40 Hours and Beyond** from January to May. It is designed to help high school students gain a better understanding of themselves, interpersonal communication, different cultures and their society through volunteering. For more information, please contact Ivy at ivyh@105gibson.com

105 Gibson Cultural Cafe will host **Music Cup**, a night of music performances based on different themes from January to April from 7:15 - 8:30 pm.
2nd Tuesday: Golden hits
3rd Tuesday: Worship songs
4th Tuesday: Original music
Coffee and snacks will be provided. All are welcome to join.

Free Tax Clinic 2020

In March and April, trained volunteers will provide free tax return services for individuals and families who meet the following eligibility criteria:

- Individual income less than \$35,000
- Family income less than \$50,000
- No business or rental income
- No investment income
- Foreign properties less than \$100,000

By APPOINTMENT only

March 7 to April 26 Saturday: 9:30 am to 12:30 pm
Sunday: 2:30 to 5:30 pm

March 4, 11, 17, 25 Wednesday: 6 - 9 pm

English, Cantonese and Mandarin services available.

Please leave a message at 905.946.8787 ext 168 or email taxclinic@105gibson.com if you meet the above criteria to book.

For inquiries or registration, please visit Centre reception, call 905.946.8787 or email info@105gibson.com

Supporting 105 Gibson

We welcome you to join our efforts in blessing the community through partnership, donations and volunteering.

We also take this opportunity to remember and honour the late Ms. Elizabeth Kwok, who had been supporting 105 Gibson Centre even before our Phase 1 construction began. We thank God for her heart for our Centre and our mission. May her testimony encourage us as we continue to bless our community.

Visit our website for more information on how you can support us!