

## My Home. My Community.

### “Home is where one starts from.” –T.S. Eliot

Housing is a social determinant of health. Housing refers to dwelling places on a continuum from homelessness to affordable home ownership. Homelessness is defined as the experience of people when they are:

- living on the street or in an unfit, substandard or unsafe place not meant for "human habitation";
- staying in an emergency shelter;
- staying in temporary and insecure housing; or
- at risk of homelessness. Toward Common Ground

### Why is this important?

Having a safe home provides comfort, shelter and security.

- Imagine you had to spend most of your money to pay for your home; you may have little money left to pay for food, clothes and other bills.
- Imagine your home has safety hazards; mold, pests and/or unsafe conditions for you to live in. This increases a person's risk for their health, physically and mentally.

This DIY invites you to engage in creatively expressing home, reflect on what it means to you and learn more about organizations that support individuals experiencing homelessness.



DYK? Chronic youth homelessness is defined as someone who is currently experiencing homelessness and it has been ongoing for six months, or a cumulative total of 18 months in the past three years.

In August 2018, 51 youth were experiencing chronic homelessness. At the beginning of the pandemic, 23 youth were on a by-name list for chronic homelessness in the area, and now (April 1, 2021), only nine remain.

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### Activity Supplies:

- blank paper, canvas, note card
- creative supplies; coloured construction paper, magazine/article headlines, stickers, stencil
- pencil crayons, markers, paint, glue, pen, pencil
- or, make it digital! Get creative with online platforms for photos, graphic design or video

### Activity Steps:

- Think about your home. What room is your favourite? Where do you feel safe?
- Draw that room. What does it look like? What is inside? Your favourite chair. a pet, you?
- Use supplies to create an art piece. Draw and colour, sketch, watercolour, paint
- Give your artwork a name or use 'Home is ...' and add your artist signature

### Reflection

- How would you feel if you did not have this favourite space?
- What if you could take only one item with you. What would that be? Why?
- How might someone experiencing homelessness feel? Safety, security, belonging.
- How can you help? Brainstorm a list or write yourself a letter highlighting how you will make a difference for individuals in our community.
- How could our community help?



### PIN Points:

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting [homelessness](#)
2. Community Information including [local resources for individuals experiencing homelessness](#)