bgc Durham

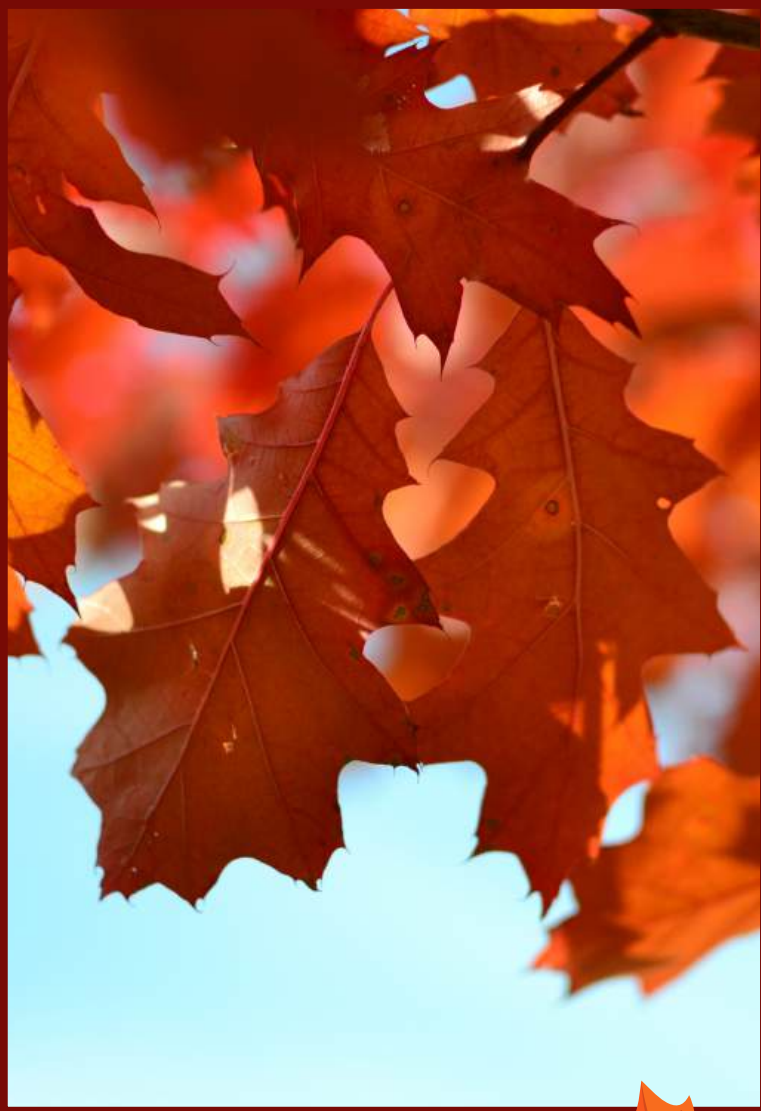
bgcdurham.com

INCLUSION MATTERS

November

NEWSLETTER

November is a month of change — the days grow shorter, the air turns colder, and we begin to lean on one another a little more for warmth and connection. At BGC Durham, it's a time to reflect on kindness, courage, and community. We start the month by honouring Remembrance Day, taking time to remember those who served and sacrificed for peace. Their bravery reminds us that peace begins with each of us — through compassion, inclusion, and acts of care in our daily lives. As the month continues and we observe Bullying Awareness and Prevention Week, we come together to stand up for empathy, respect, and belonging. Even as the weather cools, our programs and relationships remind us that warmth comes from how we treat one another. This November, let's honour the past, nurture kindness in the present, and keep building a community where everyone feels safe, valued, and connected.



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UPCOMING EVENTS

NOVEMBER IS
Hindu Heritage Month

NOV 11
Rememberance Day

NOV 17-21
Bullying Awareness & Prevention Week

NOVEMBER

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New programs are here! Visit bgcdurham.com and explore the Parenting page under Programs to learn more about our latest offerings for parents and youth.

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MEN'S MENTAL HEALTH

November is a time to raise awareness about men's mental health — a reminder that everyone deserves support, understanding, and a safe space to talk about how they feel. At BGC Durham, we encourage open conversations and challenge the idea that "being strong" means staying silent.

Why Does It Matter?

MOVEMBER®

- **Many men and boys feel pressure to hide their emotions or "tough it out."**
- **Talking about feelings and asking for help is a sign of strength, not weakness.**
- **When we make space for open conversations, we help build healthier families and communities.**

Everyone deserves to feel seen, heard, and supported. Inclusion means breaking down stigma and showing that mental health is important for everyone, no matter their gender.

What helps you feel calm or supported when you're having a hard day?	Who can you talk to when you're feeling stressed?	How can we remind each other to take care of our mental health?

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Remembrance Day

Remembrance Day reminds us to pause, reflect, and honour those who served and continue to serve for peace and freedom.

It's also a time to talk about what peace means in our own lives — how we can show kindness, understanding, and respect every day.

Peace isn't just the absence of war — it's about creating spaces where everyone feels safe, heard, and valued. Whether it's standing up for a friend or including someone new in a game, small acts of kindness make a big difference.

Fun Activity Ideas!

Paper Poppies:
Create red poppies from paper or felt and display them on a bulletin board with messages of peace.

Pebble Poppies:
Paint small rocks with red poppies and positive words like "peace," "hope," or "thank you" to display outdoors.

Gratitude Cards:
Write thank-you notes or drawings for local veterans or community helpers.

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Bullying Awareness & Prevention Week

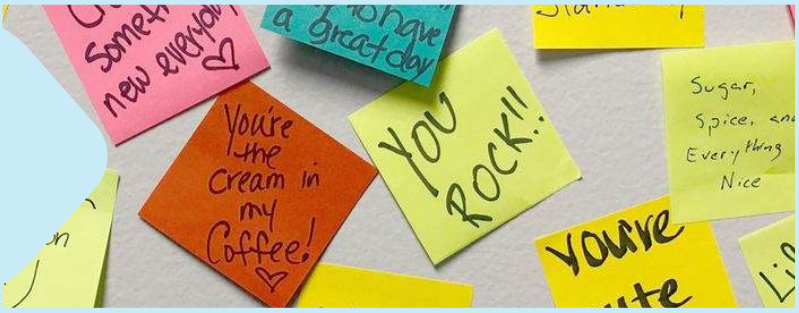
Nov 17–23, 2025

This November, BGC Durham is joining communities across Ontario to take a stand against bullying and promote kindness, respect, and inclusion. It's a great time to remind ourselves that everyone deserves to feel safe, accepted, and valued — no matter who they are.

Families and members can join in with fun activities like...

Making a Kindness Chain to show how good deeds connect us all!

Building a Compliment Wall to share positive messages!



Wear pink during the week to show your support and spread the message that kindness matters!

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TRANSITIONING TO WINTER ROUTINES

As the days get shorter and activities move indoors, it's normal for children (and adults!) to experience changes in mood, energy, or focus. Supporting smooth transitions helps everyone feel comfortable and included.

Change can be hard — especially for kids with different sensory or emotional needs. A calm, predictable environment helps everyone thrive.

TIPS FOR SUCCESS

VISUAL SCHEDULES: Use charts or pictures to show what's coming next in the day.

CONSISTENT ROUTINES: Keep morning and after-school routines steady to reduce stress.

CALM CORNERS: Create a cozy space for quiet breaks or mindfulness moments.

MOVEMENT BREAKS: Include short stretching or dance breaks to re-energize.

OUTDOOR MOMENTS: Even in colder weather, fresh air can boost mood and focus.

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Winter Warmth & Giving Back

As temperatures drop, November reminds us that warmth comes not only from coats and mittens but also from caring hearts. This is a great time to teach empathy — helping others without expecting anything in return.

Everyone deserves warmth, food, and comfort. When we give, we build a community where everyone belongs.

Here are some fun ideas for giving back:

Warmth Drive:
Collect gently used coats, hats, scarves, and mittens for families in need.

Food Drive:
Join us in supporting local families — donate winter essentials through community partners like Simcoe Hall Community Programs.

Neighbourly Challenge:
Encourage members to do one kind act for someone else — shovel a neighbour's walkway, hold the door, or share a smile.

Together, small acts of kindness can make a big difference. Let's spread warmth in every way we can this November.

FREE COMMUNITY RESOURCES AND SERVICES

Salvation Army

At 45 King Street East in Oshawa, The Salvation Army offers free, caring support for individuals and families facing difficult times. Services include a well-stocked food bank, hygiene and baby supplies, and confidential counselling for grief, addiction, and family challenges. They also run seasonal programs such as back-to-school drives and holiday assistance. With a focus on dignity, compassion, and community connection, The Salvation Army helps local residents meet essential needs and find hope for brighter days ahead.

Check them out at: https://saoshawa.ca

Canadian Mental Health Association Durham (CMHA Durham)

CMHA Durham, located at 60 Bond Street West in Oshawa, provides free and accessible mental-health and wellness supports for youth, adults, and families. Services include counselling, crisis response, peer support, and community connection programs designed to promote emotional well-being and recovery. No referral is needed—individuals can walk in or call for help. CMHA Durham offers a safe, inclusive environment where people can find understanding, guidance, and ongoing support on their mental-health journey.

Check them out at: https://cmhadurham.ca

The Back Door Mission

Located at 66 Simcoe Street South in Oshawa, The Back Door Mission is a welcoming community hub offering free daily meals, clothing, showers, and laundry services for individuals experiencing homelessness or financial hardship. Staff and volunteers also connect visitors with housing programs, healthcare, harm-reduction supplies, and mental-health supports. Open seven days a week, the Mission provides a safe, judgment-free space where everyone can find compassion, connection, and practical help when they need it most.

Check them out at: https://www.backdoormission.ca