



Artist David Anthony in front of a window on a wall featuring one of three murals on the exterior of Lakeshore Lofts in Mississauga. The art was created in conjunction with Port Credit BIA, Port Credit Community Foundation, and the Mississauga Arts Council.

## Art reflects community

By Julie Ryan, Fundraising and Community Coordinator

How do you create a building that is distinct to a neighbourhood and yet looks like it belongs? A functional and beautiful building starts with good architecture. Indwell buildings are consistently and thoughtfully designed to be attractive, safe and energy-efficient spaces for those who make them home, while also engaging with their neighbourhoods.

Public art on some of our buildings' exteriors can help integrate our buildings with the neighbourhood, allowing us to connect more deeply with the community by celebrating its culture, history, and values. For example, three colourful murals now grace the new Lakeshore Lofts in Mississauga. Artist David Anthony's inspiration for these murals came from the rich history and talents that are part of the Port Credit community, such as local anglers catching the salmon that inhabit Port Credit in *The Bay Sundown* (above).



A triptych of mosaic panels, called Hope, Love, Belonging covers 900 square feet on the exterior of the Embassy Commons in London. Created by the London Clay Art Centre, wholly funded by individual donors and organizations, and led by local artist Beth Turnbull Morrish, the mosaic is made of over 10,000 hand-cut and stamped tiles made by community volunteers, Indwell tenants and staff.





The quilt graphic on Dogwood Suites in Simcoe connects Indwell to the Norfolk County Barn Quilt Trail. The image incorporates a stylized depiction of an Eastern Flowering Dogwood from the Norfolk County flag.



These colourful painted murals on the side of Railway City Lofts (notice the apartment windows!) were commissioned by the City of St. Thomas as a tribute to local landmarks. They were completed in the summer of 2022 by artist Denial.

### *(cont. from page 1)*

Public art reminds us of our interconnected lives. It's accessible, something we see in our everyday routines—allowing us to interact and have a relationship with pieces over time. Often the creation of the art itself is participatory. In London, over 200 people were involved in the clay mosaic at Embassy Commons, including Indwell tenants and staff. Words like 'hope', 'potential' and 'faith' are stamped into the tiles, as a reminder to the people who live there of the support of their community.

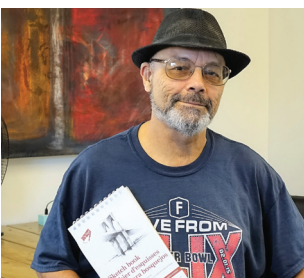
Everyone wants to live in a building that's attractive, and affordability need not exclude beauty. We encourage you to visit our buildings and see this wonderful art in person!

## Growing in wellness through creativity

Many of the tenants who live at Indwell are talented artists. Through arts programs hosted at Indwell programs, as well as through community connections, these creative individuals have grown in skill, expression, and confidence—often sharing their beautiful work with staff, loved ones, and the larger community.

### **Antonio** – Hamilton

Antonio has lived for four years at Perkins Centre in Hamilton and has been interested in art since the '80s. He is inspired by urban art and architecture and loves to sketch from photographs and from his environment.



### **Kurtis** – Simcoe

Kurtis is new to Indwell, but has been creating art for much longer. He now prefers quick-drying acrylics but began his artistic journey with collages and poetry. Kurtis recalls: "In high school I was inspired by other artists, and I created my own kind of renditions. I was always doodling in the margins. I was very inspired by a particular artist called Audrey Kawasaki."



See Kurtis's work at:  
[deviantart.com/  
postnextpetrichor](https://www.deviantart.com/postnextpetrichor)  
or scan this QR code.

### **Marie** - Hamilton

Marie, who has lived at Indwell for seven years now, creates primarily with graphite pencil and acrylics. Having always been artistically inclined, she says she found a creative community through Shalem's RE-create Outreach Art Studio and even spent some time as their artist-in-residence. Living in affordable supportive housing has given her the time, stability, and space to work more on her art—which Marie says has given her a tangible way to practice consistency, as well as giving her confidence: "I often felt like I didn't have a voice. Creating has given me a way to shout out."



See Marie's work at  
[emotionalclutter.ca](https://emotionalclutter.ca)  
or scan this QR code.

*(See page 4 for artist samples.)*

# Love, hope and dignity on the road to recovery

By Mike O'Reilly and Carissa Cryslar, Addiction Support Workers

According to Statistics Canada, one in five Canadians experience an addiction at some point in their lives. Between 2016 and 2020, Public Health Ontario reports that 7,658 lives were lost because of opioid poisoning (opioids are very strong pain management medications), and that doesn't include deaths attributable to alcohol and nicotine use. While addiction isn't a reality for most people who live at Indwell, it is a daily struggle for some.

*"Indwell works to ensure that tenants experience belonging—with neighbours, community, and supports."*

Johann Hari, author of *Lost Connections*, states:

"When we give in to our anger towards addicts, or drugs – and there's some of it in all of us – the problem only gets worse; and when we choose a deep kind of love, the results can be amazing" (Hari, 2016).

At Indwell, we choose to love deeply, recognizing each tenant's dignity—regardless of their struggle— and hold hope as the foundation of everything we do. Hari names that we are all more vulnerable to addiction because we are increasingly isolated from each other, and from the things that give us meaning.

It's with this understanding that Indwell works to ensure that tenants experience belonging—with neighbours, community, and supports. This is why we have Addiction Support Workers—a role that's crucial to fostering connection without judgement.

What does this look like on a daily basis? We focus on establishing positive relationships, built on a foundation of trust, to support people in their goals for recovery. Recovery is an individual process which involves physical, spiritual, and emotional healing, allowing a person to reclaim a sense of authentic self-worth with the ability to establish meaningful attachments and feelings of belonging. We seek to accept people for who they are—and where they are at—and come alongside them as each one decides where they want to be.

Staff may provide holistic support through one-on-one conversation, case management, education, facilitation of recovery-based groups such as Alcoholics Anonymous, along with recreational groups to encourage relational connection. We work to reduce stigma in our communities by educating colleagues and tenants on how language and perceptions can degrade dignity and impact how care is sought and provided—as shame and stigmatization are so often a barrier to people seeking help and connection. For example, instead

of referring to someone as “druggie” or “meth head,” imagine the difference if people used language like, “that person who struggles with substance use.”

Recovery often starts with a person making healthier choices and reducing harm. Harm reduction, an evidence-based response to substance use, involves a set of practical strategies aimed at lessening the negative health and social consequences associated with substance use. On a broad level, we all engage in forms of harm reduction to minimize risk every day, such as wearing a life jacket when in a boat. In practice, these life-saving harm reduction strategies may involve the distribution of supplies such as Naloxone (a non-addictive drug that can temporarily reverse opioid overdose), as well as the use of assessments, support plans, smoking cessation programs, and relationships with community partners and physicians.

At Indwell, we've learned that even the littlest moments of connection can mean the world to someone. We know that by loving deeply and by building connections without judgement, our tenants feel valued and heard and know there is someone beside them on their personal road to recovery.

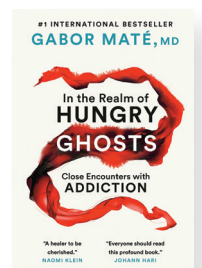


Melissa Fox, psychosocial support, prepares for a meeting with tenants to discuss harm reduction options and provide support.

Interested in learning more about addiction, harm reduction, and recovery? Check out these resources:

*In the Realm of Hungry Ghosts*  
by Gabor Maté

Canadian Mental Health Association:  
[ontario.cmha.ca/harm-reduction](https://ontario.cmha.ca/harm-reduction)

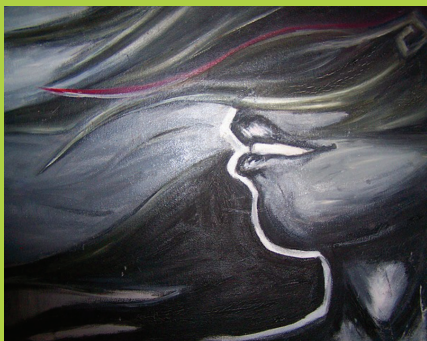


## REFERENCES

Hari, J. (2016, April 12). Johann Hari: 'The opposite of addiction isn't sobriety—it's connection'. The Guardian. <https://www.theguardian.com/books/2016/apr/12/johann-hari-chasing-the-scream-war-on-drug>



## Artists' Samples (cont. from page 2)



Kaylee by Kurtis

*This piece is reflective of how Kurtis sees others and himself.*



Waves in the Wind by Antonio

*Waves in the Wind is Antonio's favourite piece "because of the beautiful colours."*



Siblings at School by Marie

*"[This] piece is my children hugging in the hallway of their school. My sister and her husband adopted [them] and I get to experience the miracle of their healing and stability and my own because of this gift. I am very close with them still and get to be a special part of their lives. They mean everything to me."*

## Coming up

### Join us for the Woodstock Hope & Homes Banquet

Friday, November 4, 2022

Maranatha Christian Reformed Church, Woodstock



For details and tickets, visit [indwell.ca/events](https://indwell.ca/events) or scan QR code

### Are you a church leader or involved in your church ministry?



Join us and other churches across Ontario for Hope@Home Sunday on November 20!

Over the last two years, churches have set aside a Sunday in November to have a conversation about homelessness, and how we can understand God's heart for those on the margins.

#### Free Resources:

- sermon outline and slides
- children's activity
- song suggestions
- prayer cards, and more!



To sign up, visit [indwell.ca/hope-at-home-Sunday](https://indwell.ca/hope-at-home-Sunday) or scan QR code

### Looking for a great Advent devotional series?



We've got one for you!



To sign up for free, visit [indwell.ca/advent](https://indwell.ca/advent) or scan QR code

### Embassy Commons in London is opening soon!



Stay tuned for a Grand Opening Celebration in the new year.

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