



August 2025

A Quick Update to let you know how Together, We Thrive!

## Our Community Thriving

### Capital Project Update: Building for Greater Impact

Thanks to ongoing fundraising, we've secured \$3.5M of our \$4.5M goal.

Final permits were received, and construction began July 7. With the foundation now complete, walls will go up September 2, and the building is expected to be enclosed by fall, with interior work finishing by early spring.

This new building reflects our shared commitment and **we're so grateful** for your continued support in making it possible.



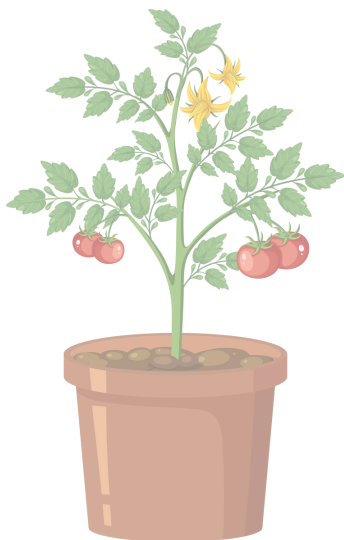
## Support Keeps Us Thriving

We recently added a free streaming platform made for public spaces like medical clinics. Participants now see uplifting pet videos, soothing nature scenes, brain teasers, trivia, and positive clips while waiting.

Dan, who works at our Community Care Desk, summed it up best: “It’s mostly puppies — who can get mad at that?”

For folks waiting, the energy in the Drop-In is calmer, lighter, and more engaging. The content even includes interactive Thrive-specific trivia and digital signage to promote upcoming events, donation drives, and programs.

With the help of donated TVs and no monthly fee, the cost has been minimal — and the impact has been major.



Our rooftop garden, supported by [Community Food Centres Canada](#), was planted with love by community members. It’s a beautiful reminder that even in small spaces, we can grow food, build skills, and take steps toward food security together.

## Grounded in Spirit: A Day of Connection

Our staff development day began in Odena Circle with the guidance of Elder Billie, who generously shared teachings on teamwork, community support, and the importance of healing while doing this deeply meaningful, often difficult work. Elder Billie's presence brought a calming energy, offering a sense of peace. A particularly moving moment was when a coyote appeared just as Elder Billie began her welcome song!

This day was a meaningful reminder that *grounding ourselves in spirit* strengthens everything we do.

## Finding Peace, Purpose, and Community

“I’ve been in care for 36 years,” Jon said, with a quiet strength in his voice. “But now, I’m starting to feel like I can finally breathe.”



### **It started with a cup of coffee.**

“I came in, and the coffee was actually good,” he laughed. But it wasn’t just the coffee that brought him back—it was the energy, the welcome, the feeling of being safe and seen. “My voice is quieter now. I feel less stressed. I just did my morning walk. I do one every day. It helps. It’s nice to have a place where you can just be. That’s what I feel at Thrive, like I’m allowed to just be myself. I’m looking at an apartment tomorrow with Sue. If that works out, I’ll finally have my own place. I won’t have to be stressed about where I am living anymore.”

This is exactly what we aim for at Thrive—creating spaces where people feel heard, supported, and empowered to take steps toward the life they deserve.

To Jon: Thank you for trusting us. We’re cheering you on every step of the way.

## Thrive by the Numbers

In **June 2025**, 3,826 total food security connections were made, including coffee, snacks and pet food.

We distributed 1,247 food hampers and served 980 meals, supporting folks with limited income.

Our Men's Program welcomed 21 regular participants and 1 new member.

We supported 450 Seniors with essential needs.

1247 Indigenous community members connected with us.

## Something to Sit With

Hunger makes a thief of any man. ~ Pearl S. Buck

## Stay Involved

Be the reason someone gets a meal, finds a home, or feels supported. Become a monthly donor today.

### Contact US!

Jess Smith  
(she/her)  
Community  
Engagement &  
Fund Development



204-772-9091

Rhonda Elias-  
Penner  
(she/her)  
Executive  
Director

[jessicasmith@thrivewpg.com](mailto:jessicasmith@thrivewpg.com)

[rhondaeliaspenner@thrivewpg.com](mailto:rhondaeliaspenner@thrivewpg.com)

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