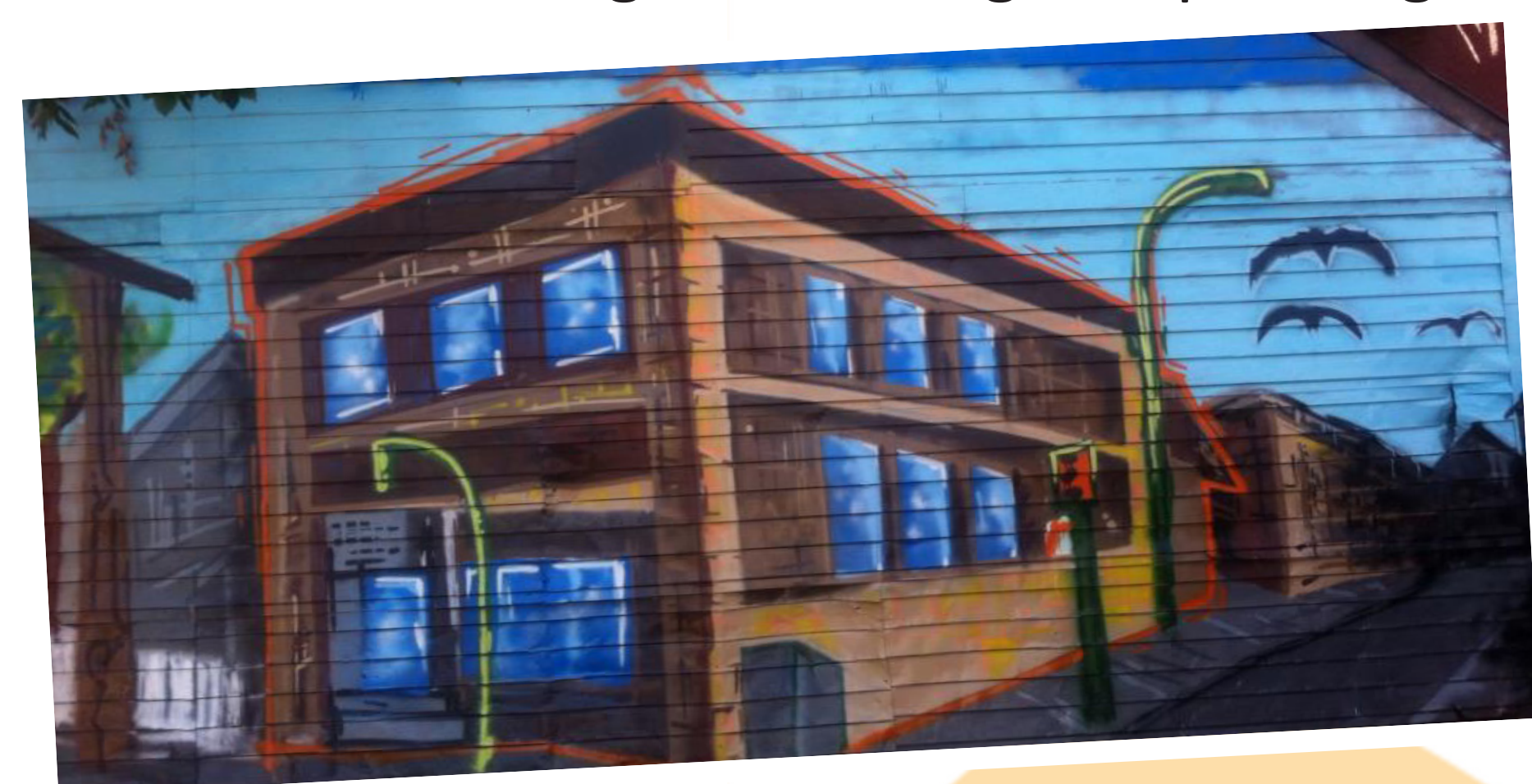


Art

The first module was Art, every Tuesday and Thursday afternoons. Due to the popularity of the module, art was an ongoing theme throughout the project. Activities centered around flower pot painting, graffiti, mural drawing, stenciling, bird house painting, and traditional beading and tracing and painting to create a



large 6x5 foot canvas and wood piece onto the front of the building. Many of these art projects had a focus on tracing and hand-eye coordination.

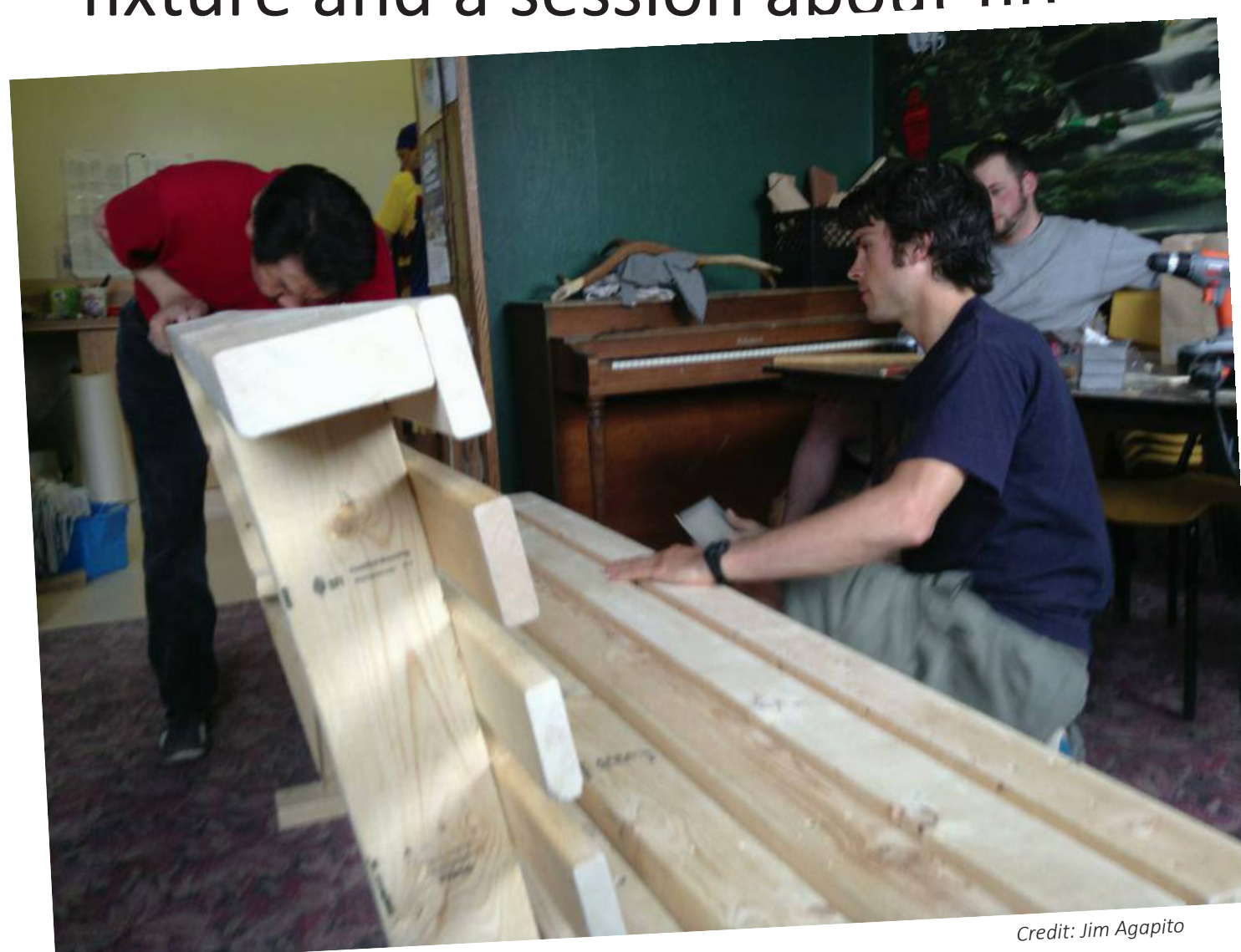
Music

Participants restored donated acoustic guitars and had lessons about stringing, tuning and chord structure. Activities also included sing-alongs, writing music together, recording a song and shooting a video.



Home Maintenance

Participants did basic home building repair and building projects around Sunshine House including wallpapering, building a desk, installing shelves and a lighting fixture and a session about fire



Boxing

Boxing basics were taught at Elite Boxing MMA Academy with a focus on getting the heart going and building muscles.

Program Coordinator

"The coaches were very hands on with the participants, getting them to relax in their own bodies and capabilities"

"This was a module that stripped away barriers between myself and the participants"



Credit: Lukas Maitland



Credit: Lukas Maitland

"At the end of every session, people's spirits seemed boosted, and a general sense of satisfaction was palpable"

Program Participant

"...Attitude has changed. No longer interested in fighting on the street - just boxing"



LET'S HAVE FUN!

Evaluating Sunshine House's Solvent Users Recreation Program

Sunshine House is a harm reduction-oriented drop-in centre for street-involved and homeless people, many of them affected by addictions, HIV and HCV.

About the program

A unique pilot program launched in November 2012 until July 2013, programming was offered twice weekly.

Modules included art, guitar, home building repair, boxing, photography, drum making and bike and auto repair.

At the conclusion of each module, a community feast celebrated participants' accomplishments.

Conclusions

- Participants had a lot of fun
- "Hands-on" activities were the most enjoyable
- Technically difficult things, like learning to play guitar, were less enjoyable
- People were generally willing to try and learn new things.

Photography

Photo albums were made from pictures that participants took with disposable cameras. Helped by a film student, activities included book binding and decorating.



Bike Repair

Participants built and repaired bikes at the Bike Dump. Activities included bike maintenance and learning about how a bike works. People repaired their own bikes or built them from scratch.



Program facilitator

"Everyone who participated enjoyed it, and all claimed that they had a new knowledge of bikes and would be able to fix theirs and others' in the future"



Auto Repair

A van was repaired and restored so that it was drivable. It was used for Sunshine House programming and shared with the Boy's and Girl's Club at Freight House Community Centre.



Drum Making

A traditional drum was built with a member of a local drum group. The process involved carpentry, hide stretching and cutting, sinew stretching, stitching, making drum sticks and sewing and decorating a carrying bag. The creation of the drum was celebrated with singing and a prayer at a community feast.



For a copy of the full report, please contact Margaret Ormond, Special Projects Manager, at Sunshine House by phone at (204) 223-2756 or by email at admin@sunshinehousewpg.org

Unless otherwise indicated, all images the property of Sunshine House.