

# Cherneying out the news....

## Cherney Connections

### A Few Ways to Handle Work-Related Stress

There are plenty of perks to owning your business – like being the boss for one. You get to see your own plans and dreams come to life. Also, you can set the company track exactly as you see fit. The downside to running a small business, is all the stress that comes with it. That is why learning to manage stress is crucial for small business owners.

**Recognize What's Going Well:** This is one of the first things Amanda Pratt MSW, LCSW, CPLC, The Chronic Illness Therapist, will point out to clients – it is just as important to recognize what is going well (if not more so) as it is to recognize where things are not going so well.

**Prioritize Your Time:** As a small business owner, it is all too easy to fall into the trap of always being on the clock as you schedule time for certain tasks you need to finish, you should schedule free time. Business owners need to see their downtime as beneficial to creativity and efficiency because they tend to work better after taking a break because it allows the brain to take in new information and generate creativity.

**Unplug During Your Off-Time:** As a small business owner, you probably feel tied to your phone, but you need time away from answering emails and checking in with customers. By doing a digital detox, it allows parts of your brain to rest. By reading, watching TV, talking with others, or even going for a walk will allow you to engage a different part of your brain. To combat stress, it is essential you find experiences that will help restore you.

### A Warm Welcome to Cherney Properties Newest Tenants!



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OOWA is a not-for-profit, membership-based, industry association with over 700 members. We represent the spectrum of roles within this sector: manufacturers, precasters, engineers, regulators, installers, haulers, and more. To learn more about what we do, visit us at [oowa.org](http://oowa.org).



# Messages From Our Tenants



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**Victoria Yeh** presents *Travel By Sound* - a series of six concerts featuring over 60 musicians in Peterborough and Cobourg, in partnership with Kawarthas Northumberland Tourism. Ticket holders can make every concert night an experience with pre-show dinner specials, discounted hotel stays and more! Get updates and tickets at [www.travelbysound.com](http://www.travelbysound.com).

Sponsorship opportunities still available, contact [victoria@victoriayeh.com](mailto:victoria@victoriayeh.com)



Workforce Development Board

The Workforce Development Board (WDB) is pleased to announce that Danielle Lachance joined the team as Business Support and Project Coordinator on July 4th.

Danielle will work closely with WDB's CEO, consultants and community partners and be responsible for the development, implementation, and delivery of key project activities. She will also provide operational support and be involved in outreach and engagement initiatives within the WDB catchment area.

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# Messages From Our Tenants

**JOANNE'S PLACE HEALTH FOODS...**Have you heard? This year we launched the Wellness on Purpose online program!

We are delighted that hundreds of customers have registered!

Here's a quick program overview:

- It focuses on the most important pillars of wellness
- It is self-directed. Go through it at your own pace, on your own schedule
- It's free. No catch!

Pillar 1 "Your Nutrition" and Pillar 2 "Your Sleep" are now available!

Register for free today here: <https://wellness-on-purpose-program.teachable.com/>

**Wishing you a healthy and fun summer!**

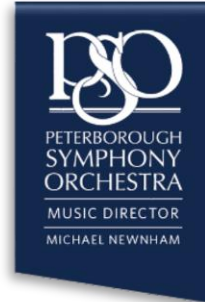
**Jo Anne's Place Health Foods Team**  
<https://joannesplace.ca/jo-annes-place-essentials/>



## **Wacheena**

**Unit 5/6 – 1123 Water Street, Peterborough  
705-749-1993**

Middle Eastern cuisine stemmed from the Iraqi kitchen, the first of its kind in Peterborough offering a unique experience with our special way of cooking. Our dishes and sandwiches vary from Beef, Lamb, Chicken, and veggies cooked to perfection; served alongside our uniquely flavoured rice, grilled Kebab, Tikka, Burgers and Falafel. Don't forget about our authentic soup of the day!



The PSO has announced another exciting concert season for 2023-24. Subscriptions are on sale now, and tickets to single concerts will go on sale in September. Check out our website at [www.thepsos.org](http://www.thepsos.org) for more information.



**159 King Street – Suite #103  
705-745-6858  
[www.ghrc.ca](http://www.ghrc.ca)**

**Global Human Resource Centre** is celebrating it's 32nd year in the employment industry! We offer industrial, skilled, and administrative personnel placements with full payroll services and professional applicant testing. Let us provide you with the common element of every successful company - good people. Wishing everyone a safe & happy summer!



# Commercial Leasing Opportunities

## DOWNTOWN



Leasing opportunities from 450 square feet, up to 4,800 square feet available; locations close to shopping, restaurants, banking, and public transportation.

## SOUTH END



Approx. 2,600 square feet of second floor office space available at 637 The Queensway and 892 square feet up to 1,273 of second floor office space available at 785 The Kingsway; easy access to Hwy 115, close to Lansdowne Place Shopping Centre and on-site parking.

Contact **Kristi Dick**, Property Manager for complete details. 705-876-1717, ext. 203 or [kristi@cherneyproperties.com](mailto:kristi@cherneyproperties.com)

## Cherney Properties

*"Peterborough's Greatest Landlord"* is a full-service property management company, providing rental accommodations for retail, commercial, industrial, and residential tenants. The Cherney Family values are reflected in our excellent working relationships. We genuinely care about those we do business with and champion teamwork and mutual respect.

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## *Our Staff Directory*

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Phone: (705)-876-1717 Fax: (705) 876-9446

General Email: [reception@cherneyproperties.com](mailto:reception@cherneyproperties.com)

Website: [www.cherneyproperties.com](http://www.cherneyproperties.com)

Kristi Dick	Property Manager	203	Steve Mann	Maintenance Manager
Heather Barrett	Accounts	204	Jesse Mercer	Maintenance
Linda Sage	Lease Administrator	205	Ed Lynch	Maintenance
Jamie Robinson	Office Assistant	201		

Our staff are eager to assist you or direct your inquiries to the team member best suited to serve you. When calling our office, if you know the person you wish to speak with, enter their extension; there is no need to wait on the line.

**REMINDER:** To report a [maintenance emergency](#) always **call** our office at **[705-876-1717](tel:705-876-1717)**.

For non-emergency maintenance matters you may email: [maintenance@cherneyproperties.com](mailto:maintenance@cherneyproperties.com)

**CHERNEY PROPERTIES** would like to take this opportunity to wish everyone a safe, warm, and happy summer! We would love to hear suggestions from our tenants for future newsletters, so please send your ideas to [reception@cherneyproperties.com](mailto:reception@cherneyproperties.com).