



# A GREAT START TO ANOTHER YEAR AT YOUVILLE

## Can you say F-U-N?!



At Youville Centre, we have so many great champions for our cause! Jacquie Bushell, is one of our Youville Centre "extended family members"! Jacquie's Giving Tree event has benefited Youville Centre, and many other community organizations, in our efforts to support some of the city's most vulnerable populations. Her goal was simple; she wanted to provide opportunities for FUN in the lives of our hard-working young moms!



Jacquie Bushell, organizer of The Giving Tree event

- The adolescent moms who access Youville Centre start their days by getting themselves and their babies ready, before commuting across the city to come to the Centre. When they arrive, they bring their babies to childcare before heading upstairs to work on their academic work, therapeutic goals, and lifestyle programs. When being a "mom" is your primary identification, it can be easy to lose sense of who you are as an individual. The Giving Tree funds have allowed us to provide several FUN activities for the moms over the past few months. During these fun activities, they often forget about everything else and are able to focus on themselves... and, of course, have a ton FUN!

*enjoy every moment.*

“These events make us feel so good, appreciated and cared for. It’s nice to know people are thinking about us!”

Going to Calypso was AMAZING! We got to do something outside of the box. I wouldn’t have been able to afford to go on my own! On that day, I didn’t have to be a “mom”... I could just be myself!





# WELCOME

In October we hosted an Open House which allowed interested members of our community, an opportunity to have a guided tour of the Centre and to learn about the unique programs and services we have to offer. **It was such a success that we look forward to offering another one in 2018!**

The children in the Child Development Program left our guests with a little treat bag adorned with a footprint or handprint, which was deliciously filled with an apple, cookies, and a juice box! A special thanks goes out to our donors who contributed to the treat bags on that day!

The Open House guests consisted of long time supporters of Youville; some who have never actually been past the lobby, volunteers, friends and family of staff, and individuals who have heard through the grapevine about the wonderful work that happens here.



If you are interested in having an individual or group tour, please feel free to contact us at:  
communications@youvillecentre.org or simply call 613.231.5150 x128 and we'd be happy to arrange a visit!

## Our 1:1 Mentorship Program is off to a GREAT start!

Every Fall, we host an Orientation session for women from the community who are interested in being a 1:1 mentor for one of our young moms. This year we have 13 women who are actively participating in the program! Mentors commit to meeting with their mentee once per month over lunch as they provide gentle support and a listening ear. The mentors rely on the guidance of Youville Centre Program Staff as they build their relationships with their mentees.

Clients request to be a part of the program for a variety of reasons. For some, it's an opportunity to connect with a professional woman with a career choice of interest, and for others it's a chance to have the positive female role model they always wish they had.

We value the commitment our mentors have made in volunteering their time and hearts to the young women of Youville. The relationships formed have the potential to be so impactful! We have several mentors from previous years who have continued their relationship even after the young mom has graduated from the Centre!



**"I have to admit I was initially intimidated by the idea of being a mentor; I wondered what value I could add. A year later, I look back and am forever grateful for the time I spent with my mentee, for the experience, and for the opportunity to be this young woman's friend on her journey. When I think about those feelings of doubt, of whether or not I could be of value, I realize that sometimes, it's the small things that matter the most. I would share stories about my life, small anecdotes of things that I thought were trivial and sometimes, her eyes would light up like I had given her confirmation of something. What I've learned is this: If you make a commitment to show up in someone's life, to lend an ear, to be open and listen, that alone can have an impact."**

– Ruth, 2016-17 Mentor



# BOO'S, HISSES... AND HALLOWEEN KISSES FROM YOUVILLE!



It's great to see the moms dressing up and having fun!



"Did someone say lunch?"



Intensive Treatment Support Program Staff paired up to get in on the fun too!



Even some of our youngest babies got into the Halloween spirit!



"Don't mind me, I'm just busy spinning my web of cuteness (of course)!"



"Happy Halloween everyone!"

 **Youville Centre**

150 Mann Avenue, Ottawa ON K1N 8P4  
**Hours:** Monday - Friday 7:30am - 5:00pm  
**Telephone:** 613.231.5150  
**Email:** info@youvillecentre.org  
**Website:** www.youvillecentre.org  
**Facebook:** Youville Centre -- Ottawa  
**Twitter:** @YouvilleCentre  
**Instagram:** humansofyouville  
 Charitable Registration # 11884 8456 RR0001

**To Donate:**  
 Yes, I/We wish to donate to support Youville Centre, to help empower a young mother to build a better future for her and her child.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 I wish to contribute \$ \_\_\_\_\_  
 Payment to be made by:  
 Cheque  Visa  MC  AMEX  
 Card# \_\_\_\_\_  
 Expiry (mm/yy) \_\_\_\_\_  
 Signature \_\_\_\_\_



# CHRISTMAS IS COMING!

The holidays can be a stressful time for some.

Do you want to make a difference this holiday season? Here's how...



By making a donation you support our much needed programs and services



By bringing in a present, you are providing something special during the holidays



By hosting an event, you can gather items to support the needs of moms and their children (aged 2months to 3 years)

THE MANY WAYS TO GIVE AT

## Christmas

YOUR CONTRIBUTION WILL GO FAR TO HELP MOMS AND BABIES



Youville Centre



By donating a gift card you are empowering a young mom to purchase gifts and necessities for herself and her child



Drop offs can be made Monday to Friday  
8:30am to 4pm until December 15th, 2017.

Youville Centre, 150 Mann Avenue

Need more info? 613.231.5150 x128 or [communications@youvillecentre.org](mailto:communications@youvillecentre.org)

On behalf of all moms, children, and staff of Youville Centre, we send

*many thanks*

in advance of all the help and support our amazing community provides at Christmas time!

