



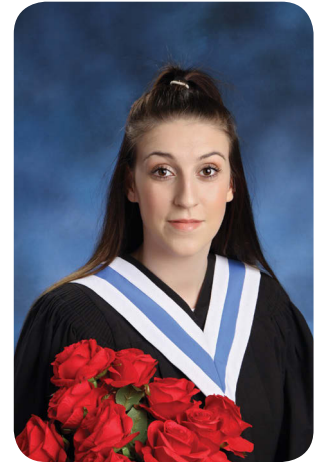
Youville Centre

Youville Centre is an innovative centre that inspires, educates and nurtures young mothers and their children to utilize their strengths and achieve their goals.



Taina and Isaak – Class of 2018
Photo by Valberg Imaging

2017–18 Annual Report



(Left to Right: Taina Damil, Class of 2018, Taylor O'Connell)

*Photos by Edge Imaging

A few words of wisdom from our Spirits of Youville, Taina and Taylor

“This place is much more than just a school. I believe we were given a second chance at life with the help of Youville Centre. Graduates, realize how far you have come and not how slow or fast it took you to get here; every small step is one closer to success.” ~ Taina

“The road ahead is not always going to be easy; from this day forward, let us all make decisions with our best interests in mind. Remember who you are doing it for and keep pushing! We know now that we can achieve our dreams and most importantly, we know that we are worth it!” ~ Taylor

Our Mission

Youville Centre
is an innovative
centre that
inspires, educates
and nurtures
young mothers
and their children
to utilize their
strengths and
achieve their goals.

Youville Centre

Located in Ottawa, Youville Centre is a non-profit registered charity and Accredited Child and Youth Mental Health Agency that serves adolescent mothers and their children. For 33 years, Youville's trauma-informed, holistic programs and services include: a fully accredited secondary school, crisis intervention, intensive mental health therapy and treatment, addiction counselling, collaborative problem solving, a licensed child development program with a focus on infant mental health, and attachment-based parenting programs with intervention and treatment.

At Youville Centre, we believe that every child and youth has the ability to learn and grow, and that every young mother deserves to have a dream that anything is possible. Our myriad of programs and services help our young moms work towards personal, academic, and parenting goals in order to create a brighter future for themselves and their children.

In this report:

- **You will learn about** the programs and services we provide that help us inspire, educate, and nurture our young mothers and their children;
- **You will be provided with** key information and highlights from our 2017-2018 year; and
- **You will identify** ways that you can get involved to help Youville's important efforts.

“The staff at Youville Centre makes sure that you don’t lose sight of why it’s important to come back every day. The skills I’ve learned here have contributed to the resilient person I am learning to be.”
~ former student/young mom, 2018

Our History



Sister Betty Ann Kinsella, Founder of Youville Centre, received the Order of Ontario in 2011.

Founded in 1985 and granted charitable status in 1987, Youville Centre was the brainchild of Sister Betty Ann Kinsella, a member of the Congregation of Grey Sisters and a former teacher at Immaculata High School in Ottawa and Our Lady's High School in Pembroke. On June 15th, 2018, heaven gained a beautiful soul, Sister Elizabeth (Betty) Ann, the founder of Youville Centre. As a dedication to her vision, tenacity, and generous spirit, we have shared her eulogy, as written by Sister Marguerite Somers, G.S.I.C.

"Sister Betty Ann was born to the Kinsella family almost 90 years ago, where she grew up and thrived with two brothers and three sisters in Lowertown, in Ottawa. She loved her family, her school friends, and was proud of her Irish Catholic heritage. As a family, the Kinsella's weathered the depression of the 30's and World War II, where her brother, Billy, was killed in action.

In 1947, Betty Ann came to the Grey Sisters community and took the name, Sister Mary Rachel. She was a woman of commitment who gave her best and called forth the best in others. The energy and strength of this woman were both shadow and gift. Betty Ann's biography lists details of her active life. I would like

to highlight the work which, I believe, was dearest to her heart ~ her work with young pregnant teens – Youville Centre. I remember well that in our day, teenage pregnancies were considered a tragedy and a family disgrace. Betty Ann saw a larger reality; yes, the pregnant teen and her family were in crisis; her education was interrupted; often she was unable to get a place to live, and she was unprepared to earn a living. The probable future for the teenage mother was to end up in the poverty cycle.

However, Sister Betty Ann determined that she would find a way to work with these girls and committed herself to supporting them until they could stand on their own. I found out all of this when Betty Ann took me to see what had been a vacant elementary Catholic school in Ottawa, formerly Holy Rosary. She described going to School Board officials and getting them to lease the empty school for \$1.00/year. The four classrooms on the first floor were now two large classrooms, space was allotted for an infant daycare, and a kitchen was provided to feed lunch to both mothers and babies.

The second floor now had four bedrooms instead of classrooms; each with a changing table and a microwave. I saw the beautiful hand-made bedroom suite that her niece's husband built in memory of his wife who had been killed by a drunken driver shortly after their marriage. I saw the other suites that local Catholic Women's League groups had

decorated and furnished. The mothers and babies shared a lounge and a laundry facility with two new washers and dryers. I learned that Betty Ann had gone to the school board and asked them to provide specially trained teachers who could assess the unique level of each student's academic achievement and potential, to design a curriculum specifically for her. Students accepted into this new program were committed to arrive on time for school, with homework done, and babies clean and fed. Some who lived outside of the Centre might have to take several buses to reach their destination. A cook and qualified childcare staff were hired. If a baby was fussy, the mother could go to them, comfort them, and return to their studies, worry free. That is how Youville Centre started!

More new mothers and mothers-in-waiting heard about the Centre and Betty Ann responded only as she could; a Board of Directors was formed to "find solutions for 14-18 year old mothers who were old enough to keep their babies, but too young to sign a lease." The Centre was then called Youville Centre with a purpose to "motivate, educate, and nurture young mothers as they strove to become independent loving mothers and citizens." I was with Betty Ann when she attended her last Youville Centre graduation ceremony. The graduating mothers were on the stage in cap and gown as each name was called, a picture of her with her child or children was projected on a large screen. A group of teachers located in the auditorium paid tribute to each

graduate in turn. They told of how each young woman had overcome obstacles, and what she had accomplished as she prepared for the next steps in her life, albeit college, university, vocational training, or employment. I learned that some of the children were now grown and were ready to receive scholarships of their own; some alumnae were even helping other young mothers and children in need. I saw for myself the gratitude and hugs these girls gave Betty Ann when they met her in person. If you understand the simple definition of a prophet: One who sees a need and tries to heal it; then Sister Betty Ann was a prophet indeed.

For many years, Betty Ann suffered the debilitating effects of Parkinson's disease. At Shalom, when she could no longer shuffle from the dining room to her room, even with the support of staff, she said to me, "If only they'd let me try!" She donated her brain to University research staff in the hope that it would lead to new insights to help future patients. Her niece said, "Isn't that just like Betty Ann, thinking of others, even in death."

Betty Ann was a Good News person. She showed Boards, Governments, business leaders, and individuals how to use their power and resources to make a difference in human lives. Betty Ann loved to gather people together to celebrate! Now it is time for us to celebrate Eucharist – to thank and glorify God for the whole of Betty Ann's life."



Remembering Sister Betty Ann



Sister Betty Ann Kinsella, Founder of Youville Centre, received the Order of Ontario in 2011.

"She leaves behind a legacy of strong women and children, including the incredible staff who work tirelessly each day to provide these essential services." ~ Heather

"Without a doubt, an incredible human; she for sure changed my life for the better. She believed in me when no one else did. She will forever be in my thoughts." ~ Susie

"Heartbreaking! I have so many wonderful memories of Sister Betty Ann. I loved this kind, caring, and helpful woman. It's thanks to her empowering me, that I'm the strong, self-sufficient woman that I am today." ~ Melissa

"She was truly an inspiration and never took 'no' as an answer which is why Youville exists and continues to make a difference in the lives of many young women." ~ Amanda

"Thank You Sister Betty Ann for all you have done during your full life journey. I first met you over 50 years ago as a student at the original Immaculata High

School on Bronson, and then many years later during my professional career in the charity sector. You have inspired me on so many levels; may you now rest well and continue to inspire young mothers through the amazing legacy you have left in good hands with the current Youville team." ~ Lynn

"She gave us everything - hope, self respect, pride and love. She was all that we needed and more. I'm so proud to have known and loved this wonderful woman." ~ Penny

"Sister Betty Ann, you and your organization impacted my life and that of my children and grandchildren. You gave me a chance when I felt I had none. You provided me the opportunity to learn, grow, and love. I remain forever in your service and thank you for the strength you gave to me and so many young women like me. Rest in peace knowing the love and strength you gave so many, lives on in our hearts - Xoxo." ~ Kaarin

"What a great legacy! Grateful to have walked in her footsteps and continued her dream! May she rest in God's eternal love." ~ Sr. Maco

"Sister Betty Ann gave me an opportunity to achieve my goals when no one else did. She gave us hope when we felt hopeless. She housed us when we had no home. She loved us unconditionally no matter how much we pushed the boundaries. Today,

I work for a law firm in Finance who has a couple of lawyers that were on the Board of Directors for Youville Centre. How amazing is that? Sister Betty Ann was one of a kind. Your love for us will never be forgotten. We are better people because of you. RIP.. we got this!" ~ Kathy

"It was back in 1994 that I attended Youville and had the pleasure of meeting Sister Betty Ann. I am so grateful to her and the Youville Centre for all that they helped me accomplish. They gave me the strength to believe in myself and lead me on a path to success." ~ Angie

"A great lady, and a powerful, compassionate advocate for young women and their children. Inspiration coupled with determination equates to a life well lived in service to others. You will be fondly remembered and missed." ~ Cindy

"I will always remember her as a force to be reckoned with! She had more energy and drive than people half her age. She will be missed for sure; my deepest condolences to her friends and family." ~ Leslie

"This woman was a Saint. I had the privilege of knowing her when I attended Youville from 1996-1998. She was such a kind, loving soul and she did so much for teen moms making it possible for us to succeed. I'll be forever thankful. May you rest in peace." ~ Tara

Executive Director's Message



Graduate Whitney with Executive Director Bev

It has been my sincere honour to serve as Executive Director during this first full year as an Accredited Child and Youth Mental Health Agency. It is a very humbling experience to work alongside this wonderfully talented, passionate, and dedicated group of employees. They work tirelessly to ensure that our young mothers and their children receive the best possible programs and services every day. Thank you to our Child Development Program staff, our Intensive Treatment staff, our amazing Support staff, our Chef and the kitchen staff, as well as our Managers, who provide our moms and babies with care that is second to none!

I am truly blessed to be part of the individual journeys of our Youville Centre moms and children. Their courage and personal growth is humbling. By choosing to come to Youville Centre, they chose to continue their fabulous quest to be the best they can be. We see evidence of the beautiful relationships they have with their children every day. We are so very proud of each and every one of them and the many gains they make throughout the year.

We have many measures of success at Youville Centre, with our most public celebration of success being High School graduation. Sixteen students graduated this year with their Ontario Secondary School Diploma. Every level of success that our moms reach moves them one step closer to turning "their can'ts into cans and their dreams into plans" (Kobi Yamada).

It takes so many people to ensure the success of our programming and services at the Centre. We had 12 wonderful mentors this year who gave each of their mentees a hand up by taking them for lunch once a month to chat about their dreams and hopes, and by being strong female role models for them. Our Centre volunteers are truly instrumental in the smooth running of all aspects of our programs and services from SWAP, Food Bank, and the Youstore, to the Child Development Program. Thank you from the bottoms of our hearts, to our army of volunteers; we are so effective and successful because of you.

A special thank you to Irene Bilinsky from the Ministry of Child and Youth Services for her support of our Intensive Treatment Support Program; Jennifer Whiteford from the Ministry of Education for her support of our Child Development Program; Rachel Theoret and her team from the City of Ottawa; our education partners from the Ottawa Catholic School Board, Nicola Benton and her team from M.F. McHugh Education and Philip Capobianco and his team from St. Nicholas Adult High School. These people have become friends and mentors and have provided me with sound advice and support throughout the year.

I am very grateful to Sharon Lloyd for her guidance and friendship this year. Sharon is

stepping down as President of the Board to pursue other opportunities. Mary Young and Mary Gallagher have completed their 6 year term on our Board of Directors. Thank you to Derek Delouche and Grant Carioni, who have had to step aside this year due to work commitments, for their expertise in the areas of human resources and fundraising. I know that I join our former Executive Director Cindy Simpson, in thanking all of you so very much for your many years of service to Youville Centre. Deb Robinson completed her final year as our Accreditation Consultant. I would be remiss if I did not thank Deb so very much for her belief in our staff's abilities to achieve this remarkable milestone. Her vision, attention to detail and patience contributed greatly to our success this year. Lastly, I would like to thank the entire Board of Directors for providing me with the opportunity to continue the progressive work that Sister Betty Ann Kinsella, Sister Maco, Judith Sarginson, and Cindy Simpson have worked so selflessly to achieve. The perseverance and tenacity that each of these leaders have shown, culminated in putting Youville Centre on the map in this province.

To our beautiful young mothers and their children, who give us reason to come to work every single day:

"You can't go back and change the beginning, but you can start where you are and change the ending."

(C.S. Lewis)

~ Bev MacKillop, Executive Director

Youville Centre Volunteer Board of Directors 2017-2018

"Another great year at Youville has come to an end. We had 16 young ladies who graduated with their high school diplomas, continued our work on Accreditation and enjoyed our partnership with St. Nicholas Adult High School. Our Executive Director, Bev MacKillop brought us through the year with ease and grace.

We've seen some changes on our Board of Directors, with some terms coming to an end and new faces joining us around the table. A special thank you goes to Mary Gallagher and Mary Young who served 6 years on our Board – supporting our young moms and their babies, giving of their time, and being cheerleaders we could always count on. To our "men in black" who have left us, Derek deLouche and Grant Carioni, thank you for your time, dedication, and expert raffle-selling skills! To Chantal Guay, all the best in your new role and we look forward to coming to you for advice on building and accreditation issues that may come up in the future. We would like to welcome Marc Bourgeois, Kelly Raymond, Valerie Caterino, Elizabeth Rodgers, and Shailja Verma. The entire Board is looking forward to getting to know you and working together in the coming year!

On a sad note, we lost our founder, Sister Betty Ann Kinsella this summer. It was her passion and dedication to help the babies that started this whole wonderful journey. We are so thankful for her perseverance and support and we will strive to continue on her work as she intended. A celebration of her life is planned in the Fall – be sure to join us!

The work that has been done this year by our young moms, their babies, Youville's incredible staff, and volunteers has been amazing and would have made Sister Betty Ann proud. The strength and dedication that our moms show as they raise their babies, complete assignments, and become the best parents they can be is inspiring to watch. They wake up every day, get themselves and their children ready, sometimes on no sleep from the night before, get across town, and do whatever they can to make their life, and that of their babies, better. The resilience they show is unbelievable!

The care with which our staff treats our moms and babies is beautiful and heartwarming; it is a large part of the reason for our success. As soon as you walk through the doors, you feel the love radiating through the halls. We often say it's a magical place and that you have to see it to believe it. Come pay us a visit!

A huge thank you goes out to our loyal donors who have supported us throughout the year. Our moms and babies truly appreciate your generous gifts of clothes, household items, baby items, and financial support to keep the programs running. We would not be able to do it without you!

Even though I will be stepping down as President and away from the Board of Directors, I will always be a strong supporter of the amazing work that is done in the building. I hope my path will cross with Youville's again in the future and wish everyone nothing but success in the year to come.



*~ Sharon Lloyd, President, Youville
Centre Board of Directors*

Youville Centre Volunteer Board of Directors 2017-2018



From September 2017 to July 2018, the following individuals served on Youville Centre's Board of Directors:

Sharon Lloyd **President**
Recruiter, Stevenson & White Inc.

Shelagh Jane Woods **Vice-President**
Director General (Retired), First Nations and Inuit Health, Health Canada

Mary Young **Treasurer**
Director of Finance, The Glebe Centre Inc.

Colleen MacDonald **Secretary**
Coordinator/Teacher, Ottawa Catholic School Board

Marc Bourgeois **Director**
Communications

Heather Brown **Director**
Fundraising Consultant, Good Works

Grant Carioni **Director**
Director, Human Resources, CARE Canada

Valerie Caterino **Director**
Regional Operations Manager, Consulting, A Hundred Answers

Derek deLouche **Director**
Fundraising, The Canadian Federation of Humane Societies

Mary Gallagher **Director**
Chief Social Worker, Ottawa Catholic School Board

Chantal Guay **Director**
Community Member

Rachel Leck **Director**
Lawyer, McCague Borlack LLP

Gen Madden
Detective, Ottawa Police Services

Rachel Leck **Director**
Lawyer, McCague Borlack LLP

Dr. Katherine Matheson **Director**
Pediatric Psychiatrist, Children's Hospital of Eastern Ontario (CHEO)

Kelly Raymond **Director**
Service Director, Children's Aid Society of Ottawa

Elizabeth Rodgers **Director**
Philanthropy, University of Ottawa Heart Institute Foundation

Kim Royer **Director**
Human Resources Generalist, Cowan Insurance Group

Shailja Verma **Director**
Manager (retired), Ottawa Catholic School Board

For a current list of Youville Centre's Board of Directors, please contact us at:
communications@youvillecentre.org

Highlights of 2017–2018

SEPTEMBER 2017

- Orientation Carousel held in Kinsella Hall to welcome clients and familiarize them to services, programs, and partners
- Youville Centre hosts Annual General Meeting
- Training and orientation for 1:1 mentors involved in our Mentorship Program
- OC Transpo provides a presentation to students
- Youville participates in Masquerade for Mental Health at Rideau Hall to help combat the stigma related to mental health



OCTOBER 2017

- Clients participating in the 1:1 Mentorship Program attend a Meet & Greet lunch with introductions to their mentors



- Thanksgiving lunch for staff and clients prepared by our Sources of Strength (SOS) ambassadors
- Youville participates in the United Way Community Campaign and "Seeing is Believing" tours are conducted throughout the Centre
- Youville celebrates Early Childhood Educator Appreciation Day
- Sources of Strength (SOS) ambassadors have a pumpkin carving and door decorating contest for clients at Youville to celebrate Halloween



- David Hartley conducts leadership training for staff and Board of Directors
- Phase II of the Digital Storytelling research project starts with CHEO
- Youville attends the Governor General's Awards in Commemoration of the Persons Case at Rideau Hall
- Canada's Minister of Finance, Bill Morneau visits Youville Centre to make a national funding announcement
- Youville Hosts an Open House to invite guests to learn about programs and services
- Amy Sprague, Senior Manager at the Apple Store Rideau, presents at our Lunch and Learn series
- Alumnae and Communications and Fundraising Manager, Clarissa Arthur shares her story at the Ottawa Catholic School Board Christian Community Day

- Our Parent Child Attachment Therapist conducts professional development on Infant Mental Health for volunteers in our Volunteer Speakers Series

NOVEMBER 2017

- Students attend National WE Day event thanks to the generosity of TELUS
- In collaboration with M.F. McHugh Education Centre and St. Nicholas Adult High School staff, Youville partners with iSisters Technology Mentoring to help clients with assistive technology
- Ottawa Public Health provides an immunization clinic at Youville Centre
- Staff and clients of Youville pay tribute to our Veterans with a Remembrance Day ceremony
- Tracy Levesque and Marcie Auger, Paramedics, along with Therapy Dog, Max, present at our Lunch and Learn series



- As members of the Ottawa Infant and Early Childhood Mental Health Education and Awareness working group, we celebrate the launch of the Moments Matter Campaign

Highlights of 2017–2018

- Dwayne and Anita from RuivoBrown donate holiday portraits of young moms and their children
- As representatives of the Ottawa Infant and Early Childhood Mental Health Initiative, Youville staff present at the Children's Mental Health Ontario conference in Toronto
- Youville staff and volunteers are invited to attend a "Thank you/Give Back" brunch at the Chateau Laurier graciously provided by AccorHotels
- Child Development staff attend Make the Connection Parenting Program training in Toronto

DECEMBER 2017

- Hydro Ottawa employees volunteer their time decorating the Centre for Christmas and baking cookies for the Christmas luncheon
- Students perform a vigil in honour of the victims of the Montreal Massacre
- Ottawa Public Health provides 2nd immunization clinic at Youville Centre
- Youville hosts annual Christmas luncheon with Mom & Me circle for moms, babies, staff, and volunteers
- Our Board of Directors host breakfast for staff
- Youville Centre attends the annual Christmas Cheer breakfast as recipients of



their generous initiative to support families in need during the holidays

- Moms and children receive toys from Toy Mountain
- We experienced so many generous donors at Christmas like the Pyjama Elf with PJ's for mom and babies; the Shoebox Project with shoeboxes full of "goodies" for our young moms; our volunteer, Chris Caletti, knit special hats for the children; Herzing College presented Youville with a cheque raised from their bake sale; the Catholic Women's League of St. Philip's Catholic Church create "angels" for each child in the Centre and provide toy donations at Christmas; students from St. Monica's school stopped by to drop off toys collected by families and children from their school

JANUARY 2018

- Erin McEvoy, Youville alumnae, donates her time and talents to cut our young moms hair



- Youville presents their case for support for increased mental health funding at the Ontario pre-budget consultations
- Our Psychotherapists conduct professional development on mental health outcomes for volunteers in our Volunteer Speakers Series
- Youville participates in Strategic Communications Plan project with students from Carleton University

- Ron Ensom facilitates a professional development session for staff linking the Brain Architecture Game to the ACE (Adverse Childhood Experiences) Study
- Youville attends the Ottawa Community Consultation with Ottawa Child and Youth Mental Health Services
- Amanda Kingsland, National Country Music Director for Rogers Communications, presents at our Lunch and Learn series

FEBRUARY 2018

- Sources of Strength (SOS) ambassadors plan activities for Valentine's Day by having a clothing drive and fashion show
- A trauma-informed webinar from the Crisis and Trauma Resource Institute viewed by all staff as part of our professional development program



- Nathalie Des Rosier, our MPP for Ottawa-Vanier visits the Centre
- Youville Celebrates Black History Month; our staff member, Clarissa, and one of our young moms, Taina, are presented with Community Builder and Youth Achievement awards at the Global Community Alliance Gala

Highlights of 2017–2018

- Youville moms enjoy field trips to the Apple Store Rideau, Algonquin College, and Edelweiss for tubing
- Intensive Treatment staff attend ASIST Suicide Intervention training
- Youville launches its “We’re Winning” Anti-Bullying campaign with the generous help and support of Godzspeed Communications, Zetaserive, KCollective, and Tommy Bokeh Photography

MARCH 2018



- OC Transpo provides a presentation to students
- Youville clients enjoy a ski and snowboard trip to Camp Fortune
- University of Ottawa Med students present at Youville
- Youville Centre staff attend Algonquin College Child and Youth Worker Annual Career and Placement Fair
- Our Digital Storytelling Research Project with CHEO: “We All Have Stories to Tell” airs on the big screen at the Bytown Theatre
- Women from the P.E.O Sisterhood (Chapter J) come in to decorate the Centre for Easter
- Knights of Columbus Council 7873 host a Pasta Dinner fundraiser at Divine Infant Church in support of Youville
- Staff attend a Maiden Canada concert in honour of International Women’s Day in support of Youville Centre

APRIL 2018

- Students from Mother Theresa Catholic High School visit to try out their skills in Esthetics
- Youville acknowledges the hard work and dedication of our volunteers during National Volunteer Appreciation Month
- Youville introduces monthly tours to the public
- Youville young moms celebrate Earth Day by planting flowers
- We celebrate our Admin Support Staff with flowers for Administrative Staff Appreciation Day
- Youville staff attend the 4th Annual “Keep the Promise”, addressing childhood poverty at the Ottawa Catholic School Board Student Summit

MAY 2018

- Youville hosts our annual “Fashion Show FUNraiser” at Shepherd’s Fashions raising \$15,400 for Youville’s programs and services
- Kyla Hyppolite, Outreach and Recruitment at Ottawa Police Services, presents at our Lunch and Learn series



- Annual Mother’s Day “Meet Your Match” Sponsorship Campaign raises \$15,700 for Youville’s young moms and their children
- Youville’s Sources of Strength (SOS) ambassadors organize Centre activities throughout Mental Health Awareness week
- Erin McEvoy, a Youville alumnae, has “Hair with Erin” Day where she cuts and styles clients’ hair
- Knights of Columbus Council 9544 host Annual Rita Maheral Memorial Golf Tournament in support of Youville Centre
- The Shoebox Project delivers another round of special treat boxes for our moms on Mother’s Day
- Staff participate in Tier 2 Collaborative Problem Solving training
- Students attend St. Nicholas Adult High School Student Conference
- Pyjama Patrol donates brand new PJ’s to 60 children at Youville Centre
- Staff attend the RBC “Spirit of the Capital Youth Awards” at City Hall
- Youville Centre staff attend M.F. McHugh’s Showcase of Learning

Highlights of 2017–2018

JUNE 2018

- Youville Centre accepts cheque from the Canadian Payroll Association in the amount of \$10,000



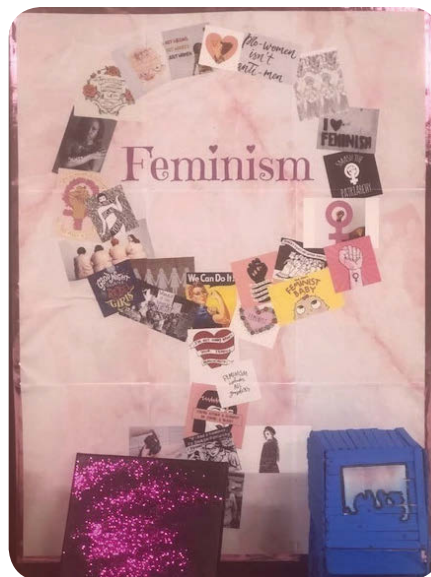
- Graduation lunch held at Tucker's Marketplace
- Youville host clients' High School Graduation Ceremony where 16 young moms received their Ontario Secondary School Diploma
- Versailles Academy generously donates time and talent to style graduates hair for graduation



- Youville Centre is a gracious recipient of fundraising proceeds raised through the Annual Bytown Golf Tournament where our alumnae, Olivia, spoke about her Youville experience
- The Canadian Motorcycle Cruisers, Ottawa Chapter, visit the Centre with a donation of over 1000 diapers and an opportunity for the children to explore their bikes

JULY 2018

- Youville attends Agency Orientation with Kids Up Front, a national foundation that provides access for youth 18 and under, to experience local arts, culture, and sporting events
- Students and staff attend end-of-summer school field trip to Museum of Nature for the #BrainAtTheMuseum exhibit
- Annual Summer BBQ and Summer School Art Showcase is an opportunity for all to celebrate the end of the programming year



We wish to express our sincere thanks and heartfelt goodbyes to the following staff members who have left Youville Centre this year:

Child Development:

Christina, Myia, Ashley, Melissa, Tina

M.F. McHugh Teaching Staff:

Justin, Scott, Case

Intensive Treatment Support Program:

Christine, Steph

We also welcome the new staff members who have recently joined the Youville Centre team:

Admin:

Stacey

Intensive Treatment Support Staff:

Kelly, Lindsay

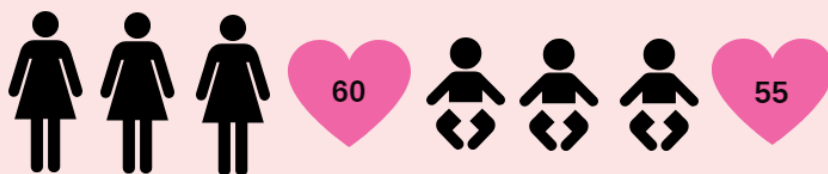
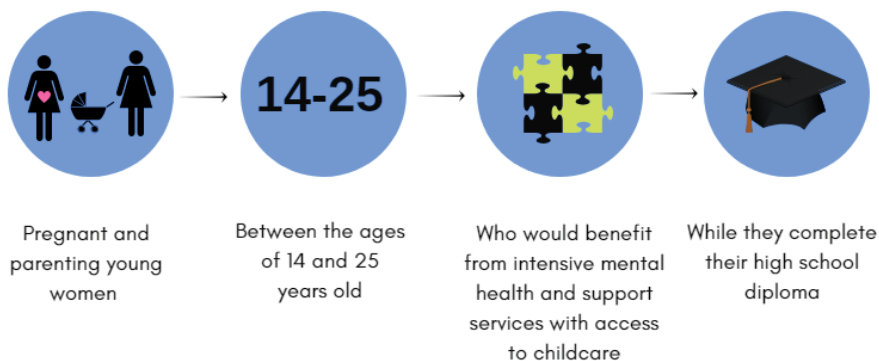
Child Development:

Diana, Tammy, Julie, Jessie, Tricia

M.F. McHugh Teaching Staff:

Shay, Tara

WHO WE SERVE



At any given time, we provide intensive services to **60** young moms and **55** children on a daily basis.
In some years, we have seen approximately **100** clients per year.

Youville Centre is committed to providing a wide range of services to young mothers and their children while assisting them in completing their high school education.

Clients are referred to Youville Centre from a variety of sources including: local high schools, nurses, clergy, community agencies, physicians, friends, relatives, or self referrals.

Provided that the client meets the criteria to receive services, the Intake Coordinator arranges a meeting to begin the orientation process. The client's child begins integrating

into our Child Development Program, where one of the Registered Early Childhood Educators discusses the program, the child's individual needs, pertinent medical information, and parenting goals. The client meets with a Case Coordinator from the Intensive Treatment Support Program to discuss the programs and services including a review of client Rights and Responsibilities. The client is also informed of the benefits and risks of participating in treatment and education at the Centre. Clients then meet with one of our Registered Psychotherapists

to discuss our mental health and addiction counselling services. Following the treatment meeting, the client meets with a teacher from one of our education partners, M.F. McHugh



Kelly and daughter, Aleeza

Education Centre or St. Nicholas Adult High School, to discuss their previous credit attainment, academic goals, learning styles, and their Individual Pathway Plan.

Although each Youville Centre mom is unique, they all share a common incentive that inspires them to achieve their personal and academic goals. This number one motivation is their child. Youville Centre and teaching staff strive to deliver holistic programming that will provide each young mother with the skills to succeed while always keeping their child's best interest in mind.



Brynn and daughter, Anastasia

Our Trauma-Informed Approach



Sarah and son, Jaspyr

At Youville Centre, we utilize a trauma-informed, research based, and evidence informed approach in our day-to-day work with clients. We use the Trauma Informed Practice Guide (May 2013) to support the translation of trauma-informed principles into practice. The Guide was developed on behalf of the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across Canada.

Reactions to trauma vary from client to client, from minor disruptions to debilitating responses. Across the continuum, clients may experience anxiety, terrors, shock, shame, emotional numbness, disconnection, intrusive thoughts, helplessness, and powerlessness. The four principles of trauma-informed practice we use as our framework are:



Steph, Jenny, Heather & Jessica

- Trauma awareness
- Emphasis on safety and trustworthiness
- Opportunity for choice, collaboration, and connection
- Strengths based and skill building

Our trauma specific services are focused on treating trauma through therapeutic interventions to facilitate trauma recovery. This work is done by our Registered Psychotherapists in individual and group formats.

Our work is “based on the understanding that symptoms related to trauma are coping strategies developed to manage traumatic experiences.” (Covington, S. 2002, in Trauma Matters, March 2013, The Jean Tweed Centre, Toronto, Ontario)



Jenny, Anne Marie, and Laura

About The Intensive Treatment Support Program

Case Coordination

Collectively, staff help prepare our clients for a smooth transition to the next phase of their life journey by using skill building techniques to support problem solving and goal setting.

Case Coordinators act as advocates and supports for clients as they navigate their way through the Centre programs and services at Youville and external community agencies.

Our staff is trained in Collaborative Problem Solving (CPS), and has adopted the optimistic mantra and philosophy that “people do well if they can, and if they can’t, we need to find out what is getting in their way so we can help”. Case Coordinators belong to an Ottawa CPS Community of Practice that meets with other like-minded community organizations to confidentially review client cases and best practices.

The Case Coordinators guide students through everyday emotional, behavioral, social, and educational concerns with a “circle of support” approach that includes Child Development Program Staff, the client’s Therapist, Teachers, and other professionals as required. Referrals made to community agencies and external resources include: The Children’s Aid Society, Ontario Works, The Social Housing Registry, Family Law Information Centre, Ottawa Public Health, St. Mary’s Home, Bethany Hope Centre, Emily Murphy Non-Profit Housing Corporation, Operation Come Home, The Ottawa Police Service, Women’s Initiative for Safer Environments, University of Ottawa, CHEO and local shelters.

Individual Treatment Plans

Using a number of assessment and screening tools including the Child and Adolescent Needs and Strengths for Pregnant and Parenting Youth (CANS-PPY) and the Thinking Skills Inventory (TSI), the Case Coordinator and their client create the clients’ Individual Treatment Plans (ITP’s). Goals are client-identified and measureable, and include

aspects of our programming in the areas of individual well being, academics, and parenting. The CANS-PPY is completed collaboratively at the beginning of each semester which provides an in-depth opportunity for clients to create strength-based measureable goals. The ITP's are



Lindsay with Grads, Skylar and Jordanna

monitored closely by the Case Coordinators and are discussed at Community of Practice meetings which include Child Development Program Staff, Teachers, Case Coordinators, and Therapists. The ITP goals and strategies, which are updated frequently by the Case Coordinator are also used to help the client's transition successfully from Youville.



Allie with Charlotte and Draeden

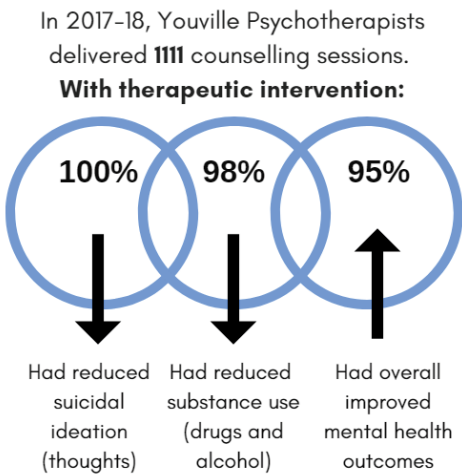
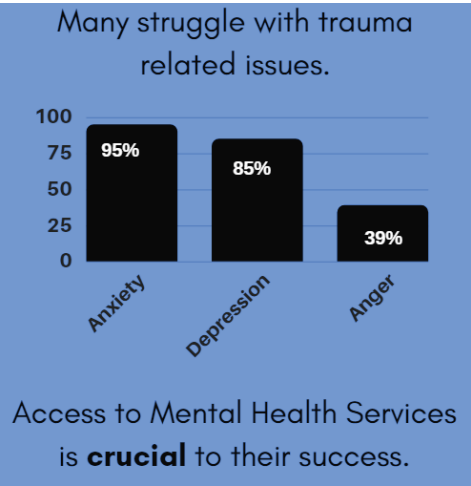
Addiction and Mental Health Therapy

The Addiction and Mental Health Therapists at Youville Centre are Registered Psychotherapists through the College of Registered Psychotherapists of Ontario. Youville Centre Therapists provide client directed individual and group counselling to pregnant and parenting youth using an eclectic approach to treatment that is tailored to meet the individual needs of each client. They also provide crisis counselling and safety planning as needed, regarding intimate partner violence and suicidal ideation. Our therapists utilize evidence-based, trauma-specific techniques and are certified in trauma assessment and treatment. A variety of assessment and screening tools are used, including, but not limited to, the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory (BAI), the Parent Stress Index (PSI 4), the Global Appraisal of Individual Needs (GAIN-SS), the Child and Adolescent Needs and Strengths for Pregnant and Parenting



Jordanna and Skylar have some SOS fun

Youth (CANS PPY), and the Drug History Questionnaire for the purpose of collecting data to better inform our practice. The Therapists provide clinical guidance at our Community or Practice meetings.





Sources of Strength wheel (made by clients)

Infant and Young Parent Attachment Therapy

At Youville Centre we provide one-on-one infant and young parent attachment therapy with a Registered Psychotherapist. Attachment-based therapy can be brief or more intensive depending on the individual client's needs. The Attachment Therapy Program is play based and provides our young mothers with the skills to respond to their child's cues and to increase parental sensitivity in order to promote secure attachment. The Infant and Young Parent Attachment Therapist has the opportunity to work with the mother-child dyad in a therapeutic manner with the goal to establish and support healthy and secure attachment. This program aims to support our young moms in examining their parenting beliefs, increasing their empathic awareness of self and their child, promoting bonding, and discussing how forming a secure attachment provides the foundation for raising emotionally healthy children. In working with our moms to identify their behaviors that are impacting their child's development, it becomes possible to tailor services to our clients using a variety of evidence-based

assessment tools including the Keys to Interactive Parenting Scale (KIPS). The Infant and Young Parent Attachment Therapist also facilitates groups including The Circle of Security: An Early Intervention Program for Parents and Children, Pregnancy Circle, and Make the Connection parenting courses with Child Development Program staff. In addition to individual and group therapy, the therapist provides consultations and professional development to our Child Development Program staff regarding Infant Mental Health and The Circle of Security philosophy.

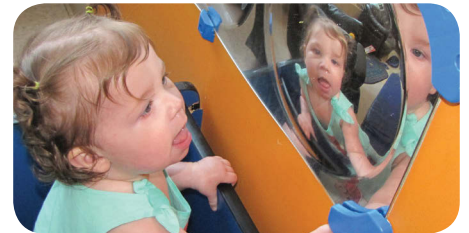
Clinical Supervision

The Therapists and Case Coordinators engage in regular supervision, including clinical debriefs, and case consultations, with the Clinical Supervisor regarding mental health, substance use, and trauma related issues. The Case Coordinator's ITP's are reviewed by the Clinical Supervisor. All safety plans and case notes are reviewed monthly. All Youville Staff have access to the Clinical Supervisor to discuss clinical issues and to debrief incidents. All research requests, potential presenters, and treatment program content are reviewed by the Clinical Supervisor, in addition to professional development opportunities for staff, to ensure they are trauma-informed and fit with the Centre's philosophy.

Sources of Strength (SOS) Peer Leaders

Sources of Strength (SOS) is a strength-based comprehensive wellness program that promotes connectivity, school bonding, peer-adult partnerships, and help seeking behaviors. The SOS group's mission is to help students and staff turn to their strengths and supports when they are struggling. The focus is on suicide prevention, but it also impacts many other issues including, but not limited to, substance abuse, intimate partner violence, bullying, and mental health. The peer leaders encourage other students to assess and develop their individual strengths and

highlight their resilience. Safe messaging is an integral aspect of the Sources of Strength program, so instead of the focus being on sad, shocking, or traumatic stories it is on hope, help, and strength which work well in our trauma-informed environment. A Teacher, Therapist, and Case Coordinator choose a diverse group of clients to attend a weekly group in order to help support a more positive Centre environment. Monthly activities are held to build a community of connectedness and hope. The activities are linked to mental health, medical access, healthy activities, spirituality, generosity, family support, mentors, and positive friends. Our peer leaders meet with new clients to welcome them to the Centre and to provide them with a client perspective in their orientation.



Madison

About The Child Development Program

Program Overview

At Youville Centre, we are committed to educating two generations. While our young moms are learning in the classroom, our infants and toddlers experience their own learning in our Child Development Program. Our licensed program serves 40 infants (ages 2–18 months) and 15 toddlers (ages 18–30+)



Emily with Vanessa, Kaysen, and others

months), providing the best possible start in their young lives. Our Child Development Program Manager leads a team of 15 full-time Registered Early Childhood Educators (RECE's), as well as program assistants, kitchen staff, cleaning staff, and clerical personnel who collectively help deliver a quality childcare program.

Continuous professional development allows our staff to remain up-to-date with best practices and current research in areas such as workplace health and safety, childcare safety and security, confidentiality, documentation, risk factors for parents and their children, and current and relevant parenting strategies. Our program has also committed to continuing training and knowledge in the area of infant mental health through workshops, webinars, and trainings. Our Lead Educators in the Child Development Program focus on facilitated leadership development training in an effort to strengthen the vision and direction of their roles within the Child Development Program team.

Using the Early Learning for Every Child Today Framework, for Ontario Early Childhood

Settings (ELECT), and the How Does Learning Happen: Ontario's Pedagogy for the Early Years Document (HDLH), our Registered Early Childhood Educators provide a stimulating and engaging learning environment that addresses the social, emotional, cognitive, language, and physical needs of each child.



Anastasia and Cali

The ELECT document describes how young children learn and develop, and offers a framework that addresses the needs of each individual child, as well as the group of children as a whole. Differentiated planning and instruction is employed by our staff as they assist each child in meeting his/her developmental milestones.

The HDLH document promotes the idea that all children are capable, competent, and curious learners. Through reflective practice, our RECE's ask thoughtful questions about the learning the children are undertaking in order to better serve their developmental needs. This enables them to create environments that provide opportunities for the children that align with their interests and competencies. Children then begin to build and master skills in preparation for further development as they move through the program.

Just as the children learn through questioning theories, the Educators use the HDLH tool to



Coreena and Daffodil babies

guide them to be researchers as well. The Child Development Program is a space of learning for all; instead of being driven by routine, the Educators use this reflective practice to consider possibilities and justify program planning.

The Child Development Program continues to utilize the exciting virtual documentation tool called "Storypark". This online software allows staff to post stories including pictures and videos about the learning that occurs with each child during their day in our program. Parents can become fully engaged as they receive alerts when new stories have been posted. Parents can even post stories of experiences outside of the Centre and can invite family and friends to view as well.

We are also grateful to community partners who continue to assist us and support our young families. Vital connections in the community are maintained with agencies geared to supporting young children's needs. In 2017-2018, we worked closely with the following partners: Ottawa Children's Treatment Centre, Crossroads Children's Centre, Parent Resource Centre, CHEO, Children's Inclusion Support Services, Infant Mental Health Promotion, Ottawa Public Health, and First Words. Our Child Development Program is stronger because of these effective partnerships.



Shania and son, Draeden

Screening and Early Identification

Early identification and intervention are program goals that guide our practice enabling us to provide a rich program aimed at assisting our children to meet their developmental milestones and “be ready” to start school with their age-mates. Our Child Development and Infant Mental Health team are trained in administering the Ages and Stages Questionnaires (ASQ3). This screener provides an in-depth overview of children’s developmental milestones for each specific age group, ranging from one month to six years of age. The Ages and Stages Questionnaire: Social Emotional (ASQ:SE2) uniquely screens for concerns with a child’s social and emotional development, an area directly related to their overall mental health and well being. They are completed individually by the parent and the Educator and are then reviewed together. The developmental screens are used to implement interventions and if necessary, refer parents to community agencies that support families and mitigate the impact of potential delays. This collaborative effort provides the children with the best chance to successfully meet their developmental goals and become healthy children, ready for school. Youville Centre offers a unique opportunity to support the needs of the mother and child during the waiting period for external services by creating a Developmental Support Plan (DSP); a plan written in the voice of the child that outlines

specific ways in which primary caregivers and program staff can support the child in reaching his/her developmental goals.

Infant Mental Health Promotion

Infant Mental Health Promotion refers to the social, emotional, and cognitive well-being of infants and young children. Through extensive research and a strong professional knowledge base, at Youville Centre, we recognize the importance of providing opportunities for the overall optimal outcomes of the families and children we serve.

Supporting infant mental health means that we:

- work collaboratively with children, parents, and community partners to prevent difficulties;
- intervene early when children are identified as being at risk;
- encourage a sense of security, safety and the ability to establish and maintain satisfying and healthy relationships;
- support a child’s learning and development by providing the freedom to explore his/her environment;
- promote the ability for parents and young children to cope with and solve problems within their environment;
- empower parents to learn how best to experience, control, and express their own emotions and to help develop those skills in their children; and
- strive to promote stable, supportive families and communities

A child’s development in the early years is crucial; this is a period of time where the relationships children form build the foundation for their perception of their self-worth and abilities, as well as that of their caregivers and of the world around them. We believe that parent education is vital, and that when parents are armed with information regarding their child’s development in regards to their social-emotional and cognitive needs, they are better prepared to understand how best to respond to their child.

We continue to offer the Make the Connection (MTC 0-1 and MTC 1-2) parenting program which is meant to increase the parent’s awareness of their baby’s attachment system and empower the parent to become more confident in their parenting role.

Stress in the parent-child dyad directly affects a parent’s sense of self in their parenting role, and especially contributes to the perception they have of their child. By targeting our interventions early, and directly working within the parent-child dyad, we are providing the most effective form of infant mental health treatment. In addition to our parenting programs, Youville Centre’s Infant and Young Parent Attachment Therapist meets with our adolescent mothers who are experiencing attachment difficulties, along with their children, on a consistent basis to provide intensive, one-on-one, and small group practical support through education, modelling, and opportunities to practice new skills in a safe and supportive environment.



Emily and son, August

Messages to the Grads from Child Development Staff



Emily and Aniston

“Don’t be afraid to explore many avenues to discover who you are and what you believe you are meant to do!” ~ Jessie

“Follow your dreams and stay true to who you are!” ~ Kelsea

“One chapter of your life is coming to an end but the next chapter is just beginning. This is an exciting time to figure out who you are who you want to be. This chapter is blank, a new beginning to fill with many new memories. Be courageous, be adventurous and live life to its fullest. You have all come so far and I couldn’t be more proud of each and every one of you! Congrats ladies!” ~ Allie

“My advice for our new graduates is very simple. Enjoy every new moment one moment at a time. Every new challenge can be faced by one step at a time. We can’t do anything about the past but learn from it. We can’t do

anything about the future but plan for it. We need to live, love and learn in the present, the rest will take care of itself. Congratulations ladies I am so proud to have been a small part of your journey.”

~ Rita

“Say yes to opportunities. Even if you aren’t sure it’s for you, you never know what might come of it.” ~ Anna Mary

“As a new member of the Youville Centre team, the highlight of my year has been discovering the impact the services we provide have on the young women and children we serve. It is truly a blessing to be a part of such a wonderful organization.” – Mandy

“Take moments to catch your breath and practice self care! Life doesn’t have to be a rush!” ~ Sophie



Kelsea with Audrey-Ella and Theo



Mandy and Mason

“Enjoy every moment of your new adventure!! Don’t forget to just be yourself!! You should all be very proud of yourselves!! Congrats Grads!!” ~ Elisa

“In the words of Dr. Seuss ‘You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your way. And you know what you know. And YOU are the one who’ll decide where to go...’ There will be good days and bad days but never forget you are strong independent women - you have moved mountains to be here and you deserve all the best!!!” ~ Cassie

About Academic Programming

M.F. MCHUGH EDUCATION CENTRE

Principal's Message

The M.F. McHugh Education Centre is proud to be partnered with the Youville Centre in its goal of providing unique educational programs and mental health and addiction support for the young moms that attend Youville Centre. Our dedicated teachers provide instruction in a wide variety of high school courses to help students earn their diplomas and prepare for their future, in university, college or the world of work. We are able to provide specific instruction in parenting (child development and attachment), life skills, resiliency, positive mental health and leadership through credit-linked, hands-on courses that have been developed and are facilitated by M.F. McHugh teachers, Intensive Treatment Support staff, and Child Development staff. We also offer a varied fitness program for credit, as a way of encouraging overall physical and mental health.



Nicola Benton, Principal, M.F. McHugh Education Centre

I very much enjoy being Principal at M.F. McHugh Education Centre and participating in many of the events that take place at Youville Centre throughout the year. I look forward to continuing to work together as we support our students while they strive to learn and create a brighter future for themselves and their children.

Nicola Benton, Principal
M.F. McHugh Education Centre

The M.F. McHugh Education Centre Program

The M.F. McHugh Education Centre Program

The M.F. McHugh Education Centre provides English-language educational programming for students in the Ottawa-Carleton region who attend government-approved care and treatment programs. Since Youville Centre is a Child and Youth Mental Health Agency, we are able to offer an accredited, secondary school education for our young moms. Learning at Youville Centre is creative, innovative, and hands-on. M.F. McHugh Education staff and Youville Centre staff use a multi-disciplinary and highly collaborative approach to program delivery. Staff work together to help our young moms achieve their academic goals by differentiating curriculum materials and teaching strategies that reflect the diverse learning needs of our students. Students entering Youville Centre meet with M.F. McHugh Education teachers to complete an Individual Pathways Plan (IPP) and to collaboratively discuss and develop their academic goals for the year. Further to this, an Individual Education Plan (IEP) is designed for each of our students. The IEP identifies the student's specific



Ashley practices her radio broadcasting skills in our Tech program

learning expectations and outlines how M.F. McHugh Education staff will address these expectations through appropriate accommodations, program modifications and/or alternative programs as well as specific instructional and assessment strategies. The learning program provided for each student is modified on the basis of the results obtained through continuous assessment and evaluation. Lifestyle Courses designed to meet the unique mental health, parenting and life skills needs of our student population, are also offered throughout the year. Cooperative education is available for students who wish to earn credits through work experience. Ministry-approved dual-credit programs are available to students who wish to earn a high school credit while taking a college course; dual credit helps to prepare students for a successful transition to a college or an apprenticeship program. M.F. McHugh Education teachers focus on supporting our students in earning their Ontario Secondary School Diploma (OSSD) and helping them transition to post-secondary education or the world of work.



Cooking in Leader in Your Own Life

A full range of courses from the Ontario curriculum are offered, including:

- The Arts
- Business
- Canadian and World Studies
- Information Technology
- Dual Credit
- English
- Guidance and Career Education
- History and Geography
- Mathematics
- Native Studies
- Health and Physical Education
- Science
- Social Sciences and the Humanities (including Sociology, Anthropology and Psychology)
- Cooperative Education

Youville Centre Credit-Worthy Lifestyle Programs

Within the academic programming at Youville Centre, students also have the opportunity to participate in hands-on-learning through our Youville Centre Lifestyle Courses.

These courses are linked to Ontario Secondary School Diploma (OSSD) credits, and therefore, not only provide our students with useful life skills, and parenting and mental health support, but also help them to earn their credits toward attaining their OSSD.

In the 2017-2018 year, the following lifestyle courses were offered:

Make The Connection 0-1 and 1-2 (Link – HPC30 – Raising Healthy Children): an evidence-informed parenting program that builds parental confidence by helping parents better understand the importance of their relationship with their child. The MTC 0-1 program works to increase parental empathy and sensitivity. Through a strength-based and reflective engagement model, key concepts covered include attachment, temperament, and parenting styles. The MTC 1-2 program is viewed as a continuation of MTC 0-1 with a focus on the toddler stage of development. At this stage, the changing dynamics of the parent-child dyad requires new and evolving skills and strategies to help parents in their journey as their toddler becomes more independent. These programs use hands-on activities and discussions to provide key messages on how best to support the relationship with their child through love, language, and learning.

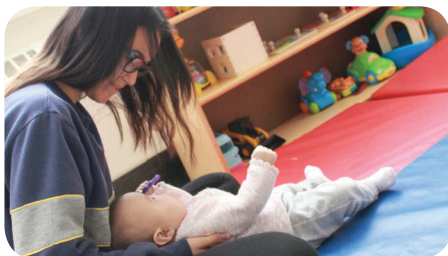
A Leader in Your Own Life (LIYOL) (Link – HIP40 – Personal Life Management): a leadership program combining life skill development in leadership, communication, self advocacy, financial literacy, cooking, sewing and home organization.



EMBRACE Your Future (Link – HHD30 – Dynamics of Human Relationships): (Empower, Motivate, Build Resiliency, Role Model, Advocate, Communicate, Educate) is a resiliency program focusing on healthy approaches to self esteem, body image, relationships, positive self-talk, and role modeling for children.



Student made PositiviTREE in EMBRACE



Colleen and daughter, Aleida in Make the Connection

Health For Life (Link(s) – PPZ – Health for Life, PPL – Healthy Active Living, PAF - Personal & Fitness Activities, PAL - Large Group Activities, PAR - Rhythm & Movement): taking place twice weekly throughout the year, students have an opportunity to participate in yoga (Hatha, Yin, prenatal, restorative, and mom/baby yoga), cardiovascular, sport-based fitness and various low impact fitness activities. The health component includes nutrition, sexual health and healthy lifestyle information. Students typically create a personal wellness plan. Field trips could include hiking in Gatineau Park, skating on the Rideau Canal, skiing and snowboarding at Camp Fortune, and Ziplining and the Aerial Park at Camp Fortune.

Transition Course (Link - GLE40 – Advanced Learning Strategies: Skills for Success after Secondary School): students who are in their graduation year at Youville will take the Transitions course as one of their Youville Centre Lifestyle Courses. This course is designed to facilitate a smoother transition from Youville to work/post secondary education. Staff and students work together to create individualized plans for their futures. Students will explore career and post secondary education options as well as affordable childcare, health, dental

and counselling options. Scholarships, bursaries, grants, and other financial aid will be investigated. Guest speakers, post secondary facility tours, certification in WHMIS and Smart Serve are the highlights of this final Youville Lifestyle course that all students will take before they embark on life after Youville Centre.

About Academic Programming

ST. NICHOLAS ADULT HIGH SCHOOL PROGRAM

Principal's Message

St. Nicholas Adult High School is pleased to continue to build an active and strong partnership with Youville Centre. Our teacher leaders provide instruction and support in a wide range of high school courses while assisting students to earn their diploma. Following graduation from high school, Youville graduates will be able to access a wide range of opportunities in College, University, and the world of work.



Philip Capobianco, Principal, St. Nicholas Adult High School

Our partnership with Youville Centre allows us to fulfill our vocation while increasing the level of education for all learners. On behalf of the students, faculty, staff, and administration at St. Nicholas Adult High School, thank you for your continued collaboration and commitment.

Making a positive impact in the lives of our students and their families is a great priority. Thank you again for your commitment and dedication to the community.

*Philip Capobianco, Principal
St. Nicholas Adult High School*

St. Nicholas Adult High School Program

In September 2016, St. Nicholas Adult High School established a partnership with the Youville Centre to offer a secondary school education for the clients who age out of the M.F. McHugh program by their 21st birthday. Students in the St. Nicholas program are between the ages of 21 and 25.

St. Nicholas Adult High School provides flexible e-learning high school credit courses for adults (18+) living in Ontario. The learning model at St. Nicholas is student-directed and teacher-supported. All courses are online and students access course content and assignments through a Learning Management System called Brightspace (by Desire to Learn). In addition to e-learning technology, St. Nicholas students are also encouraged to learn and master Google Apps for Education.



A special treat lunch in the park

St. Nicholas students entering Youville Centre meet with their teacher and, in consultation with an Intake and Assessment Officer, they select their first course; this selection process repeats as the student begins each subsequent course. Students confer with an Intake and Assessment Officer to plan their specific pathway to obtain their high school diploma. Students who are eligible to complete Prior Learning Assessment and Recognition (PLAR) or Mature Student Evaluations are referred to

the PLAR Assessor. Where applicable, the St. Nicholas teacher refers to the student's IEP to identify any accommodations, program modifications, and/or alternative programs as well as specific instructional and assessment strategies that have been recommended in the past. St. Nicholas students have the option to participate in the Lifestyle Courses offered by Youville Centre and M.F. McHugh in addition to their e-Learning course.

With the support of the St. Nicholas Student Services Department and the teacher, the Youville Centre moms aged 21 to 25 are supported in working toward their Ontario Secondary School Diploma (OSSD) and in their transition to post-secondary studies or future employment opportunities.

Summer School

Once again this year, through a partnership with the Ottawa Catholic School Board's Continuing Education Department, Youville Centre was provided with three teachers who delivered summer school programs during the month of July.

This year students were able to select one academic course from a variety of choices that best met their needs. While many young moms chose the self-expressive visual art course, others worked at the Ontario Secondary School Literacy Course, Hair and Aesthetics, and Physical Education.

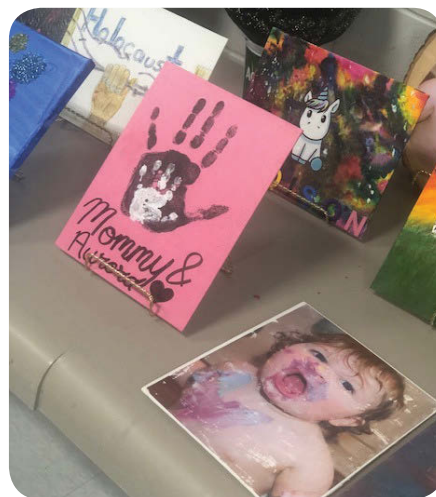
Each of these courses allow our students to earn another credit toward their high school diploma (OSSD). Art courses tend to be popular as they are found to be quite cathartic and therapeutic for our young moms, who display phenomenal creative talent year after year.

In addition to our academic programming, we took short 30 minute mental health breaks each day in the form of a walk to a nearby park. We were also fortunate enough to take a trip to the Museum of Nature for a day! It was a wonderful day which allowed the moms to experience many interactive exhibits including the newest exhibit explaining how our brains work!



Abbey and daughter, Rihannat

On the last day of school we had a showcase featuring all the work students created over the summer. There was great diversity and talent displayed through the various courses, including an art display, a slideshow of work, and photographs of hair, esthetics, and physical education activities. Our student showcase was followed with a celebratory end of summer school barbecue with lots of games, activities, and delicious food!



Summer School student created art showcase



Treatment staff engage in #BrainAtTheMuseum exhibit during summer school field trip



utilizing strengths and achieving goals

Youville Centre Alumnae

Over the past 33 years, Youville Centre has served over 1,300 young mothers and their children. The majority have received their Ontario Secondary School Diploma (OSSD) during their time at Youville Centre. Our graduates go on to post-secondary education and the world of work enjoying success as parents, successful employees, and active members in the community. We are grateful to alumnae who return to Youville to share their personal perspective with our current moms, to inspire them to stay focused on their goals despite overwhelming challenges. Some of our former graduates have also made in-kind and financial donations to help the young moms attending Youville Centre today.

Staying in Touch

We are proud of each and every one of our Youville Centre alumnae, and we enjoy keeping in touch. Alumnae have the opportunity to sign up to receive our electronic newsletter that keeps them up to date with current programs and services. Many of our alumnae are members on our Facebook, Twitter, and Instagram pages. Youville Centre alumnae can keep in touch in the following ways:

Website: www.youvillecentre.org

Twitter: @YouvilleCentre

Facebook: Youville Centre – Ottawa

Instagram: HumansOfYouville

Sharing real life experiences is a great way to inspire Youville's current clients. As an

alumnae, if you would like to discuss ways in which you could give back to Youville Centre, please email us at:

communications@youvillecentre.org

Did you know?

Alumnae are also eligible for bursaries. Some of our generous donors designate funds to alumnae who are continuing their education. In addition, we offer Second Generation Bursaries, in honour of our previous Executive Directors. Second Generation Bursaries make it possible for the children of Youville Centre alumnae to attend post-secondary education with financial support. We are pleased to be able to continue our work with two generations in the most amazing way. Alumnae are encouraged to consult our website for more information about applying for alumnae and Second Generation Bursaries.

Brittany's Story

Brittany, a 2016 graduate, joined us at this year's graduation ceremony as our alumnae guest speaker. This is what she had to say:

It is truly an honour to speak to this year's graduating class – as I vividly recall sitting in those very chairs in admiration over the accomplishments of the alumnae speaker at the 2016 graduation ceremony. It is so wonderful to be here to see the Youville community and the many connections being formed within these walls. It is also uplifting to see the graduates here, who have remarkable and diverse stories which led them to this very momentous day. This is also the beginning of a new story.

I am sure that some of you already have clear-paved plans for the future, some of you are still exploring, and some of you might

not have thought that far; and that, my fellow Youville ladies, is okay. It is worthwhile to remember that there is no ONE right way to achieve success in your life. Just remember that your journey is just that - your own PERSONAL journey; it is not a race to personal, academic, social, or emotional success. So long as you keep your eyes on your own horizon, you will get there. You are already almost halfway there by sitting where you are on this very day.

I have noticed that after great achievement in one's life, you can often look back and see the seeds of its beginning. For me, this seed was planted at Youville. My journey began here when I was 18. I started at the Centre in need of 25 credits to get my high school diploma. I'd heard that Youville was "the place to be" if you were a young mother. They had all sorts of resources if you were in financial discomfort; the childcare program at Youville was unmatched; the staff would care for our children in a way that would leave you feeling comfortable when having to part from them. This is what pushed me to enter those doors 4 years ago; it wouldn't be until much later when I realized the true value in attaining my education.



During junior high, I moved between parents across the city. I switched schools three times and each time it became a little harder to adapt. When I wasn't between parents, I was

sleeping on friend's couches. In high school, I went to three schools before grade 10, and by the age of 15, I just stopped going. During my three years out of the education system, my life continued to be full of obstacles that tore strips off of me each time. At that young age, I wasn't strong enough to overcome such adversity. I bounced between shelters, friends' houses, and living on social assistance with simply no direction.

When I was 17, I discovered I was pregnant; I had no doubt that I wanted to have my baby, but what I didn't know was how I was going to have her. To further complicate things, I got involved in the Youth Criminal Justice System and ended up on probation. I had no support, but when I gave birth to my daughter, I decided it was time to go to Youville for support. I was anxious, excited, doubtful, and scared all at once but Youville made the experience unlike what I had gone through in the mainstream school system. It accommodated my needs and supported the various hurdles of parenting. There were many days that were a huge struggle to even get on that bus to get to school, once I arrived, it took everything I had to try and remain focused and ready to learn, but the staff made sure we didn't lose sight of why it was important to come back every day.

I had been wrestling with anxiety, depression, and trauma for the larger part of my life. On days where my mental health took the better part of me, the relentless, yet patient counsellors here would fill in as teacher for the day. The topic was not English, or Civics; they taught valuable skills in conflict management, techniques to cope with anxiety, and learning how to listen without bias or judgment. It was crucial to my academic success to be able to set time aside

Being a young mother can be tough, but never forget the lessons learned here, and keep pushing for a brighter future for yourselves and your children!"

- Brittany Lepine, Alumnae Speaker, Class of 2016

to confront my emotions and to know that I was not alone in facing them. My counsellor, Jenny, provided that security for me.

When my daughter, Sabrina, was having nightmares, the parenting program provided me with a place to develop the skills required to help my daughter, and when my landlord was being difficult, Treatment staff offered support and guidance. As a young parent, people often don't take us seriously. There is a lot of stigma around being a young mom, and Youville never stopped working toward breaking this stereotype. In my second year, each day I returned, Youville became my home and I decided that I wanted to pursue a post-secondary education. I remember sitting with my teacher, Scott. I think I changed my mind every day, and each new day Scott would patiently rethink the possibilities with me. I was inspired by his story – and realized that I wanted to go to Carleton University. I did apply to Carleton, and it was not until I got accepted, that the seed I was talking about earlier began to grow. When I got the acceptance email the first place I ran to was Youville; I was so surprised, but the staff wasn't; they believed in each one of us and our abilities wholeheartedly, and this reaction encouraged me to also believe in myself.

Inspire, educate, and nurture young mother and their children; that's exactly what they do here. The connections I made here continue

to flourish and contribute in every way to the person I am becoming. As a result, I believe my daughter is becoming a better person too. The skills I learned at Youville have contributed to my success in post-secondary studies; I am now a third-year student in the Honours Legal Studies program, with a minor in Philosophy at Carleton University and ... I AM KILLING IT! I made Deans List two years in a row, and will be making my first attempt on the LSAT this coming February. I give thanks to my daughter for grounding me and giving me a reason to fight, and to Youville Centre for teaching me how to approach each battle in a way that allows me to come out on top.

We all have something that eats at us inside, whether it's evident externally or not. In the past, I struggled with low self-esteem and found that in order to evaluate the type of person I am, I'd compare myself to other people. The problem was that I ended up comparing my internal self with their external selves - and I've come to realize that was an inaccurate reflection of who they were or what was going on in their lives. Youville taught me that. What matters is that when you look at others, you appreciate their complexity; that's what makes them interesting. It is important that we treat ourselves like we would treat our best friends and our children - with kindness, concern, and compassion. In doing so, we will never let anyone else treat us less than how we treat ourselves.

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Healthcare at Youville Centre

We have been very fortunate to have the opportunity to continue to host a medical clinic on-site at Youville Centre over the past few years. Satellite clinics are independently run and not part of Youville Centre's core programming. They are meaningful assets to the breadth of services we are able to provide for our young mothers and their children.

Medical Clinic

Offered weekly at Youville Centre, Dr. Sarah Oliver, a General Practitioner at the University of Ottawa Health Services offers the medical clinic with the following aims in mind:

- To provide primary medical care in a stress-free and comfortable environment for both Youville moms and their children;
- To create a trusting relationship with the mothers at Youville so they may feel comfortable seeing a doctor for their ongoing medical needs;
- To encourage Youville moms to see a consistent provider and to have appropriate follow-up for concerns;
- To attend to main medical issues as presented and without barriers, including physical health, mental health, and childcare concerns;
- To act as a liaison between Youville moms and consultants at CHEO or The Ottawa General Hospital; and
- To continue to provide medical care for moms and children at the UOttawa clinic after they graduate from Youville Centre.



Dr. Oliver with Laura and son, Jordan



Mentors Augustina and Ruth meet with mentees Chelsea and Ashley

Mentorship Program

The Youville Centre Mentorship Program has two components:

1. one-to-one mentoring and,
2. a monthly Lunch and Learn speaker's series

The one-to-one mentoring is offered to interested Youville Centre clients who are ready for a mentor/mentee relationship. Once a month, or more frequently if possible, mentor/mentee matches enjoy meeting for lunch offsite. Clients enjoy building relationships and receiving encouragement from their mentors. We look forward to continuing to provide a mentorship program this coming year.

.Volunteer mentors are pre-screened, trained, have clear criminal reference checks, and are matched carefully by our Multi-disciplinary team. If you are interested in this program, please contact us at: communications@youvillecentre.org.

Our successful monthly Lunch and Learn speaker's series takes place with support from Famous5 Ottawa and TD Bank. Women from the community are chosen to speak to our young mothers on a variety of topics while they enjoy a delicious lunch. This opportunity is aimed at motivating our pregnant and parenting adolescent mothers with stories of inspiration and encouragement.

If you are interested in this program, please contact us at: programs@youvillecentre.org.

Volunteering at Youville Centre



Kat and son, Tobias

We are so grateful to have a committed, caring group of volunteers from the community who give their time and talent to help Youville Centre's young mothers and their children. Our volunteers work with us regularly and on an as-needed basis in the following areas and programs in the centre:



Yolande with baby Suzan

- Board of Directors
- Mentorship Program
- Child Development Program
- Swap Shop (in-kind donations)
- Food Bank
- Admin & Communications
- Lifestyle Courses
- Tutoring*
- I.T. Support
- Building Maintenance
- Drivers**
- Photography
- Special Events/Seasonal

*Tutors must have worked for a school board within the past 5 years and be approved by the M.F. McHugh and St. Nicholas Administration and the Executive Director. Limited tutoring opportunities exist.

**Drivers pick up and drop off in-kind donations for donors who have barriers to transportation or are unable to drop off donations during business hours.

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Zybina and Graduate, Taina

Volunteer Acknowledgements

In addition to our volunteer Board of Directors, Youville Centre would like to recognize the following outstanding volunteers who, through their gift of time and talent, contributed to the success of the 2017-2018 year.

Food Bank

Zlata Burt
Patty Cooper

Swap Shop

Barbara Aldworth
Ria Challen
Elizabeth Emond
Diny McMahon
Jane McNamara

Youstore

Monica Goodhue
Chris Caletti

Child Development Program

Cecilia Baklinski
Michelle Beach
Peggy Bosc
Janette Brodeur
Ana Brown
Patty Cooper
Yolande Cremer
Michele Desbiens
Fatos Erguven
Kim Fenwick
Marian Gaffney
Joan Gibson
Tawnya Glandon
Esther Grebe
Sharon Guillemette
Carol Gusen
Emma-Lee Peller
Barb Robertson
Pat Slight
Pat Stuart
Emily Vanden Hanenberg
Simonne White

I.T. Support

Pierre Kerr

Building/General Maintenance

Al Kuiper
Geoff and daughter, Shannon Burrridge

Driver

Jean Lemieux
Pierre Kerr

Music

Michelle Gott
Joan Taillefer

It Takes a Village

Photography

Dwayne Brown and Anita Ruivo
Michelle Valberg
Olivia Moore
Katrina Dominique
Jahvan Douglas

One-to-One Mentors

Augustina Dunev
Barbora Dej
Candice Cumming
Emily Creech
Jenna McQueen
Jennifer Filip
Julie van Rijn
Laura Mindorff
Michelle Taggart
Monique Paquette
Natalie McGuire
Ruth Kamanga
Sheri Stashick

In Kind Donations

We have two areas within the Centre where our clients have access to the generous donations that are provided by Youville's community of family and friends. The SWAP Shop is located in Kinsella Hall. Our gently used donations are sorted, washed, organized, and placed on display. Our clients have access to this volunteer run space three times per week during lunch and are able to access items they may require such as clothes for themselves, their children, small household items, books, shoes, accessories, and much more. Our Youstore hosts brand new donations of clothing, toys, hygiene products, and household items. The YouBuck Incentive Program rewards students who display positive school spirit and personal growth,

show punctuality, help other students, or demonstrate other random acts of kindness. Awarded YouBucks (faux dollars) can be used to purchase items from the YouStore. During the Christmas season, the YouStore expands to allow our young moms to provide a special Christmas for their children.

Youville Centre Angels

Since it began at our 25th Anniversary Celebration in 2012, we have continued the tradition of honouring special partners, donors and volunteers with a "Youville Angel" award. This year, we presented the award to three exceptional individuals who have provided unwavering support to our young moms and their children, and have been constant advocates of our Centre's mission and values.

GAVIN THOMPSON

Charity Super Hero, Extreme Couponer, Bargain Hunter; these are all titles we use to describe this Angel Award recipient. This person has been performing volunteer work for Youville Centre for over 10 years! He is a statistician who uses his ability to recognize and follow trends to help consumers get the most for their money. He has a magnetic and positive personality that is experienced by staff and students alike. He loves a challenge! For example, he recently pushed himself to see how far he could stretch \$150 for charity. Gavin was able to purchase \$1500 worth of products for \$150 with most of the products going to our moms.



Gavin Thompson

We are tremendously lucky to have his generosity and support. He is an enthusiastic and passionate member of our Youville Centre family. If it is not enough that he donates thousands of dollars worth of products to us over the years, he also donates his time. Gavin has given many presentations to our moms, teaching valuable lessons on cost savings, including how to deny the BOX stores of their profits. He teaches them when to shop, how to shop, and how to save - A real dream come true!!

Thank you, Gavin for your continued support of our Youville moms and children. Our YOUTSTORE would not be the same without you.

PATRICK BLANC

Our next recipient can be heard on Thursday mornings sincerely greeting and conversing with each employee, volunteer, and client that crosses his path. This Angel Award recipient is a Learning, Earning, and Parenting worker from Ontario Works, who comes to our Centre to personally work with our moms every Thursday from September to the beginning of August. He is so much more than just a worker! The moment he

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Patrick Blanc

walks through doors, his smile lights up the room, his laugh radiates throughout the halls, and his jokes keep on rolling! Not to mention, his impeccable fashion sense!

Patrick's dedication to working with the young women of Youville is evident in every interaction throughout the building. He is the life line for our clients. He is always available to give sage advice, an empowering chat, a nudge in the right direction, a laugh or two, and of course, access to funding if at all possible. Not only do our young moms appreciate his enthusiasm and willingness to listen, our staff members have his number on speed dial. Saint Patrick, as staff like to refer to him, thank you for spending many early mornings and late evenings working tirelessly with staff to support our young mothers and children in every way possible

Patrick, your selfless nature and kind heart have and will always leave a lasting impression on staff and moms alike!

ELIZABETH EMOND

"Volunteer Extrordinaire", aka Elizabeth, is our next Angel Award Recipient. She is a self-admitted lover of garage sales, so opportunities to work in our SWAP SHOP sorting through and organizing in-kind donations, is a task she happily welcomes. She is known to lend her volunteer hands wherever and whenever needed; as Michael Jackson would say, "just call on her and she'll be there!"

Elizabeth's kind heart pays attention to the specific items each young mom and child may need, and will try her best to make sure they get set aside for her. When sorting the children's clothing donations, she'll often go the extra mile to make outfits out of the tops and bottoms that she's just washed and dried. She's a welcome member of our volunteer team and is always proud to share one of the many reasons she dedicates her time to this special place; her daughter, Clarissa, our Communications and Fundraising Manager graduated from



Elizabeth Emond

Youville in 1996, so she knows firsthand how Youville Centre changes lives. She may only have one daughter, but she has been an honorary mom to many; including many of the moms of Youville.

Elizabeth, we thank you for all the time you spend giving of yourself. Whether it is sorting clothes, steaming grad gowns, or preparing 2000 newsletters for mailings, please know that we appreciate you!

Community Partnerships

It is important to us at Youville Centre to work together with other community organizations to best serve our young mothers and their children. Whether we refer our clients to community resources or work in collaboration with partner agencies, we are grateful to work with:

- Algonquin College
- Bethany Hope Centre
- Brighter Futures for Children of Young Parents
- Canadian Mental Health Association (CMHA)
- Canadian Mothercraft of Ottawa Carleton
- Carleton University
- Centre for Addiction and Mental Health (CAMH)
- Centre of Excellence
- Centre Psychosocial
- Child and Youth Initiative: Growing Up Great
- Child and Youth Mental Health Network (CYMHN)
- Children's Aid Society (CAS)
- Children's Hospital of Eastern Ontario (CHEO)

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- Children's Inclusion Support Services (CISS)
- Children's Mental Health Ontario (CMHO)
- City of Ottawa (311, Childcare Registry and Waitlist)
- City of Ottawa Learning, Earning and Parenting Program (LEAP)
- City of Ottawa Public Health (including Healthy Babies, Healthy Children)
- Community Suicide Prevention Network
- Crossroads Children's Centre
- Dave Smith Youth Treatment Centre
- Distress Centre Ottawa and Region
- Dr. Sarah Oliver
- Dress for Success Ottawa
- Elizabeth Fry Society
- Emily Murphy Non-profit Housing
- Fairy Godmother of Ottawa
- Family Law Information Centre (FLIC)
- Family Services Ottawa (In Love and In Danger Program)
- Fetal Alcohol Spectrum Disorder Coalition of Ottawa (FASD)
- First Words Preschool Speech & Language Program of Ottawa
- Furniture Bank
- Helping with Furniture
- Heritage College
- Hopewell
- Housing Help
- HT Hospitality
- Infant and Early Childhood Mental Health Initiative
- iSisters Technology Mentoring
- La Cité
- M.F. McHugh Education Centre
- Ministry of Children/Community and Social Services (MCYS)

- Ministry of Education (MOE)
- OC Transpo
- Ontario Association of Young Parent Agencies (OAYPA)
- Ottawa Carleton District School Board (OCDSB)
- Ottawa Catholic School Board (OCSB)
- Ottawa Coalition to End Violence Against Women (OCTEVAW)
- Ottawa Network for Education (ONFE)

- Ottawa Police Services (OPS)
- Ottawa Rape Crisis Centre
- Operation Come Home
- Parent Resource Centre (PRC)
- Pinecrest Queensway Community Health Centre
- Rideauwood Addiction & Family Services
- Saint Paul University (Couples Counselling)



With complimentary tickets from the Sens Foundation, our young families experienced a Sens game

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Representatives from TD Bank present at our Lunch and Learn

- Sandy Hill Community Health Centre
- Seats for Kids - Transport Canada
- Sexual Assault Support Centre (SASC)
- Sexual Health Centre
- St. Mary's Home (Young Father's Program)
- St. Nicholas Adult High School
- The John Howard Society
- The Ottawa Child and Youth Initiative
- The Ottawa Food Bank
- The Sharing and Caring Exchange
- The Snowsuit Fund of Ottawa
- The Social Housing Registry
- United Way Ottawa
- University of Ottawa (Legal Clinic, Medical Students)
- Vanier Community Service Centre
- Victim Services Ottawa
- Volunteer Ottawa
- Wabano Centre for Aboriginal Health
- Young Parent Support Network (YPSN)
- Youth Services Bureau (YSB)
- YouTurn



The Shoebox Project provides boxes of goodies to Youville moms for Mother's Day

Funding Model

SUBSIDY AND OTHER INCOME

Early Child Development Programs	
Social Support Programs	
Net Fundraising, Donations & Other Revenue, Net Foundation Revenue	
Net Property Fund Revenue	
TOTAL SUBSIDY AND OTHER INCOME	\$ 2,471,995

EXPENDITURES

Early Child Development Program

		%	%
		TOTAL PROGRAM	
Salaries & Benefits	\$ 1,149,533	49%	77%
Program Support / Outreach	\$ 222,181	9%	15%
Occupancy Costs	\$ 100,954	4%	7%
Amortization	\$ 9,650	0%	1%
Administrative Costs	\$ 20,146	1%	1%
Sub-total	\$ 1,502,464	63%	

Intensive Treatment Support Programs

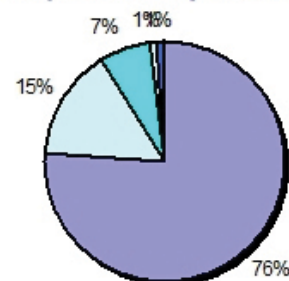
Salaries and Benefits	\$ 398,290	16%	53%
Program Support / Outreach	\$ 190,560	8%	26%
Occupancy Costs	\$ 119,701	5%	16%
Amortization	\$ 24,030	1%	3%
Administrative Costs	\$ 4,451	0%	1%
Sub-total	\$ 737,032	30%	

Property Fund Amortization	\$ 163,117	7%
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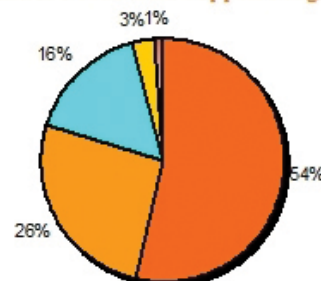
TOTAL EXPENDITURES

Drawing down from accumulated surplus for 2016 expenditures	\$ 69,382
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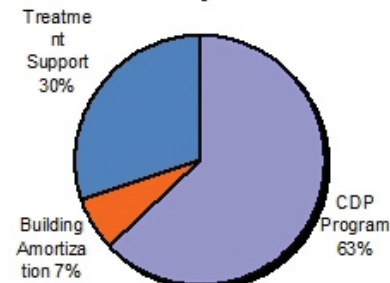
Early Child Development Program



Intensive Treatment Support Programs



Total Expenditures



* Please see audited financial statements for more information.

It Takes a Village

Fundraising Report

Youville Centre would like to thank the following government funders, corporations, foundations, organizations, and groups for making a significant financial contribution in the year of 2017-2018.

Government Funders

The City of Ottawa

Child Development Program (subsidized childcare spaces)

L.E.A.P Program (Learning Earning and Parenting)

Intensive Treatment Support Program

The Government of Canada

The Ministry of Children and Youth Services (MCYS)

Intensive Treatment Support Program

The Ministry of Education, Government of Ontario

Child Development Program

M.F. McHugh Education Centre – Care and/or Treatment, Custody and Correctional Programs (Ottawa Catholic School Board)

Foundations, Grants, and Corporate Donors

2Keys Corporation

ABC Life Literacy with TD Bank

Aurora Brotherhood of Ottawa

Barrhaven Legion

Bytown Travel Ltd.

Canadian Payroll Association

Caring and Sharing Exchange

Christmas Cheer Foundation

Congregation of Notre Dame Visitation Province Centre

EnviroCentre

Famous5 Ottawa along with TD Bank

Full Armour Ministries

Godzspeed Communications, along with KCollective, Tommy Bokeh photography, and Zetaserve

In Memory of Bob Couchman

Industrial Agency

Hydro Ottawa

Kelly Family Foundation

Knights of Columbus Divine Infant Council #7873

Knights of Columbus Good Shepherd Council #9005

Knights of Columbus, Holy Redeemer Council #9544

More Time Moms

Napoli's Café

Ontario Trillium Foundation

Ottawa Network for Education (ONFE)

RBC

REALTORS Care Foundation

Rotary Club of Nepean-Kanata

Rotary Club of Ottawa

Rotary Club of West Ottawa

Shepherd's Fashions

Taggart Parkes Foundation

TD

TELUS

The Canadian Payroll Association

United Way Ottawa

Wicket

Third Party Fundraisers

Bytown Travel Golf Classic presented by the Education Foundation of Ottawa

Knights of Columbus Council #9544 Annual Rita Maheral Memorial Golf Tournament

Knights of Columbus Council #7873 Pasta Dinner

Maiden Canada in support of International Women's Day



Bev and Knights of Columbus 9544 members pose with Aurora to accept funds raised for Youville at their annual golf tournament



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YOUR DONATION CAN MAKE A DIFFERENCE



\$240 can help supply the 55 children in our Child Development Program with diapers



\$600 can help clients in crisis access food, transportation, and clothing



\$1200 can provide bursaries at graduation to help with training and post secondary costs and expenses



\$3000 can help with increased access to mental health and addictions counselling



At Youville Centre, we are affecting **2** generations at the same time. We believe all dreams are possible; your support will help to see that a young mom has the access to the programs and services she needs to utilize her strengths and achieve her goals.

"It takes a village to raise a child" ~ Traditional African Proverb

We would also like to express our sincere thanks to those who supported the following events and fundraising initiatives this year:



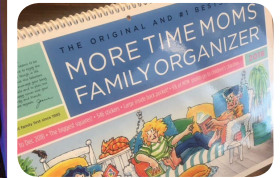
Clarissa accepts a group cheque presented to organizations supported by Bon Appetit



Members of the Ottawa Catholic Childcare Corporation conduct toy drive for Youville at Christmas



Clarissa speaks at the Canadian Payroll Association's 36th Annual Conference and Trade Show

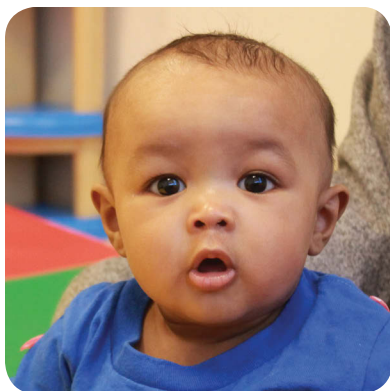
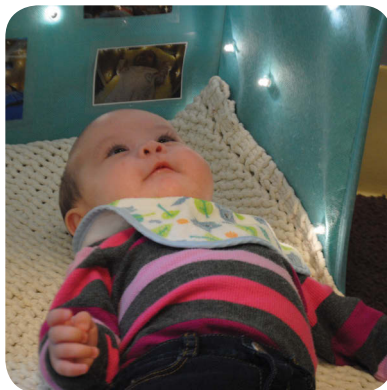
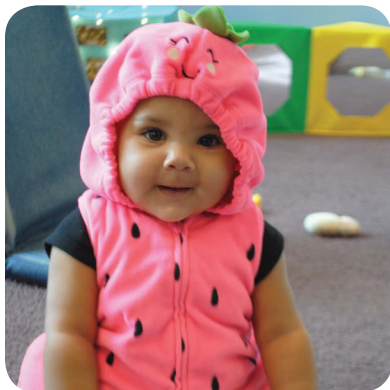
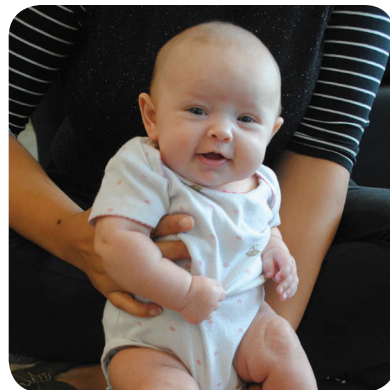
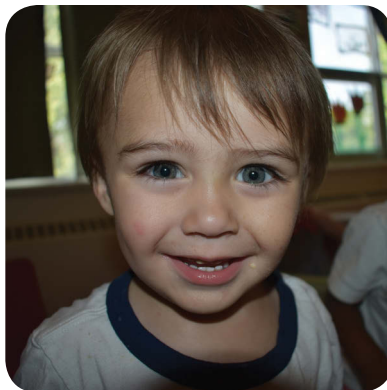


Joanne, founder of More Time Moms, presents at our Lunch and Learn and provides a donation to our Mentorship program



Bev accepts cheque from funds raised by the Knights of Columbus 7873 at their Pasta Dinner fundraiser for Youville

Thank you to our generous community!



TEL/FAX: 613-231-5150
150 Mann Avenue, Ottawa, ON K1N 8P4
Charitable Registration Number 11884 8456 RR0001



Youville Centre

Website: www.youvillecentre.org
Facebook: Youville Centre - Ottawa
Twitter: @YouvilleCentre
Instagram: HumansOfYouville