



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.



Alvy and Charlotte – Class of 2019
Photo by Valberg Imaging

2018–19 Annual Report



(Left to Right: Alvy Catap, Class of 2019)

*Photos by Edge Imaging



A few words of wisdom from our Spirit of Youville, Alvy

“We made it! As graduates we have similarities like the beautiful little souls that call us mommy; our children, but it is our differences as young mothers that make us stronger. We were strong when we took our first steps through the doors of Youville, and came together to try to end the stigma of young mothers, we were strong when we made an anti-bullying campaign, we were strong when we helped our peers and most of all, we are strong as parents!”

Youville helped me find myself. I thank this centre from the bottom of my heart. Youville is more than a school, we are a community, we are a family. Youville has taught us to be mindful of others, to be respectful, responsible and to be a role model. We are full of potential; we are full of opportunities waiting to be unleashed!”

- Alvy

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 34 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 2018-2019 year; and
- **You will identify** ways that you can get involved to help Youville's important efforts.

"The staff [at Youville] is incredibly supportive and willing to help in every way they can. They have helped me through some pretty hard times, and I don't think I could've gotten to where I am without them. Thank you Youville!" ~ current student/young mom, 2019

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. Sister Betty Ann's vision was to create a centre that would give young mothers and their babies a chance for a brighter future through education, social supports, and parenting instruction. Named in honour of Sister Marie-Marguerite d'Youville, founder of the Sisters of Charity (now known as the Grey Sisters), Youville Centre continues to carry on Sister Marie-Marguerite's legacy of helping those in need, particularly women and children. What began as a small centre in Hintonburg serving 12 young mothers and their children, now provides innovative programs and services for approximately 120 young mothers and their children each year.

At the outset, Youville Centre programming focused on providing young mothers with education, housing support, counselling, childcare, and parenting instruction; all needs which continue to be addressed today. During its Hintonburg years, the Centre's

programs and services, under Sister Betty Ann's leadership, grew and developed. In addition to its emphasis on education and housing, as Youville Centre matured, important services such as legal aid, a public health nurse, parenting and life skills instruction, nutrition courses, and enhanced crisis counselling, were added to the program. In the Spring of 2000, Youville Centre moved to its current location on Mann Avenue in the neighbourhood of Sandy Hill. After a very successful Capital Campaign,

spearheaded by Sister Betty Ann, important renovations were made to Youville's current building in order to respond to the expanding population and the evolving needs of the young mothers and their children.

Many program changes have occurred over the past 30 + years; however, the spirit of Youville Centre remains the same. Making a meaningful difference with two generations, breaking cycles, and providing a hand up to young mothers, still remains Youville Centre's priority.



Current Building (2002-present) 150 Mann Avenue, Ottawa, ON

***Photo by CSV Architects*

Remembering Sister Betty Ann



On June 15, 2018, heaven gained a beautiful soul, Sister Elizabeth (Betty) Ann, the founder of Youville Centre. In collaboration with Sister Betty Ann's family, Youville Centre held a celebration of her life on Thursday, November 18, 2018. Youville Centre staff, volunteers and board members (past and present), partners and donors, alumnae, family members and friends gathered in Kinsella Hall to celebrate the life of Youville Centre's founder, Sister Elizabeth (Betty) Ann Kinsella. The room was filled with many individuals who took time out of their day to pay tribute to this very special woman whose legacy remains strong at Youville Centre today. Designed as a luncheon and tea, the event featured current students who volunteered to pour tea and coffee for guests. Three of Youville Centre's four Executive Directors spoke warmly and eloquently about Sister Betty



Executive Directors - Judi, Bev, Cindy at Celebration of Life

Ann's vision, and they touched on how Youville Centre grew and evolved under their leadership (and how it continues to evolve today).

Gerry Clarke, former Superintendent Deputy Director of Education for the Ottawa Catholic School Board also spoke from the heart about his time working with Youville Centre. Youville Centre/St. Nicholas High School alumna Candice Egan, spoke passionately and sincerely about the impact Sister Betty Ann had on her life, "She was transformative! She did not care about what you did before; what mattered was what you were doing now. To give someone that faith is life altering. That sense of hope and self-worth. She helped shape women who could believe in themselves regardless of what the past may have held. That is who Sister Betty Ann is to me"

Youville Alumna Darlene Villeneuve and friends also offered their warm memories and kind words about Sister Betty Ann, strengthening the message that her impact on their lives was significant:

"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



Group of Youville Centre Alumnae on stairs to recreate the graduation photo



Sister Betty Ann Kinsella Banner

woman." ~ Penny Carkner. The event wrapped up with a beautiful, emotional video made by current Youville Centre students who used poetry, music, and photography to showcase their gratitude to Sister Betty Ann, and to tell their stories as young moms.

A custom-made banner commemorating Sister Betty Ann was unveiled and now hangs in the Youville Centre lobby for all to see ~ please visit us to take a look!



Youville Centre young Moms pouring tea for guests at Celebration of Life

Executive Director's Message



It has been my sincere honor to serve as Executive Director of Youville Centre, for a second year. It is a very humbling experience to work alongside this wonderfully talented, passionate, and dedicated group of employees who provide our moms and children with so much love and care. They work tirelessly to ensure that our young mothers and their children receive the best possible programs and services every day. A huge thank you to all staff: Child Development, Intensive Treatment, Clinical, Finance, Communication and Development, teachers and, last but not least, the fabulous kitchen team.

I am truly blessed to be part of the individual journeys of our Youville Centre moms and children. Their courage and personal growth is inspiring. By choosing to come to Youville Centre, they chose to continue their fabulous quest to be the best they can be. We are so very proud of each and every one of them and the many accomplishments they achieve throughout the year.

We have many measures of success at Youville Centre, with our most public celebration of success being High School

Graduation. Because we are an Accredited Child and Youth Mental Health Centre, we collect and analyze our clinical data which provides us with measures of success that must be shared. Our clients meet with an on-site Registered Psychotherapist to complete the GAIN-Short Screener when they first begin their therapeutic journey. In 2018 - 2019, 60% of our clients reported experiencing suicidal ideation at some point in their life. As a result of involvement in individual, parent/child and group therapy, individual treatment planning & therapy groups as well as Sources of Strength events to build connections, our moms reduced suicidal ideation by 98% and 100% improved social functioning and relationship building. Every level of success that our young mothers 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 and events like the Fashion Show and BBQ's. Thank you from our moms, children and staff, to our army of volunteers; you help us succeed and thrive in all we do.

A special thank you to Irene Bilinsky from the Ministry of Children, Community and Social 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 Centre and Philip Capobianco and his team from St. Nicholas Adult High School.

I am very grateful to Shailja Verma, President of the Board of Directors, for her guidance and friendship throughout the year. What a joy it has been to work with this very talented, exciting Board of Directors. The hard working members of the Board of Directors support me in all I do to confidently continue the progressive work of Sister Betty Ann Kinsella, Sister Maco Cassetta, Judith Sarginson, and Cindy Simpson. The perseverance and tenacity that each of these leaders have shown, culminated in putting Youville Centre on the map in this province for Infant, Child and Youth Mental Health.

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 2018-2019



Shailja at the 2019 Graduation with student Rachael, a bursary recipient.

Photo by Edge Imaging

"As my first year as President of the Youville Centre Board of Directors comes to an end I reflect on all the amazing things that have happened. It has been truly inspirational. 18 young women graduated with their High School diploma. These young mothers showed tremendous courage as they battled learning on all levels. Trying to complete their credits while learning to be the best parent they can. I am impressed by their determination to work towards a better and brighter future. It's not an easy task especially for one so young but the staff of the Youville Centre work hard at ensuring success. From the child care staff to the counsellors to the teachers to the Executive Director and the administration the caring commitment to the students and their little ones is evident.

Sister Betty Ann Kinsella's vision is flourishing! It most certainly wouldn't be without the support of our many donors, the Ottawa Catholic School Board and the various levels of government funders. So, thank you to you all for your continued belief in this vision.

And finally, the Board of Directors. It has been a real pleasure serving with such a fine group of individuals, your energy and enthusiasm makes it easier to face the challenges and I look forward to the upcoming year with you.

In closing let me quote Joy Bell:

"The only way we can live is if we grow.

The only way we can grow is if we change.

The only way we can change is if we learn.

The only way we can learn is if we are exposed."

Each day that goes by provides us with a learning opportunity. Thank you all for taking on the challenge not only to affect change in young lives but be willing to be change, grow and live.

*~ Shailja Verma, President,
Board of Directors*

Youville Centre Volunteer Board of Directors 2018-2019

From September 2018 to July 2019, the following individuals served on Youville Centre's Board of Directors:

Shailja Verma President

Manager (retired), Ottawa Catholic School Board

Shelagh Jane Woods Vice President

Director General (Retired), First Nations and Inuit Health, Health Canada

Valerie Caterino Treasurer

Regional Office Manager, MNP

Colleen MacDonald Secretary

Coordinator/Teacher, Ottawa Catholic School Board

Jennifer Babcock Director

Communications

Marc Bourgeois Director

Communications

Heather Brown Director

Fundraising Consultant, Royal Ottawa

Chantal Guay Director

Community Member

Rachel Leck Director

Lawyer, McCague Borlack LLP

Gen Madden Director

Detective, Ottawa Police Services

Dr. Katherine Matheson Director

Pediatric Psychiatrist, Children's Hospital of Eastern Ontario (CHEO)

Kelly Raymond Director

Service Director, Children's Aid Society of Ottawa

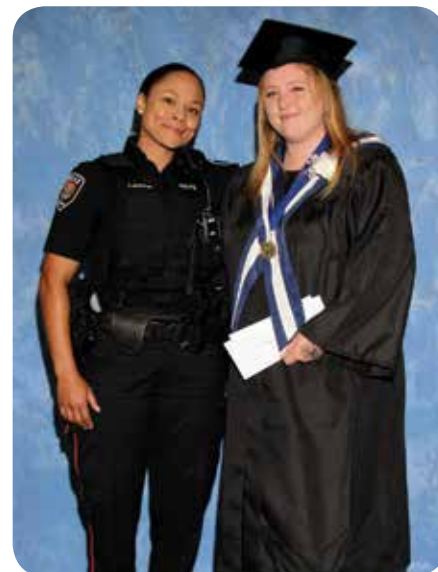
Elizabeth Rodgers Director

Philanthropy, University of Ottawa Heart Institute Foundation

Kim Royer Director

Human Resources Generalist, Cowan Insurance Group

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



Gen Madden at 2019 Grad with student Kyra, bursary recipient

Photo by Edge Imaging



Board Member Chantal Guay and daughter Karina volunteering to serve ice cream

Highlights of 2018–2019

SEPTEMBER 2018

- 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
- **September positivity activity; the question “What Made Your Week” was posted in the lobby to encourage staff, moms, volunteers, donors and any other visitors to the Centre to share their thoughts**



- Gavin, a Youville Angel, dedicated charity savings shopper, and great supporter of the Centre, presents to staff about his cost-saving tips
- Staff attend a delicious breakfast in support of United Way Project Step, which supports youth mental health and addictions programs and services in Ottawa, including at Youville Centre
- First Lunch and Learn of the year, with support from Famous5 Ottawa and TD Bank; presenter Simone Akyianu, B.C.L., LL.B. Candidate, McGill University, Faculty of Law speaks to students
- Algonquin College Student Support Worker (SSW) Program onsite for a tour and Chat with Youville ITSP staff

- Andrea Ponci, suicide prevention network guest trainer provided Sources of Strength (SOS) training for new staff and clients

OCTOBER 2018

- 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
- Lunch and Learn speaker Meghan Smethurst, who owns her own fitness centre called Grit and Glory, speaks to the students about her journey as a young mother in British Columbia
- **Youville celebrates Early Childhood Educator Appreciation Day and an alumnae Jenna and her daughter Sabrina decided to show their own appreciation for the hard working and dedicated RECE's at Youville**



- Dr Sue Bennett organized a University of Ottawa Resident Doctor's Amazing Race onsite at Youville, with a scenario and passport to Youville Centre, where residents learn about finding support and resources from the perspective of a young mother

- Staff attended professional development at Wabano Centre; Brian Charles Wampung Workshop and staff participated in Compassion Fatigue workshop
- ITSP facilitates first Be Crafty session of the year; making DIY baby wipes
- Sources of Strength (SOS) ambassadors have a pumpkin carving and door decorating contest for clients at Youville to celebrate Halloween
- Volunteer Speaker's Series; Youville counselors speak to volunteers about clinical aspects of Youville Centre

NOVEMBER 2018

- In collaboration with Sister Betty Ann's family, Youville Centre holds a celebration of her life on Thursday, November 18, 2018. Youville Centre staff, volunteers and board members (past and present), partners and donors, alumnae, family members and friends gathered in Kinsella Hall to celebrate the life of Youville Centre's founder, Sister Elizabeth (Betty) Ann Kinsella.
- Students attend National WE Day event thanks to the generosity of TELUS
- Ottawa Public Health provides an immunization clinic at Youville Centre
- A Youville staff presents at the Children's Mental Health Ontario conference in Toronto, on the Parent-Child Therapy programs and services offered at Youville Centre.
- Students visit the Bonnenfant YMCA-YWCA Outdoor Education and Leadership Centre for a hike, build a shelter, learn to use a compass, and learn about typical trees and animals in the area
- Lunch and Learn speaker Natalie Esau, who owns and runs a nail and esthetics salon in

Highlights of 2018–2019

Ottawa, speaks to the students about her journey as an esthetician

- **Student Brynn uses her voice to advocate for change and presents on Parliament Hill on the impact of child poverty and is interviewed by the Canadian Press**



- PCL Construction presents cheque to Youville to support Tech program, and is instrumental in helping secure the materials and supplies needed to give the girls the opportunity to build and create
- Staff and clients of Youville pay tribute to our Veterans with a Remembrance Day ceremony
- 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
- Staff and an alumnae student are invited to participate in a Live Ottawa and United Way Minute

DECEMBER 2018

- 100 Women Who Care Ottawa raise over \$7350 in under an hour for Youville Centre, the Outcare Foundation and Ronald McDonald House

- 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
- Our Board of Directors host breakfast for staff
- Moms and children receive toys from Caring and Sharing Toy Mountain
- **Youville alumnae and photographer Olivia donates her time and takes Christmas portraits of Youville moms and babies**



photo by Olivia Moore

- 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; and TELUS gave gift cards for each mom

- Youville hosts annual Christmas luncheon with Mom & Me circle for moms, babies, staff, and volunteers

JANUARY 2019

- **Youville Sources of Strength group put on a special activity on #BellLetsTalk Day to highlight how to "break" the stigma of mental health and how to "build" positive mental health by using colored "bricks" for everyone to share their thoughts**



- Farm 2 Fork drops off donations collected from their customers in a clothing drive
- Youville staff and a student present to a Brookfield High School Parenting Class
- Erin McEvoy, a Youville alumnae, has "Hair with Erin" Day where she cuts and styles clients' hair
- Thyme Maternity, a regular supporter, makes a large new clothing donation
- Melanie from Children's Aid Society (CAS) presented to staff and teachers in regards to updates to CAS and reporting legislation
- MF McHugh Education Centre holds their professional development onsite at the Centre

FEBRUARY 2019

- Youville Celebrates Black History Month; Youville moms enjoy field trips to the Bank

Highlights of 2018–2019

Note Museum to see the Viola Desmond exhibit and the play "Once: Africville Stories" at the Canadian Museum of History

- **One of our young moms, Alvy, is presented with a Youth Achievement Award at the Global Community Alliance Gala**



- Lunch and Learn speaker Kate Britton-Pepin, who works with the Ottawa Police Department, and a Youville alumnae, speaks to the students about her journey
- ONFE World of Choices held a carousel session for all students in Kinsella Hall
- Ottawa University Medical Students Presentation on Reproductive Health
- Youville staff participate in Circle of Security Parenting Facilitator Training
- Youville SOS plans activities in recognition of Anti-Bullying Day
- Jamal The Poet Spoken Word Workshop
- Youville staff attends the launch of St. Benedict Elementary's Lego Cell Phone Holder fundraiser for Youville

MARCH 2019

- Knights of Columbus Council 7873 host a Pasta Dinner fundraiser at Divine Infant Church in support of Youville
- Staff attend Collaborative Problem Solving Training
- Lunch and Learn speaker Idil Mussa, who works for the CBC as a reporter and news reader, speaks to the students about her

involvement in social justice advocacy and her passion for journalism

- **SOS Special Lunch in recognition of International Women's Day**



- Youville Presentation to Annunciation of the Lord Parish CWL to launch fundraiser for Youville Centre

APRIL 2019

- **Child Development Program visits the Parent Resource Centre, nearby in the community, with a group of children from Snapdragons and Daisies, to explore their play space**



- Youville acknowledges the hard work and dedication of our volunteers during National Volunteer Appreciation Week
- We celebrate our Admin Support Staff with flowers for Administrative Staff Appreciation Day
- Office Administrators from the OCSB prepare and donate food for the student and staff Easter luncheon
- Lunch and Learn speaker Lindsay Amundson, who works as the Head of the Building Trades Association, speaks to the students about the ins and outs of working

in various building trades

- Transition group attends a tour of Algonquin College with ITSP staff

MAY 2019

- **Youville hosts our annual "Fashion Show FUNraiser" at Shepherd's Fashions raising over \$15, 000 for Youville's programs and services**



- **The Shoebox Project/Barbara Crook and a group from TD MBNA, both deliver a round of special treat boxes for our moms on Mother's Day**



- Annual Mother's Day "May Matching" Sponsorship Campaign raises over \$18, 000 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

Highlights of 2018–2019

- Lunch and Learn speaker Erin O’Gorman, who works with the Government of Canada, as the Associate Secretary, Treasury Board, speaks to the students about jobs available in the public service from desk jobs to field positions
- Staff and Student Models attend a promo segment filmed at CTV news, in advance of the Shepherd’s Fashion FUNRaiser
- Marina Westbrook, of the OCSB, leads staff in Indigenous Training for professional development
- Youville Centre presents OC Transpo staff with a plaque in appreciation of over 10 years of support
- University of Ottawa volunteers from TELUS help set up for the annual Mother’s Day shopping spree and fashion show for Youville Centre moms
- University of Ottawa Med Students Presentation on prescription medication safety
- Elsy from Women’s Initiative for Safer Environments (WISE) is onsite to teach a Self-Defense Course to students
- Youville is selected as the recipient of the IODE Laurentian Chapter Home and Garden Tour fundraiser and the May Charity of Choice for Square Lemon Marketplace
- RBC staff from Convent Glen Branch onsite for a volunteer project – spring clean up and gardening, and bring a donation

JUNE 2019

- St. Benedicts School grade 2 students drop off a large donation of toys purchased with money the students raised
- Versailles Academy generously donates time and talent to style graduates hair for graduation
- Staff attend the Rotary Club Awards dinner, with two graduating students, Alvy and Raven who were recipients of Rotary Club bursaries
- Knights of Columbus Council 9544 drop off donation cheque of funds raised from hosting their Annual Rita Maheral Memorial

Golf Tournament in support of Youville Centre

- **Youville host clients’ High School Graduation Ceremony where 18 young moms received their Ontario Secondary School Diploma**



- Staff and students attended the Wisdom to Action Provincial Engagement Initiative for School Based Mental Health

JULY 2019

- Students in the Art summer school course and staff attend field trip to the National Gallery of Canada to tour exhibits
- Students in the Leadership summer school course and staff challenge themselves to an Escape Room to build upon their teamwork and communications skills
- Rick Menard Heating and Cooling donates over 40 fans for our young moms and babies to stay cool during the heat of summer school
- **Annual Summer BBQ and Summer School Art Showcase is held to celebrate the end of the programming year and staff, students and children enjoyed the activities**



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

Child Development

Cayleigh, Tammy, Cassie, Kristin

M.F. McHugh Teaching Staff

Krista, Stephanie, Charlotte

Intensive Treatment Support Program

Brittany

Administration

Clarissa, Mollie

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

Child Development

Abigail, Christina, Jennie

Intensive Treatment Support Staff

Jessica L., Jessica J.

Administration

Alison, Karen

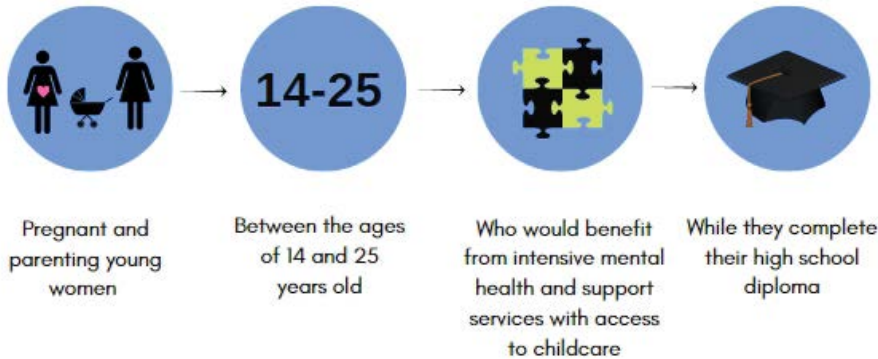
M.F. McHugh Teaching Staff

Kaethe, Karyn, Shay

St. Nicholas Adult HS Teaching Staff

Jessica

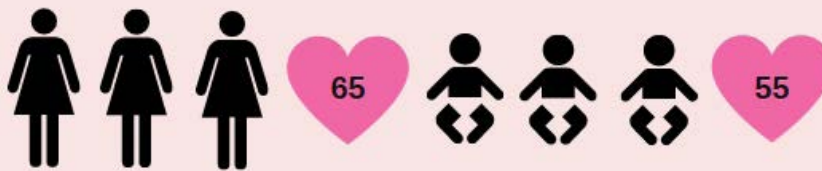
WHO WE SERVE



number of days to ensure that both parent and child have an opportunity to build their comfort level and get to know the program and staff. Clients then meet with a Case



Javari and mom Tahani



At any given time, we provide intensive services to **65** young moms and **55** children on a daily basis.
In some years, we have seen approximately **100** clients per year.

Coordinator from the Intensive Treatment Support Program (ITSP) to learn about 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. ITSP staff will make a referral to one of our Registered Psychotherapists who will connect with the client to explain how they can access mental health and substance use therapy.

Following the treatment meetings, clients are connected with the lead teacher from one of our education partners, M.F. McHugh

Youville Centre is committed to providing a wide range of services to young pregnant and parenting 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.

Clients who meet the eligibility criteria for attending Youville (e.g. pregnant and/or parenting youth, committed to working

towards attaining High School Diploma, interested in accessing clinical services), will meet with staff to complete a personal, academic, and child development intake and to begin the orientation process

Clients whose children will be attending daycare in the Child Development Program meet with the CDP Manager who will gather pertinent medical information, learn about the child's individual needs and discuss specific parenting goals. Children are integrated into the childcare program over the course of a



Johnny and mom Kayla

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



Tyson and mom Trina

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.

Trauma-Informed Approach

At Youville Centre, a trauma-informed, research-based, and evidence-informed approach guides our day-to-day work with clients. 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:

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

Youville staff 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. We also refer to the Trauma Matters guidelines when working with clients who have experienced both trauma and substance use issues. 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).

Our Registered Psychotherapists use trauma-specific services to focus on treating trauma through therapeutic interventions and facilitate trauma recovery. This work is done by our in both individual and group formats, while Case Coordinators, Child Development Program staff, placement students, and administrative staff are all trained to adopt the more general trauma-informed lens. On-site Professional Development trainings and workshops are facilitated by the Clinical Supervisor and based on best practices from the Crisis and Trauma Research Institute and other trauma resources.

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 internal programs and services at Youville and external community agencies.

Our staff are trained in Collaborative Problem Solving (CPS), and operate using 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 participate in multi-disciplinary Community of Practice meetings to review client cases and best practices and have communication meetings with Child Development and Academic staff to discuss the client's progress.

The Case Coordinators guide students through every day emotional, behavioral, social, and educational concerns with a "Circle of Support" approach that includes Child Development Program staff, the clients Therapists, Teachers, and other professionals as required. Referrals are made to community agencies and external resources including, but not limited to: 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 women's shelters..

Individual Treatment Plans

Using 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

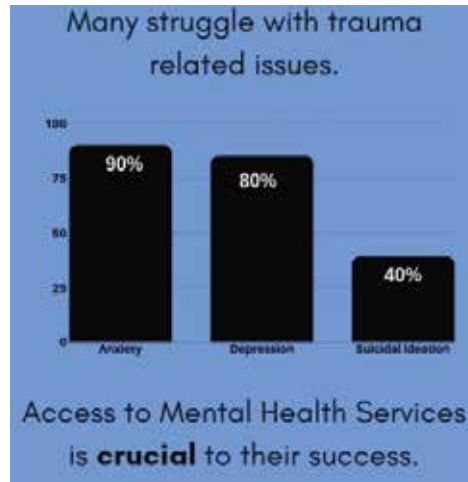


Youville Student Motto

to create the clients' Individual Treatment Plans (ITP's). Goals are client-identified and measurable, 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 measurable goals. The ITP's are 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 bi-weekly by the Case Coordinators are also used to help the client's transition successfully from Youville.

Mental Health and Substance Use Therapists

The Mental Health and Substance Use Therapists at Youville Centre are Registered Psychotherapists through the College of Registered Psychotherapists of Ontario. Youville Centre Therapists provide client-

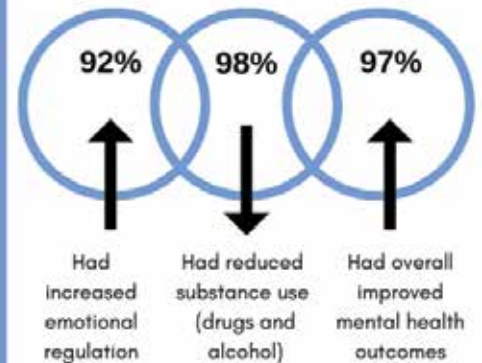


directed individual and group counselling to pregnant and parenting youth using a variety of clinical approaches to treatment that is tailored to meet the individual needs of each client. They also provide crisis counselling and safety planning as needed, primarily for intimate partner violence and suicidal ideation. In regards to substance, use our therapists use a harm reduction approach. Our therapists utilize evidence-based, trauma-specific techniques and are certified



In 2018-19, Youville Psychotherapists delivered **1051** counselling sessions.

With therapeutic intervention:



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 Tool to Measure Parenting Self-Efficacy (TOPSE) parenting assessment, the Global Appraisal of Individual Needs (GAIN-SS), the Child and Adolescent Needs and Strengths for Pregnant and Parenting Youth (CANS PPY), and the Post-Traumatic Stress Disorder Checklist for DSM-5 (PCL-5) for the purpose of collecting data to better inform our practice. Therapists also provide clinical guidance at our Community of Practice meetings.

Parent Child Therapist

At Youville Centre we provide one-on-one Parent Child Therapy (PCT) with a Registered Psychotherapist through the College of Registered Psychotherapists of Ontario. Parent Child Therapy is based in attachment and can be brief or more intensive depending on the individual client's needs. The Parent Child 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 Parent Child Therapist has the opportunity to work with the mother-child dyad in a therapeutic manner where the goal is to establish and support healthy and secure attachment. The PCT program aims to support our young moms to examine their parenting beliefs, increase their empathic awareness of self and their child, promote bonding, and to discuss 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) and the Working Model of the Child Interview (WMCI). The Parent Child 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 Supervisor

The Clinical Supervisor is responsible for providing clinical leadership, individual therapy and resources for all the services delivered by Youville Centre and for ensuring a climate of continuous improvement in all clinical areas. The Clinical Supervisor is a Registered Psychotherapist through the College of Registered Psychotherapists of Ontario. This position provides the clinical direction and oversight required to deliver our Mental Health and Substance Use Therapy, Parent Child Therapy and Intensive Treatment Support to our clients. The Therapists and Case Coordinators engage in regular supervision and case consultations with the Clinical Supervisor regarding mental health, substance use, trauma and all other clinical related issues. The Case Coordinator's Individual Treatment Plans, Transition Plans, Safety Plans and both Case Coordinator and Therapist's case notes are reviewed monthly. File Audits are completed every six months and clinical outcomes are collected annually to inform therapy treatment including assessment tools utilized and treatment groups offered. 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 in youths. SOS is one of the first suicide prevention programs that uses Peer

Leaders to enhance protective factors and resiliency associated with reducing suicide at the school population level. SOS is also a best practice project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing not only suicide, but bullying, intimate partner violence, and substance abuse, while also strengthening mental health. The mission of SOS is to increase help-seeking behaviors and promote connections between peers and caring adults by focusing on safe messaging such as hope, help, and strength. This model increases protective factors around young individuals so that they have strengths to rely on when they face adversity (<https://sourcesofstrength.org/>). Therapists and Case Coordinators recruit a diverse group of clients to be members of our SOS group in order to help create a positive Centre environment. Monthly activities are held to build a community of inclusivity and empowerment. 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 to provide them with a client perspective and represent Youville at community events.



Sources of Strength wheel (made by clients)

Youville Treatment & Therapy Groups

As with individual therapy, clients are given a choice to participate in our treatment groups. Our parenting group, Make the Connection (MTC), is our one mandatory group for all clients.

Treatment Groups

Make the Connection (Birth-1 Year)

Make the Connection (MTC) is an evidence-informed parenting program that builds parental confidence by helping parents better understand the importance of their relationship with their child. The program works to increase parental empathy and sensitivity, through a strength based, reflective engagement model that covers key concepts including attachment, temperament, and parenting styles. MTC is co-facilitated by our Parent Child Therapist and an Early Childhood Educator from CDP.

Make the Connection (1 Year-2 Years)

Make the Connection (1-2 years) is viewed as a continuation of MTC (Birth-1 Year) 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. The program uses hands-on-activities and discussions to provide key messages on how best to support their relationship with their child through language, love, and learning. MTC is co-facilitated by our Parent Child Therapist and an Early Childhood Educator from CDP.

Transitions

The Transitions Program provides clients with the skills and knowledge necessary to facilitate a smoother transition from Youville Centre to their chosen pathway. In the program students explore career and postsecondary education as well as affordable childcare, health and counseling options. Guest speakers including, but not limited to Ottawa Network for Education, Ontario Works, Algonquin College and Youth Workforce Initiative thru Operation Come Home. The Transitions Program prepares clients for the next steps by connecting them to resources available in the community for both themselves and their children. The Transition Program is facilitated by a Case Coordinator who also provides individual assistance as required.

Be Crafty

Be Crafty is a weekly program that is geared towards giving clients the opportunity and space to practice self-care and build on peer relationships. Clients participated in a number of activities throughout the school year that promoted leadership and collaboration including making self-care packages for clients and card for donors and volunteers. Other

activities included creating yarn art, making terrariums, painting and cooking. This program is facilitated by a Case Coordinator.

Alumnae Café

This year we ran our very first round of Alumnae Cafés thanks to funding for Mental Health through the Royal Bank of Canada (RBC). This idea came from a focus group of 2018 alumnae who expressed feeling disconnected and without adequate support after having left the Centre. The ITSP department hosted 6 Alumnae Cafés which were designed around ideas that came directly from the clients. Some of the activities included: making personalized mugs, tie-dyeing t-shirts and painting. All sessions involved lots of conversation and snacks and were facilitated by a Youville Case Coordinator and Therapist. RBC also held a budgeting workshop for alumnae clients and 1-1 budgeting sessions. We are hoping to continue supporting our alumnae in the upcoming year with more café's and individualized support.

Therapy Groups

Anxiety Group

Based on the information collected through the GAIN-short screener and our clinical outcomes, a number of clients often identified struggling with anxiety symptoms, or having a clinical diagnosis of anxiety. The Anxiety Group is offered in an 8-week format and is facilitated by one of our therapists. Practical topics such as identifying common stress reactions, learning relaxation techniques, body scanning, recognizing distorted thinking, and challenging negative thoughts are covered.



Make the Connections Parenting Group

Seeking Safety

Seeking Safety is an evidence-based group therapy program, introduced this past year, that addresses the unique needs of individuals who are currently experiencing or have historically experienced trauma, PTSD, and substance use. Clients do not need to have a formal diagnosis of PTSD and may be referred based on results from the PTSD checklist or self-identifying symptoms. The focus of the group is increasing individual knowledge of emotionally, physically, and psychologically safe behaviors. Seeking Safety is comprised of 25 topics on behavioral, physical, or interpersonal skills. Clients are polled during the first session to determine what topics they would like to focus on during the 8 week, therapist facilitated, group. Information can also be disseminated during individual therapy based on client needs. The flexibility of topics, more basic approach to skill building, and focus on peer support as compared to a psycho-educational model was shown through course evaluations and client feedback to have been a key component in client engagement.

Therapy Dog

Therapeutic Paws of Canada is a non-profit organization of volunteers providing animal resources for human needs (physical, mental, educational, motivational, socialization)



Therapeutic Paws of Canada photo,
Suzanne & Sam are third from the left

through regular visits to hospitals, residences and schools. More information about this program can be found at www.tpoc.ca. The Therapy Dog program was offered monthly this year to help students connect with an animal to promote positive effects on anxiety, overall mental health, and emotion regulation in an informal setting. The handler and their pet provided therapy visits, supervised by an ITSP staff, where clients were able to interact with them voluntarily and at their leisure. Suzanne and her therapy dog Sam, a Cavalier King Charles Spaniel, had many visits at Youville Centre. The client's enjoyed being with Sam as he is a highly affectionate, extremely patient, playful and eager to please therapy dog.

Circle of Security

Circle of Security (COS) is an evidence based program that equips parents that have experienced grief, trauma and loss to better respond to their child's emotional and developmental needs. Specifically, COS is intended to provide research knowledge to parents in an accessible manner, with an emphasis on the relationship between the parent and child. By learning to observe and interpret the child's behavior using the Circle of Security, parents will develop skills to understand their child's emotional world, support their child's ability to successfully manage their emotions, enhance the development of their child's self-esteem, while honoring the innate desire for their child to feel secure within the relationship. COS is facilitated by our Parent Child Therapist.

Pregnancy Circle

Pregnancy Circle is facilitated by a therapist to support the needs of pregnant clients. The information provided can be offered through

both group and individual sessions. When offered in a group setting, guest speakers are invited to expose clients to different perspectives and types of support available in the community. Guest speakers include Ottawa Public Health nurses, midwives, birth companions, support workers from Mothercraft, and lactation consultants.

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+ 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



Dreaden and Lilly-Ann waterplay puddle jumping

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.

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



Snapdragon children enjoying visit from librarian

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.



Dream with educator Rita doing sensory art

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



Nolan and educator Allie

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 2018 - 2019, 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.

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



Seras sleeping on educator Emily

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



Suzy and water play

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.

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 for young moms. 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 life skills, resiliency and leadership through credit bearing courses that have been developed and are facilitated by M.F. McHugh teachers. We also offer various fitness activities, as a way of encouraging overall positive 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 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 learning expectations and outlines how M.F. McHugh Education staff will address



Student practices with equipment in the Tech program

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. Experiential Learning and Cooperative Education are 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.



Teacher Tara with 2019 graduate Jessica

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
- Technology

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 both instruction and support in a wide range of high school courses while assisting students to earn their Ontario high school 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.

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 the continued collaboration and commitment.

Philip Capobianco, Principal St. Nicholas Adult High School



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.

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, Guidance Counsellors, and the teacher, the Youville Centre mothers 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.

About Academic Programming

Summer School

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

This year, students were able to select one academic course from two student-driven options that best met their academic needs as well as their personal interests. The two courses provided this year were Content Creators and Leaders & Mentors.

In Content Creators, taught by Taylor Cain of the MF McHugh Education Centre, the students were given the flexibility and freedom to choose what median of art they would like to explore such as; photography, painting, sculpting, wood-work etc. Many students who already had an art credit were

excited to know that they could earn an alternative credit such as communication technology or fashion.

In Leaders & Mentors, taught by Charlotte Coates of the MF McHugh Education Centre, students each had an opportunity to teach the class something they were passionate about. This included cultural foods, crafts and wellness exercises. They also explored what it meant to be a leader through team building exercises, and went on three alternative field trips to explore leaders in the community.

Each of these courses allow our students to earn another credit toward their high school diploma (OSSD). Art courses tend to be



Summer student at Fire Station field trip



Students and Staff enjoy end of summer school BBQ



Summer School student created art

popular as they are found to be therapeutic for our young moms, who display phenomenal creative talent year after year.

In addition to our academic programming, 30 minute mental health breaks are taken each day in the form of a walk to a nearby park. The art students were also fortunate enough to go to the National Gallery of Canada to tour the many exhibits and experience first hand what they have learned in the class. The leadership class challenged themselves to an Escape Room and built upon their teamwork and communication skills in a fun and exciting environment.

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, and a summer school slideshow. Our student showcase was followed with a celebratory end of summer school barbecue with lots of games, activities, and delicious food!



Summer students and staff attend Yoga at Parliament Hill



Students decorate display photo frames

utilizing strengths and achieving goals

Youville Centre Alumnae

Over the past 34 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

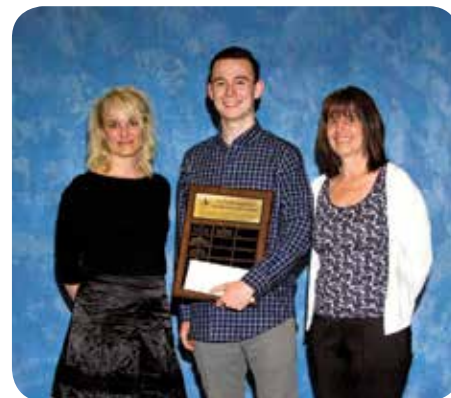
Did you know?

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.

Nicole and Chloe's Stories

Nicole and Chloe, both 2010 graduates, joined us at this year's graduation ceremony as our alumnae guest speakers. This is what they had to say:

Chloe: "I had a hard time trying to figure out how to start this speech, because as wonderful and happy as my life is now I looked at it and thought: 'I'm just a normal adult with a normal family. It really sounds like nothing special. But then I thought back to the moment, 10 years ago, when I walked through the doors of the Youville Centre for the first time. I was 17, with a 5 month old baby Ryan. I was lost, scared, lonely, and had no idea what to expect or what I wanted my life to be. All I knew is that I wanted a healthy and stable life for my son, and to be the best mother I could be because that is what he deserved. I am Chloe, a mother to



Second Generation Bursary recipient Wesley, pictured with presenter Krista Sarginson on the left, and his Mom, alumnae Penny, on right. Photo by Edge Imaging

two amazing boys and a wife to a loving and supportive husband."

Nicole: "Jacob and Ryan were 3 and 5 months old when we arrived at Youville, today they are 10 years old. They have stayed best-friends since then and will even sometimes refer to each other as brothers from different mothers. They have grown to be beautiful, kind and smart young men with a bright future ahead of them. I am Nicole and now have a second beautiful 11 month old and I remember trying to recall all of the parenting courses we took at Youville and wondering how I was ever going to do this without them. We sometimes had to take 3 bus routes with 2 transfers to get here in the morning, with a book bag, diaper bag, stroller, bottles, baby toys and babies! Sometimes cooperative, sometimes not so much! Through traffic, packed busses, thunderstorms, snow storms, being up all night with a sick baby or family drama, we made our way to school every day. When we walked through these doors, we were welcomed with a buzzer and a smiling face.

utilizing strengths and achieving goals

We dropped our children off at daycare and were treated as real parents and not like know-nothing teenagers. Everyday, the teacher's welcomed us, cheered us on in our successes and on our hard days staff gave us a shoulder to cry on. Youville Centre became our home away from home, our second family and our personal cheerleaders."

Chloe: "I thought by coming to the Youville Centre, I would just be taking the first step by completing my high school diploma. What I got, was way more than I could have ever imagined. They say it takes a village to raise a child, and Youville very quickly became our village, our second family. Everyone from the teachers and ECEs, case co-ordinators and counsellors to the front desk, volunteers and Kathy the cook (who always had an apple for Ryan in the mornings) supported us along our journey and contributed to our successes. They all provided us with a safe and nurturing environment to grow, not only as students but as a family. I have countless memories and stories that I would love to share about the staff, but then we would be here all day. I will, however, hold these memories in my heart forever and hope that all the staff understands how grateful I am for their support and guidance. You never let me



give up and gave me the power to believe that I could be strong and successful!"

Nicole: "I didn't realize it at the time but the Youville Centre taught us how to be strong, how to work hard and push through, even on the bad days. They taught us to lean on one another for support when we just can't do it alone, how to be an advocate for ourselves and how to raise beautiful, curious children, when we hadn't finished growing ourselves."

Chloe: "We are so proud of our accomplishments since leaving Youville Centre. I have held a successful career as a registered practical nurse at The Royal Ottawa Mental Health Centre since graduating with honours from Algonquin College's Practical Nursing program in 2012."

Nicole: "I successfully graduated from Algonquin College's Business Administration program on the dean's honours list for academic achievement. I am currently working for the Federal Government with the Royal Canadian Mounted Police where I have received awards for going above and beyond in the workplace, and successfully planned and supported the Security of Global leaders at the most recent G7 Summit in Charlevoix Quebec last June all while being 9 months pregnant. We were often commended by our college teacher's for our work-ethic and perseverance compared to the other students who were our age. Our response to them was "We have children at home looking up to us so we have to do this for both of us."

Chloe: "Statistically, as teen moms, we should not have succeeded. We should not have graduated from high school or college, but we did and so have all of you on the stage today."

Nicole: "We would like to offer 3 words of advice to the graduating class today: Hold onto the relationships you made here. No one will understand what you girls have been through better than the Youville Centre family here supporting you today."

Chloe: "Do not ever sell yourself short or allow anyone else to. You have worked so hard to get where you are today balancing school and raising your children. You decided to take a chance on yourselves, not only for you but for your children. You are tough, you are adaptable, you are kind, you are problem solvers and you are leaders BECAUSE you are young moms not in spite of it."

Nicole: "Wherever you go and whatever path you take, do it with love and grace and don't forget to turn around and help others be all that they can be like the Youville Centre did for you. I hope that you are proud of how far you have come, and that you each remember deep inside of you, the young, unsure girl you were, pregnant or with a baby in her arms, taking a leap of faith and walking through those front doors for the first time."

Chloe: "To all of the graduates here today, I am so incredibly proud of each and every one of you. You have shown immense strength and determination, and with this, I know you will now be able to overcome any obstacle that crosses your path. You have provided yourselves and your children with a bright and hopeful future. I hope you all know how amazing you are, and I wish you all the successes and happiness along your journey as you now go take on the world as fierce young women."

Congratulations Youville Class of 2019!

~ Nicole & Chloe, Alumnae Speakers, both from Class of 2010.

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.

Dr. Oliver's 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.

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

We are so grateful to have a committed, caring group of volunteers from the



Dr. Sarah Oliver with Youville Centre clients

It Takes a Village



2019 Treat for Volunteers during Volunteer Appreciation Week

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:

- Board of Directors
- Mentorship Program
- Child Development Program
- Swap Shop (in-kind donations)
- Youstore
- Food Bank
- Admin & Communications
- Tutoring*
- I.T. Support
- Building Maintenance
- Drivers**



Hydro Ottawa Volunteers onsite for Christmas preparations

- Photography
- Special Events/Seasonal

*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.

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 2018-2019 year.

Food Bank

Zlata Burt
Patty Cooper
Marcia Sison

Swap Shop

Barbara Aldworth
Ria Challen
Elizabeth Emond
Diny McMahon
Jane McNamara
Lynn Page

Youstore

Monica Goodhue
Chris Caletti
Gavin Thompson

Child Development Program

Michelle Beach
Peggy Bosc
Janette Brodeur



Zybina and Graduate Brittany

Ana Brown
Hilda Chow
Patty Cooper
Yolande Cremer
Michele Desbiens
Parminder Dhami
Fatos Erguven
Joan Gibson
Tawnya Glandon
Esther Grebe
Sharon Guillemette
Carol Gusen
Maureen Hughes
Lise Meloche
Emma-Lee Peller
Lisa Poulson
Barb Robertson
Pat Slight
Pat Stuart
Simonne White

I.T. Support

Pierre Kerr



Volunteers Ria and Lise preparing a newsletter mailout

Building/General Maintenance

Al Kuiper
Geoff Burridge

Driver

Jean Lemieux
Peter Caletti

Music

Joan Taillefer

Photography

Michelle Valberg
Olivia Moore

One-to-One Mentors

Christina Bahkos
Christina Burke
Zlata Burt
Angeline Chitovas
Tracey Clarey
Heather Counsell
Jennifer Filip
Kaethe Imbert
Michelle Kisil
Julie van Rijn
Kellie Major
Laura Mindorff

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



Volunteers Steve and Nick at Summer BBQ

(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.



Yolande with baby Suzan

It Takes a Village

Youville Centre Angels 2019

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 two 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.

LINDA MILTON PERREAULT

Our iSisters partnership over the last 12 years, has given many of our students hope that their academic dreams may one day come true. This Angel Award winner has worked behind the scenes on the iSisters Board of Directors for 5 years, becoming the Executive Director of iSisters in 2013. Being an Executive Director of this organization, that helps other



Linda Milton Perreault

organizations, means fundraising to find money, every day.

Linda Milton Perreault is not someone our moms would recognize, but she is someone we need to celebrate. Her tireless work finding funders to support the great work that iSisters does in the community is so appreciated. As a result of Linda's passion and tenacity, our students had the opportunity to work one-on-one and in a group setting, with Kelly, the assistive technology expert from iSisters. Thanks to the money that Linda was able to acquire, Kelly was able to work with a our moms every week on Assistive Technology, opening up a whole new world of possibilities for those moms, in the areas of reading, writing, comprehension, memorizing, organizing, studying or test taking.

Linda is originally from Montreal and has a BA in Economics from Concordia University. She and her husband, Michel, have 3 children (Jacob, Alyssa, & Matthew) who are all very active in sports. You can most often see Linda either car-pooling her children to games and tournaments or sitting in the stands watching their games. Linda knows the hard work it takes to raise healthy happy children and has commented many times that she considers our moms to be strong, vibrant, young heroes.

Thank you, Linda for your continued support of our Youville moms and children.

ZYBINA RICHARDS

This recipient is not only a very special woman but she also has a secret identity!



Zybina Richards

Her name may be Zybina to all of you, but here at Youville, she is lovingly referred to by both staff and students asthe "PJ" elf!

This is because, over the past six years, Zybina single handedly created a Youville Christmas tradition! Zybina shops for and gives each of our moms and their babies a brand new set of Christmas pajamas. And this is no small task- Zybina shops for over 100 PJ sets!

The "PJ elf" then hand delivers the gifts to our moms, who get so excited that a PJ fashion show always follows! It is truly a highlight of our Christmas season around here!

If this wasn't already enough, Zybina has also created a graduation tradition! Every year, Zybina donates a hand selected gift to each of the graduates. Once again, she comes in person on grad day to hand deliver the gifts along with a big hug and

messages of hope and encouragement for the future.

Zybina has a way of making everyone she meets feel special and appreciated. It is so clear to us just how much Zybina cares for our young moms. She can always be seen with a beaming smile on her face! Her selfless generosity is a part of what makes her such a blessing in all of our lives.

Zybina, you have become a part of our Youville family and we couldn't possibly be more thankful! It is our pleasure to give you this Angel Award for everything you have done for our girls and we look forward to many more years of creating traditions together.

Angel Awards 2012 to now

25th Anniversary Celebration 2012 Angel Awards

The Honourable John Baird
Don and Jean Eldon
Steve Georgopoulos
Dr. Tom Harle
Dennis Jackson
Max Keeping
Hassa Mirchandani
Marlene Shepherd

3 Special Awards

Motivate – Sister Maco Cassetta
Nurture – Sister Betty Ann Kinsella
Educate – Judith Sarginson

Graduation 2014

Peggy Austin
David Smith
Theresa Smith

Graduation 2015

Dwayne Brown
Jonathan Crosier
Dr. Sarah Oliver

Graduation 2016

Linda Daily
Shannon Gorman
Michelle Valberg

AGM 2016

Jay Sanko

Graduation 2017

Leanne Cusack
Deb Robinson
Cindy Simpson
Megan Wallace

Graduation 2018

Patrick Blanc
Elizabeth Emond
Gavin Thompson



LEAP worker Patrick as a Man in Black at Fashion Show

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:

Education Partners:

- Algonquin College
- Carleton University
- Heritage College
- La Cité Collegiale
- M.F. McHugh Education Centre
- Ministry of Education (MOE)
- Ottawa Carleton District School Board (OCDSB)
- Ottawa Catholic School Board (OCSB)
- St. Nicholas Adult High School
- University of Ottawa (Legal Clinic, Medical Students)

Client Resources

- Children's Aid Society (CAS)
- Children's Hospital of Eastern Ontario (CHEO)
- Children's Inclusion Support Services (CISS)
- Distress Centre Ottawa and Region
- Dr. Sarah Oliver
- Family Law Information Centre (FLIC)
- First Words Preschool Speech & Language Program of Ottawa
- Furniture Bank
- Helping with Furniture
- Hopewell
- Housing Help
- OC Transpo
- Ottawa Rape Crisis Centre
- Operation Come Home
- Parent Resource Centre (PRC)

It Takes a Village



Ottawa Police Candace and Mark serve ice cream at summer BBQ

- Pinecrest Queensway Community Health Centre
- Seats for Kids - Transport Canada
- The Ottawa Food Bank
- The Sharing and Caring Exchange
- The Snowsuit Fund of Ottawa
- The Social Housing Registry
- Vanier Community Service Centre
- Victim Services Ottawa
- Wabano Centre for Aboriginal Health
- Youth Services Bureau (YSB)
- YouTurn

Community Partners

- Bethany Hope Centre
- Brighter Futures for Children of Young Parents
- Canadian Mental Health Association (CMHA)
- Canadian Mothercraft of Ottawa Carleton
- Centre for Addiction and Mental Health (CAMH)
- Ontario Centre of Excellence

- Centre Psychosocial
- Child and Youth Mental Health Network (CYMHN)
- 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)
- Crossroads Children's Centre
- Dress for Success Ottawa
- Emily Murphy Non-profit Housing
- Fairy Godmother of Ottawa
- Fetal Alcohol Spectrum Disorder Coalition of Ottawa (FASD)
- Gifts In-Kind Network
- Infant and Early Childhood Mental Health Initiative
- iSisters Technology Mentoring
- Ministry of Children, Community and Social Services (MCCSS)

- Ontario Association of Young Parent Agencies (OAYPA)
- Ottawa Network for Education (ONFE)
- Ottawa Police Services (OPS) & Fran Herzig (School Resource Officer)
- Substance Abuse Youth in Schools (SAYSAC)
- Shoe Bank of Canada
- The Ottawa Child and Youth Initiative
- United Way Ottawa
- Volunteer Ottawa
- Young Parent Support Network (YPSN)
- Women's Initiative for Safer Environments (WISE – Safety Audits)

Treatment Partners

- Community Suicide Prevention Network
- Dave Smith Youth Treatment Centre
- Elizabeth Fry Society
- Ottawa Coalition to End Violence Against Women (OCTEVAW)
- Saint Paul University (Couples Counselling)
- Sandy Hill Community Health Centre
- Sexual Assault Support Centre (SASC)
- Sexual Health Centre
- The John Howard Society



Joan, annual volunteer Piper 2019 Graduation

Funding Model

SUBSIDY AND OTHER INCOME

Early Child Development Programs

Social Support Programs

Net Fundraising, Donations & Other Revenue, Net Foundation Revenue

Property Fund Revenue

TOTAL SUBSIDY AND OTHER INCOME

\$ 2,664,431

EXPENDITURES

%
TOTAL %
PROGRAM

Early Child Development Program

Salaries & Benefits	\$ 1,181,957	52%	75%
Program Support / Outreach	\$ 241,880	10%	16%
Occupancy Costs	\$ 102,019	4%	7%
Amortization	\$ 7,450	0%	0%
Administrative Costs	\$ 25,196	1%	2%
Sub-total	<u>\$ 1,558,502</u>	<u>67%</u>	

Intensive Treatment Support Programs

Salaries and Benefits	\$ 416,722	18%	71%
Program Support / Outreach	\$ 134,525	6%	23%
Occupancy Costs	\$ 14,546	1%	2%
Amortization	\$ 22,010	1%	4%
Administrative Costs	\$ 2,287	0%	0%
Sub-total	<u>\$ 590,090</u>	<u>26%</u>	

Property Fund Amortization

\$ 163,117 7%

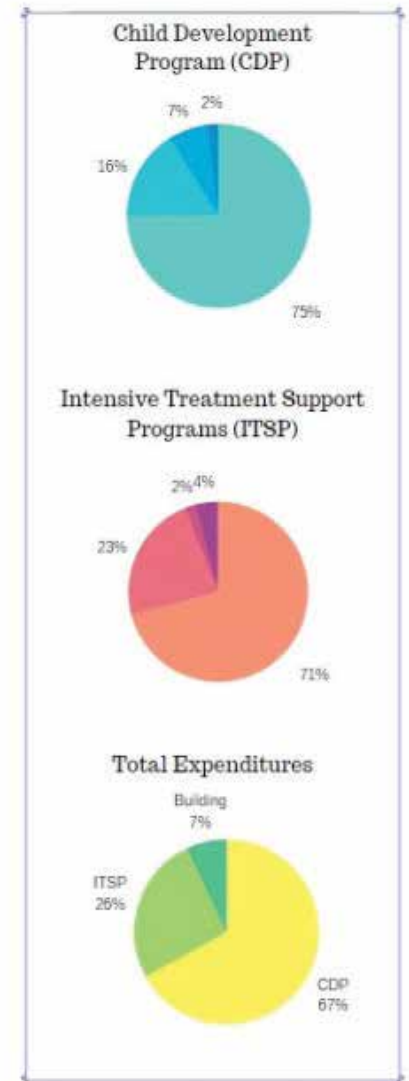
TOTAL EXPENDITURES

\$ 2,311,709

Surplus funds used to cover previous deficits and to enhance future programs including expected capital project deficit in 2020/2021.

\$ 352,722

* 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 2018-2019.

Government Funders

The City of Ottawa
The Government of Canada
The Ministry of Children, Community and Social Services (MCCSS)
The Ministry of Education, Government of Ontario

Foundations, Grants, and Corporate Donors

100 Women Who Care
2Keys Corporation
ABC Life Literacy with TD Bank
Aurora Brotherhood of Ottawa
Bytown Travel Ltd.
Canadian Payroll

Association Caring and Sharing Exchange
Celadon Salon and Spa
Christmas Cheer Foundation
Community Foundation of Ottawa
Congregation of Notre Dame Visitation Province Centre
CTV News
East India Food Company
Famous5 Ottawa along with TD Bank
Farm 2 Fork
Full Armour Ministries
Godspeed Communications
Herzing College
Industrial Agency
IODE Laurentian Chapter
IODE Walter Baker Chapter
iSisters Technology
Mentoring
Hydro Ottawa
Kelly Family Foundation
Knights of Columbus, Canon John Burke Council #6217
Knights of Columbus, Divine Infant Council #7873
Knights of Columbus, Good Shepherd Council #9005
Knights of Columbus, Holy Redeemer Council #9544
Knights of Columbus, St Edith Stein #13049
Lundy Construction
LUSH Fresh Handmade Cosmetics

Magnet Signs Ottawa
Manotick Tree
MBNA
Napoli's Café
Ontario Trillium Foundation
Ottawa Catholic School Board
Ottawa Network for Education (ONFE)
PCL Construction
Pelee Island Winery
RBC
REALTORS Care Foundation
Richcraft
Rick Menard Heating and Cooling
Rotary Club of Nepean-Kanata
Rotary Club of Ottawa
Rotary Club of West Ottawa
Shepherd's Fashions
Shoe Bank Canada
Smith & Bradley's Insurance
St Albert Cheese
Taggart Parkes Foundation
TD
TELUS
Thyme Maternity
United Way Ottawa
Versailles Academy
WHOM Strategies

Third Party Fundraisers

IODE Laurentian House and Garden Tour

Knights of Columbus Council #9544 Annual Rita Maheral Memorial Golf Tournament
Knights of Columbus Council #7873 Pasta Dinner
Square Lemon Marketplaces
3 Grandma's Babyless Baby Shower
BATL Axe charity tournament
Annunciation of the Lord Parish, CWL raffle

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

Christmas – Financial and in-kind donations
Shepherd's Fashion FUNraiser – Attendees and event sponsors
Mother's Day Matching Campaign – Donors and corporate match sponsors
Graduation – Bursary donors and in-kind donors



YOUR SUPPORT CAN MAKE A DIFFERENCE



\$100 can assist a young mother by providing a month's worth of transportation for her and her child



\$500 can supply a month's worth of nutritious breakfast and lunch meals for a young mother and her child



\$1000 can provide bursaries at graduation to help with training and post secondary costs and expenses



\$2500 can help provide onsite 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



Knights of Columbus 9544 donate funds raised from their annual Golf Tournament



IODE Laurentian
**58TH ANNUAL
HOUSE
& GARDEN TOUR**
MILES OF STYLES!
Supporting the Youville Centre

Bev and IODE Laurentian Chapter Member Janet



3 grandmas hold a babyless baby shower gift drive and donate to Youville

It Takes a Village

In student's words



The staff is incredibly supportive and willing to help in every way they can, on-site counselling, delicious lunch served every day, each girl has a support worker who helps them through issues they may be having personally or education-wise, Someone is always available to talk, they work with you to figure out the best course of action to reach your educational goals. Childcare is amazing with setting up fun learning activities for the babies/toddlers, getting to know your child[ren] and working with you to find out where your child is developmentally. My daughter loves going to daycare, she started off being super upset whenever I'd leave to go to class, within a week or two she barely noticed I was leaving. Now she runs straight into her room and starts playing. This school feels like a family to me, I've only been attending for a year and I already feel so accomplished and confident that I can reach my goal. They have helped me through some pretty hard times and I don't think I could've gotten to where I am without them. I could not be more grateful that I started attending. Thank you Youville! ~ Chelsea

Youville is not just a centre.

Youville is a second home for the ladies and the babes that attend youville.

The love and dedication the childcare staff have and always put towards the children is heart warming and it melts my heart to see.

The staff are all so amazing, it is almost impossible to have just ONE favourite. The support you get in all areas that they provide is truly fantastic and it truly does come from dedicated, loving and caring people that work there.

Thank you Youville for all that you have done and continue to do for my family and !! ~Tori



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