



Youville Centre

An innovative centre that motivates, educates and nurtures young mothers and their children to become self-sufficient, contributing members of society.

Brittany and Sabrina – Class of 2016
Photo by Valberg Imaging

2015–16 Annual Report



Photos by Lifetouch Canada

“When I first walked through the doors of Youville, I was only 17 years old with a 5 month old baby. I was a young woman who was frail and broken. I had no idea where I was going in life or who I wanted to be. What I did know, however, was that in my daughters eyes, I needed to be more than who I was in that moment. Little did I know, Youville would help me to become that woman.”

Valedictorian Nikki Norton, Class of 2016.

Our Mission

Youville Centre is an innovative centre that **motivates, educates and nurtures** young mothers and their children to become self-sufficient, contributing members of society.

Youville Centre

Located in Ottawa, Youville Centre is a non-profit, registered charity that serves adolescent mothers and their children. Youville's trauma-informed, holistic programs and services include: 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, attachment-based parenting programs with intervention and treatment, and a fully accredited secondary school. For more than a quarter century, Youville Centre has been an innovative centre that motivates, educates and nurtures young mothers and their children to become self-sufficient, contributing members of society.

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 to 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 to educate, motivate and nurture our young mothers and their children.
- **You will be provided with** key information and highlights from our 2015-2016 year.
- **You will identify** ways that you can get involved to help Youville's young mothers and their children.

“Youville Centre gives you hope, strength and confidence when you don’t have it in you to summon it for yourself.”
— student/young mom, 2015

Our History

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 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 support 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 up to 100 young mothers and their children each year.



Photo by Geoff Clyne Photography

At the outset, Youville Centre programming focused on providing young mothers with education, housing support, counselling, childcare and parenting instruction and it still addresses these needs today. During its Hintonburg years, the Centre's programs and services, under Sister Betty Ann's leadership, grew and developed. As Youville Centre grew, in addition to its emphasis on education and housing, important services such as legal aid, a public health nurse, parenting and life skills, nutrition, and enhanced crisis support counselling were added to its programming. In the Spring of 2000, Youville Centre moved to its current location on Mann

Avenue. 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 base of its clients and the evolving needs of the young mothers and their children.

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

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

Executive Director's Message



Photo by Dwayne Brown Studio

"How Does Learning Happen" is a question that has been on the minds and lips of every registered early childhood educator at Youville Centre this year. "How Does Learning Happen" is a Ministry of Education resource "developed to promote a shared understanding of what children need and what can be done to help them flourish" (An introduction to How Does Learning Happen, Ontario's Pedagogy for the Early Years). As an educator for the past 39 years it is very exciting to endorse this pedagogy, implement effective practices and emphasize the importance of positive relationships to successful learning. In fact, this is the essence of Youville Centre, an environment where we all; young moms, infants, young children and staff experience success through responsive relationships, self-reflection, collaboration, exploration and inquiry. Over the past five years I have been able to witness "Youville Successes" first hand. Success comes in many forms: overcoming mental health and addiction challenges to enable our moms to thrive as independent capable parents; graduation from high school; children meeting developmental milestones; but it is also babies eyes lighting up when their moms walk into the room, moms

attaining their first credit or reading their first book, moms finding that their co-op placement has altered their career aspirations, moms walking into my office to utter "I never thought I could do it", and staff following behind cheering "she did it!" These are the moments that make me realize that I truly have the best job in the world.

"If everyone is moving forward together, then success takes care of itself." Henry Ford
My memory book is full again this year. A visit from MP Yasir Naqvi and Education Minister Liz Sandals delighted our children, moms and staff as they shared their daily experience at Youville Centre and had the opportunity to describe unique programs and services. Elizabeth Manley gave a very personal, heartfelt presentation to our Centre that inspired our moms and instilled hope that challenges need not be insurmountable. Staff was delighted at the excellent response given to their presentation at the Children's Mental Health of Ontario Conference, of our Outcome Evaluation for Pregnant and Parenting Youth in Ottawa. The process of re-examining our Mission, Values and Vision proved to be a very moving experience as our clients, staff and stakeholders endeavoured to articulate what Youville Centre meant to them. Also, modeling in our Annual Shepherd's Fashion Show was as delightful as always – what female doesn't enjoy sharing her life's work combined with shopping!

I continue to be amazed by the generosity and compassion of our donors, partners and volunteers whose contributions, both financial and through the gift of time and talent, enable the capable staff of Youville Centre to "motivate, educate and nurture" our adolescent moms and children in their pursuit of a brighter future. These valued relationships give life to our mission.

As Youville Centre moves into another year we are extremely excited to welcome St. Nicholas Adult High School, Ottawa Catholic School Board, as another partner within our agency. The addition of this extra classroom and teacher will enable young moms to complete their high school education after they turn 21 years old, while accessing programs and services of Youville Centre. In our quest to continually improve our programs and services, Youville Centre will go through a Child and Youth Mental Health Accreditation Evaluation with the Canadian Centre for Accreditation this spring. Our Board of Directors, consultant Deb Robinson and staff members need to be congratulated for their hard work in preparing for this process.

My sincere gratitude is extended to our Volunteer Board of Directors, particularly Megan Wallace, our President and Chair, whose continual support and dedication to the mission of Youville Centre cannot be understated. Volunteer members of our Finance and Fundraising Committees also need a special thank you for their gifts of time.

Lastly, to the young mothers and children of Youville Centre, who brighten my days and teach me what true courage, perseverance and love means – thank you for allowing me to be part of your lives.

Cindy Simpson, B.A., M. Ed.

"If everyone is moving forward together, then success takes care of itself" - Henry Ford

Youville Centre Volunteer Board of Directors 2015-2016

It has been my privilege to be a part of the 2015 - 2016 year at Youville Centre. This year our students worked towards achieving their high school education, improving their parenting skills, and pursuing personal goals of physical and mental health and wellness. It has been inspiring to witness the progress Youville's young mothers have been capable of making in just one year.

This year has also seen Youville work hard toward becoming an accredited mental health centre, a process we will complete in the upcoming year.

I frequently tell people that Youville's graduation ceremony is my favorite day of the year - and it is absolutely true. To watch our students be recognized for their hard work and accomplishments is a real joy and a privilege. For our young moms, pursuing their education at Youville means they are choosing not only to improve their own lives, but also to make a positive choice that will make a profound difference in the lives of their children. The importance of this choice for both mother and child cannot be overstated.

I would be remiss if I did not note that the continued success of our students and our centre would not be possible without our generous donor community, as well as our outstanding, hardworking staff and volunteers, under the extraordinary leadership of our Executive Director, Cindy Simpson. On behalf of the Board of Directors, I would like to thank Cindy, the staff and volunteers, and all of Youville Centre's donors and community partners for making a commitment to helping our young mothers and their children. You truly have made a difference in the lives of Youville Centre's clients. By helping our students and their children, you help to motivate, educate and nurture two generations.

Megan D. Wallace

"For our young moms, pursuing their education at Youville means they are choosing not only to improve their own lives, but also to make a positive choice that will make a profound difference in the lives of their children."

- Megan D. Wallace



Youville President Megan Wallace receiving the Hassa Mirchandani Bursary Award, from Hassa, during the 2016 Graduation Ceremony, on behalf of an absent Youville Alumni.

Photo courtesy of
Lifetouch Studios

Youville Centre Volunteer Board of Directors 2015-2016



Youville Centre wishes to acknowledge the passing of our long-time Board Member, Friend, Donor and Advocate, Michael (Mike) Lundy, pictured here with Youville Centre Founder, Sister Betty Ann Kinsella. We are grateful for Mike's years of compassion for and support of Youville Centre's young mothers and their children.

From September 2015 to June 2016, the following individuals served on Youville Centre's Board of Directors:

Megan D. Wallace – President

Lawyer, Perley-Robertson, Hill & McDougall LLP

Mary Gallagher – Vice-President

Chief Social Worker, Ottawa Catholic School Board

Mary Young – Treasurer

Director of Finance, The Glebe Centre Inc.

Sharon Lloyd – Secretary

Recruiter, Stevenson & White Inc.

Gen Fareau – Director

Police Officer, Ottawa Police Services

Heather Brown – Director

Fundraising Consultant, Good Works

Rochelle James – Director

Communications/Marketing, Government of Canada

Angela Lariviere – Director

Manager, Creative Services, Halogen Software

Dr. Katherine Matheson – Director

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

Brian McGarry – Director

McGarry Funeral & Cremation Services

Shelagh Jane Woods – Director

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

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

Highlights of 2015–2016

SEPTEMBER 2015

- Training and orientation for one-to-one mentors
- Youville Centre hosts annual general meeting
- United Way Seeing is Believing tours are conducted in the Centre

OCTOBER 2015

- Youville Board Members participate in a visioning retreat
- Shepherd's Fashion FUNraiser at Train Yards store raises \$20,000 for mental health programs at Youville



- Students participate in the In Love and In Danger Conference organized by Family Services Ottawa
- Youville participates in the United Way Ottawa Community Campaign
- Youville celebrates ECE Appreciation Day on October 8th
- Students enjoy a field trip hike in Gatineau Park
- Youville hosts a volunteer appreciation breakfast on October 9th

- Youville participates in the Ottawa Parent and Child Expo on October 24th
- Youville students and staff host an exciting visit from Olympic skater and passionate mental health advocate, Liz Manley



NOVEMBER 2015

- One-to-One Mentorship Program begins as mentors and mentees are matched and lunch meetings begin
- Students attend National "We Day" event thanks to the generosity of TELUS
- In collaboration with M.F. McHugh Education staff, Youville partners with iSisters Technology Mentoring to create and deliver the "iTake Action" iPad program



- In collaboration with St Mary's Home, Rideauwood Addiction & Family Services, and the Ontario Centre of Excellence, Youville Centre Staff present an "Outcome Evaluation for Pregnant and Parenting Youth in Ottawa" at the Children's Mental Health Ontario (CMHO) conference

DECEMBER 2015

- 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 on December 6th
- Annual Christmas Luncheon
- Christmas gift hampers received from Algonquin College
- Mom and Me Christmas Circle
- The Pyjama Elf makes her annual Christmas visit to Youville
- Moms and children receive toys from Toy Mountain

JANUARY 2016

- Youville Centre and St Mary's Home host a joint leadership team meeting for Quality Assurance
- Youville Board of Directors and Leadership Team along with M.F. McHugh Education staff host a strategic planning retreat to review the Mission, Vision and Values

Highlights of 2015–2016

FEBRUARY 2016

- Youville students and staff participate in a Sources of Strength workshop
- Students enjoy skating on the Rideau Canal

MARCH 2016

- Youville students enjoy a ski/snowboard trip to Camp Fortune
- Youville attends the United Way Ottawa Wall of Inspiration event to honour the inscription of their Executive Director, Community Builder of the Year Award recipient, Cindy Simpson
- Minister of Education Liz Sandals, visits Youville Centre with MPP Yasir Naqvi



- Youville staff attend Algonquin College Child & Youth Worker annual Career and Placement Fair

APRIL 2016

- Youville hosts Famous 5 guest speaker and 2015 recipient of the Governor General's Award in Commemoration of the Persons Case, Dee Dooley

- Students present at the Teen Minds Workshop at Ottawa City Hall



- Students participate in the In Love and In Danger Conference organized by Family Services Ottawa

MAY 2016

- Annual Mother's Day Campaign raises over \$9,000 for young moms and children
- Youville Board of Directors hosts a Young Parent, Infant and Early Childhood Mental Health Session / Reception
- Youville celebrates "Day of the Young Parent" with special activities
- Mother's Day lunch celebrated with gifts and sundaes for the students from Cisco's "Hearts and Hands"

JUNE 2016

- Youville volunteer Jean Lemieux is honoured at the Ontario Volunteer Awards
- Fitness field trip to Camp Fortune to enjoy ziplining and the aerial park

- Graduation Ceremony
- Students enjoy year end assembly and graduation week events
- Graduation lunch held at Mother Tuckers with limo ride provided care of Rick and Chuck Nolan of Kelly Funeral Homes
- Youville students attend the Young Parent's Support Network activity day and BBQ held at Valleyview Farm

JULY 2016

- Annual Summer BBQ and Summer School Art and Drama Showcase
- Youville students enjoy a field trip to Mont Cascades water park

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

Administration: Heather

ISP Staff: Jessica, Jackie

Child Development: Sara

M.F. McHugh Teaching Staff: Leslie, Stephanie, Anne, Julie

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

Administration: Mara

ISP Staff: Bev, Brittany

Child Development: Kaylee, Anna Mary

M.F. McHugh Teaching Staff: Justin, Scott

Intensive Treatment Support Program (Day Treatment Program)

Youville Centre adolescent mothers are unique, therefore, an emphasis is placed on providing differentiated programming to meet each of their special needs.

Intake and Discharge

Young mothers between the ages of 14 and 21 years may enroll at Youville Centre either by self-referral or with referral from school guidance counsellors, clergy, family physicians, community health centres, community agencies, or on the recommendation of friends, family or alumnae. Students are provided accredited Ontario secondary education instruction from teachers who are employed with our education partner, Section 23 M.F. McHugh Education Centre. Youville Centre is committed to providing a wide range of services, including mental health, addiction, and parent-child attachment counselling, to young mothers and their children while assisting mothers in completing their high school education.

The intake process begins with our Child Development Manager who assists the clients in completing contact and subsidy information and provides a tour of the Centre and information about the Child Development Centre. An Intensive Treatment Support staff member will then meet with the client to discuss the variety of social services offered at Youville Centre including the wrap around

mental health and addiction services as well as the mandatory Youville Lifestyle Courses. Students will then meet with a Section 23 teacher from our education partner, M.F. McHugh Education Centre to discuss their academic goals including previous credit attainment and their Individual Pathway Plan. The last interview takes place in the Child Development Centre with one of the Registered Early Childhood Educators (RECE) who will discuss topics such as goals the mom has for her child, individual child needs and pertinent medical information.

During the intake process, clients are apprised of the benefits and risks of participating in treatment at Youville Centre and attending a Section 23 site. On-site Mental Health, Addictions and Parent-Child Attachment Counsellors and Student Support Workers explain how they can help moms overcome life challenges that could possibly interfere with

their personal, educational or parenting goals.

Youville Centre Intensive Treatment Support staff, in conjunction with M.F. McHugh Education Centre teaching staff, and Youville Centre Child Development Program staff prepare our clients for a smooth transition to the next phase of their life journey. They connect students to external community agencies, employment choices, appropriate childcare transition, and assist students with post-secondary applications including registration, financial assistance, and entrance requirements. Youville Centre does provide some transitional mental health, addiction and parent-child attachment support to alumnae which enables continuity of service for clients and also supports the transition process to alternative mental health services in the community or at their new educational institution.

Intensive Treatment

"Trauma can be seen as both an overwhelmingly negative event and as the impact of that event on a woman" (Covington, S. 2002, in Trauma Matters, March 2013, The Jean Tweed Centre, Toronto, Ontario)

Youville Centre and its Intensive Treatment Support Program utilizes trauma-informed, research based, and evidenced informed practices in its day to day work with clients. "Trauma-informed practices take into account an understanding of the prevalence and impact of trauma and integrate that understanding into all components of an organization" (Trauma Matters, March 2013, The Jean Tweed Centre, Toronto, Ontario)

Youville Centre's mental health and addiction counsellors also offer programs and services



Lizzie and Killian.
Photo by United Way Ottawa



Rachelle and Jaycob.
Photo by United Way Ottawa

that are trauma-specific designed to focus directly on the impact of trauma and facilitate trauma recovery.

The Intensive Treatment Support Program (Section 23 / Day Treatment) staff is multi-layered; first, with front line staff providing support to clients to navigate our myriad of programs and services including: child development/ infant mental health; the M.F. McHugh Education Ontario Secondary School program; psychological, emotional, behavioural, and social support using collaborative problem solving; and providing assistance to clients in accessing appropriate community social services. Second, trauma-specific programs and services are delivered by our mental health and addiction counsellors in both group and one-on-one therapeutic settings.

Intensive Treatment Support staff employs various assessment tools (CANS-PPY, GAIN-SS,

Parent Stress Index, Thinking Skills Inventory, Beck Depression Index, Drug Taking History) in the development of Individual Treatment Plans of Care for each client. Treatment Plans are developed collaboratively with our clients in multi-disciplinary meetings (YouView Days) which include Intensive Treatment Support staff, M.F. McHugh Education teachers, and Registered Early Childhood Educators. These integrated plans of care, which include treatment goals as well as educational, infant mental health, and child development goals (attachment, socio-emotional, behavioural, parenting) are monitored closely by Intensive Treatment Support staff and reviewed consistently at weekly multi-disciplinary meetings.

Front line staff is trained and utilizes Collaborative Problem Solving (CPS) in their interactions with clients to support problem solving and goal setting. Thinking skills inventories are completed for clients and used to guide all clinical interventions. The premise of Collaborative Problem Solving "Kids do well if they can . . . and if they can't we need to figure out what's getting in their way so we can help" is the mantra and philosophy endorsed by all Youville Centre staff when working with our clients and their children. This optimistic view of intervention is shared with clients, and clients also receive instruction on implementing collaborative problem solving with their children by a staff member trained in CPS for parents. Youville Centre Intensive Treatment Support staff belong to the Ottawa CPS Community of Practice that meets three times a month to review client cases and best practices.

Front line Intensive Treatment Support staff provides support and guidance for students

to navigate their way through psychological, emotional, behavioural, social, educational and everyday living concerns in a trauma-informed environment. Support is provided to access community services and provide a "circle of support" and may include (but is not limited to) the following areas; housing, basic needs, child subsidy, The Children's Aid Society, Ontario Works, Child Tax benefits and Canada Revenue Agency, post-secondary applications including OSAP, and support accessing community bursaries for post secondary support. Referrals are made to agencies such as The Family Information Centre, Ottawa Rape Crisis Centre, Mental Health Mobile Crisis Unit, Crossroads Children Centre, Ottawa Public Health and other community supports including women's and family shelters.

Front line Intensive Treatment Support staff, in conjunction with mental health and addiction counsellors provide vital, timely assistance to students in managing critical and/or life-threatening situations. Counselling statistics indicate that our clients are challenged with; depression, anxiety, post-traumatic stress disorder (PTSD), suicidal ideation, alcohol and

drug dependency, eating disorders, low self-esteem, domestic violence, physical, sexual and emotional abuse, grief and loss, fractured relationships with partners and family, anger and stress management and other trauma-related issues. Individual, group and some couples' counselling is provided for our clients to help them heal past traumas and rebuild their lives to enable them to provide a healthy, stable environment for themselves and their children. Mental health and addiction counsellors at Youville Centre use an eclectic approach to treatment tailored to meet the individual

needs of each client. Approaches used include; motivational interviewing, solution focused therapy, cognitive behaviour therapy, guided self-change, commitment acceptance therapy, and schema therapy.

Parent-Child Attachment Counselling

For a second year we have the availability of one-on-one parent-child attachment counselling with a mental health professional trained in an evidence informed program based on attachment enhancing play therapy.

Attachment Parenting International, 2016, stated that "attachment quality is correlated with lifelong effects and often much more profound an impact than people understand. A person with secure attachment is generally able to

respond to stress in healthy ways and establish more meaningful and close relationships more often; a person with an insecure attachment style may be more susceptible to stress and less healthy relationships." In response to the positive outcomes intervention studies have demonstrated, and in acknowledgement of the central importance of the mother-child dyad to Youville Centre programs, an attachment counsellor is available to each young mother and her child, either for brief or more intensive therapy. The therapeutic attachment program aims to increase parental sensitivity in caregivers and to promote secure attachment in the child. The counselling is play-based and provides our young mothers with skills to respond to their child's cues and sustain strong, positive parent-child interactions. The program also provides caregivers with information on child development, positive parenting and

behavioural strategies. Our attachment counsellor works closely with our addictions and mental health counsellors to ensure that both members of the mother-child dyad's mental health needs are supported by working from a strengths based perspective.

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 their 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;



Selena and Lincoln

Daphne and Abigail



- 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 Me, My Baby, Our World (MMBOW) attachment and parenting program and have introduced Make the Connection (MTC 0-1 and MTC 1-2). These programs are meant to increase the parent's

awareness of their baby's attachment system as well as to empower them to become more confident in their parenting role. The MMBOW and MTC 0-1 programs are designed for mothers with babies from birth to 1 year and are offered when our mothers enter Youville Centre. The MTC 1-2 program is viewed as a continuation of MMBOW and MTC 0-1 with a focus on the toddler stage of development. At this stage, the changing dynamics of the parent-child relationship requires new and evolving skills and strategies to help guide parents in their journey as the toddler becomes more independent. These programs use hands-on activities and discussions to provide key messages on how best to support the relationship with their child through love, language and learning.

Stress in the parenting system 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. Youville Centre's Parent-Child Attachment Counsellor meets with our adolescent mothers and 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.

Our Child Development and Infant Mental Health team are trained in administering, scoring, and interpreting the Ages and Stages Questionnaire (ASQ-3 and ASQ:SE); an assessment tool that compliments and informs the work of the parent-child attachment counsellor and our Child Development Program staff. The ASQ:SE uniquely screens for concerns within a child's social and emotional development, an area directly related to their overall mental health and well-being. Based on screening outcomes, children may be identified as requiring additional support and referrals to external community services may be required. Youville Centre offers a unique opportunity to support the needs of the mother and child during the waiting period for 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 their developmental goals.

Although each Youville Centre mom is unique, they all share a common motivation that inspires them to achieve their personal and academic goals. This number one motivation is their child. With this in mind, Youville Centre and M.F. McHugh Education staff strive to deliver holistic programming that will help each young mother succeed, while always keeping their child's best interest as a focus.

YouView Days

YouView Days occur at the beginning of each semester. Students meet with their teachers, the Intensive Treatment Support staff and Registered Early Childhood Educators to develop goals specific to their academic, personal and parenting journey. These measurable goals are then used to develop an individual treatment plan for each student. Staff regularly assesses the goal attainment with students and help students set new goals as previous goals are achieved.

YouStore and YouBucks

YouStore hosts brand new donations of clothing, toys, hygiene products and household items we receive from the community. The YouBuck Incentive Program rewards students who display positive school spirit and personal growth, show punctuality, help other students or demonstrate other acts of kindness. Awarded YouBucks (faux dollars) can be used to purchase items from the YouStore. This system works well to motivate students each day, as well as to provide them with items they may not be able to afford. During the Christmas season, the YouStore expands to allow our young moms to provide a special Christmas for their children.



Youville students and staff participate in a Sources of Strength workshop

Sources of Strength

Sources of Strength is a strength-based comprehensive wellness program that promotes connectivity, school bonding, peer-adult partnerships and help seeking behaviours. The focus is on suicide prevention, but it also impacts many other issues including, but not limited to substance abuse, intimate partner violence and mental health issues. The group encourages students to assess and develop their individual strengths and highlights resilience. Safe messaging is an integral aspect of the Sources of Strength program so instead of the focus being on sad, shocking or traumatic stories it is on hope, help and strength which works well in our trauma informed environment.



Mentor Alison Melia with Mentee Sierra and daughter Mya at the 2015 Mentorship lunch

In February 2016 all of the students, teachers and some Youville staff participated in a one day training on Sources of Strength. A teacher, counsellor and an intensive support worker chose a group of girls to attend a weekly group in order to help support a more positive school environment. Meetings were held to brainstorm activities that focused on mental health, family support, positive friends, mentors, healthy activities, generosity, spirituality and medical access. From March 2016-June 2016 monthly activities were held to engage other students to build relationships within the centre. Events were held for Mother's Day,

Young Parent's day and school year end which included free pizza lunches, treats, gift cards, self-care baskets and fun games.

"Having been a young single mom myself, the opportunity to mentor a young mom from Youville Centre has been very meaningful for me. It took some time to lay the groundwork, but we've developed a special relationship that I hope will last a lifetime. This young woman has shown tenacity and courage – the role of mom at such a young age is not easy. I'm so proud to see her taking steps in the right direction and be able to support & encourage her as she moves on to a bright future!"
- Mentor and Board Member,
Heather Brown

Mentorship Program

The Youville Centre Mentorship Program combines group mentoring for all Youville Centre students with one-to-one mentoring for students who are ready for a mentor/mentee relationship. Monthly "Lunch & Learn" events bring professional women from the community to the centre to speak to all of our students on a variety of topics while they enjoy a nutritious lunch. Topics explored this year included: healthcare careers, legal careers, resiliency, goal setting, inspirational stories, and entrepreneurship. Once a month or more frequently if possible, nine mentor/mentee matches in our one-to-one mentorship program enjoyed lunch meetings off-site. Students enjoyed building relationships with, and receiving encouragement from their mentors. This year's pilot program was a success, and we look forward to continuing to provide mentorship for our young moms in the coming year. We would like to thank everyone from the community who helped to make this program a success.

Volunteer mentors are pre-screened and have clear criminal reference checks. They are matched carefully by our multi-disciplinary team with students who are interested in, and ready for, this program. Mentors provide support and encouragement to our young mothers in the areas of parenting, career, and life balance. If you are interested in this program, please email us at mentorship@youvillecentre.org.



M.F. McHugh Education Centre

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 centre, 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 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. Co-operative education is available for students who wish to earn credits through work experience. Ministry approved dual-credit programs are available to students who wish to earn a high school credit while taking a college course. Dual credit helps to prepare students for a successful transition to a college or an apprenticeship program. M.F. McHugh Education teachers focus on supporting our students in earning their Ontario Secondary School Diploma (OSSD) and helping them to transition to post-secondary education or the world of work.

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

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



Principal's Message

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

I have very much enjoyed my first year as 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**

Youville Centre Credit-Worthy Lifestyle Programs

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

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

In the 2015-2016 year, the following lifestyle courses were offered:

Me, My Baby, Our World (Link – HPC30 – Raising Healthy Children): an evidence-informed parenting program that builds parental confidence by helping parents better understand the importance of their

relationship with their baby. The program works to increase parental empathy and sensitivity, through a strengths based, reflective engagement model that covers key concepts including attachment, temperament, and parenting styles;

Make the Connection 0-1 (Link – HPC30 – Raising Healthy Children): an evidence-informed parenting program meant to increase the parent's awareness of their baby's attachment system as well as to empower them to become more confident in their parenting role. This program is designed for mothers with babies from birth to 1 year and is offered when our mothers enter Youville Centre. Hands-on activities and discussions provide key messages on how best to support the relationship with their child through love, language and learning;

Make the Connection 1-2 (Link - HPW3C – Working with Infants and Young Children): an evidence-informed parenting program designed for mothers with babies from 1-2 years and is meant to serve as a continuation of

MMBOW and MTC 0-1. This program focuses on the toddler stage of development as the changing dynamics of the parent-child relationship requires new and evolving strategies to help guide parents in their journey as their child becomes more independent. Hands-on activities and discussions provide key messages on how best to support the relationship with their child through love, language and learning;

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

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



Kim and Olivia "Make the Connection" with Mariah and Augustus



Summer students participate in Yoga on Parliament Hill

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

Transition Course (Link - GLE40 – Advanced Learning Strategies: Skills for Success After Secondary School): Students who are in their graduation year at Youville will take Transitions as one of their Youville Centre Lifestyle Courses. This course is designed to facilitate a smoother transition from Youville to work/post secondary education. Staff and students work together to create individualized plans for their futures. Students will explore career and post secondary education options as well as affordable childcare, health, dental and counseling options. Scholarships, bursaries, grants, and other financial aid will be investigated. Guest speakers, post secondary facility tours, certification in WHMIS and Smart Serve are the highlights of this final Youview course that all students will take before they embark on life after Youville Centre.

Summer School

Once again this year, through a partnership with the Ottawa Catholic School Board's Continuing Education Department and the Ottawa-Carleton District School Board's Continuing Education Department, Youville Centre was provided with two teachers who delivered summer school programs during the month of July. Visual Art (AVI20) and Dramatic Arts (ADA20/ADA3M) were offered to our young moms.

In the Visual Art course, students studied:

- still-life drawing
- clay sculpture
- surrealism and collage
- acrylic painting
- screen printing

Students had the opportunity to study ceramics and make multiple functional ceramic artworks as well as glaze these works. They also had the chance to collaboratively plan a T-shirt design to represent the Youville Centre and their experience of motherhood. That design was then printed by students and worn by staff and students on a field trip at the end of the summer school session.

In the Dramatic Arts course, students studied:

- scene study
- Theatre of the Oppressed/Rainbow of Desire
- Boal games for actors and non-actors
- character building
- monologue
- directing – script notation/blocking
- acting theories
- blocking



As a culminating task in this course the student participated in Collaborative Theatre Games and presented them at the summer BBQ with the student's children, Youville staff and guests.

Both drama and art not only allow our students to earn another OSSD credit, but they are also quite cathartic and therapeutic for our young moms, who display phenomenal creative talent year after year.



Summer students demonstrate their projects at the end of year showcase

Education in our Child Development Program

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.

Early identification and intervention are program goals that guide our practice and enable 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 Program Manager leads a team of 15 full-time Registered Early Childhood Educators, as well as program assistants, kitchen staff, cleaning staff and clerical personnel who collectively help deliver a quality childcare program.

Using the Early Learning for Every Child Today Framework, for Ontario Early Childhood Settings (ELECT), and the How Does Learning Happen, Ontario Pedagogy for 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 and instruction is employed by our staff in order to assist each child in meeting their developmental milestones.

The How Does Learning Happen Pedagogy (HDLH) 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 and create environments that provide opportunities for the children that align with their interests and competencies. This enables children to build and master skills in preparation for further development as they move through the program.

In June 2016, the Child Development Program embarked on an 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.



Olivia and Augustus

Parents can even post stories of experiences outside of the Centre and can invite family and friends to view as well.

Nipissing District Developmental Screens (NDDS) and the Ages and Stages Questionnaires (ASQ3 and ASQ:SE) are used in our Child Development Program to screen the children's development. These screens provide an indepth overview of children's developmental milestones for a specific age group, ranging from

1 month to 6 years of age. They are completed by the parent and the educator and are reviewed together. Activities directed at supporting the child's development are outlined for each age group and act as beneficial ways to enhance the child's skills and abilities, preparing them for their upcoming milestones. The developmental screens are used to implement interventions and if necessary, refer parents to seek assistance from community agencies that work to 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.

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. This past year, lead educators in the Child Development Program also focused on facilitated leadership development training in an effort to strengthen the vision and direction of their roles within the child development program team.

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 2015-2016, we worked closely with the following partners: Ottawa Children's Treatment Centre, Crossroads Children's Centre, Parent Resource Centre, CHEO, Children's Integrated Support Services, Infant Mental Health Promotion, and Ottawa Public Health (Healthy Babies Healthy Children, First Words screening, dental screening, immunization assessment, and nutritional assessment). Our Child Development Program is stronger because of these effective partnerships.



Aurora and Sanford.
Photo courtesy of Dwayne Brown Studio

How does Learning Happen



Registered Early Childhood Educator, Anna Mary, engaging the toddlers in the Daisy room

"Reflecting on our practice is such a critical component of being an effective educator. We learn from children just as children learn from us; when we reflect together a collaboration happens that supports meaningful learning, optimal interactions and opportunities for development. There's a lot to be excited about when you make the connection to be co-learners in process."
— Myia

"Children learn through collaborative experiences that are important to them and in an environment where the care givers are engaged co-learners who work in conjunction with the parents. What a wonderful time to be an educator." — Rita

"As an educator at Youville you're truly privileged to be able to be a part of a young woman and her child's life. We are able to watch the child and their mother grow into amazing people. If we can help them to feel that they both truly belong here, then I think we've made a difference."
— Natasha

"I love painting with the children in my program. I love being down on their level, seeing it through their eyes, exploring the texture, getting messy, and smiling together. As an educator I strongly believe that infants are capable and curious learners no matter what age they are." — Sophie

"I love engaging the parents in our new on-line tool called Storypark. It allows educators and parents to participate in a back and forth instantaneous conversation about their child. We can share photos, stories and videos with ease. It offers a glimpse into both the "daycare" and "home" life of the child." — Christina

"In my 6 years at Youville I have had the pleasure of watching mothers and children learn and grow together. I feel such pride in their accomplishments and am so grateful everyday to have had the opportunity to be a part of their lives."
— Ashley



Tinsaye and Cloe love greeting friends from their window

contributing members of society

Youville Centre Alumnae

Over the past 29 years, Youville Centre has served over 1,100 young mothers and their children. Of this number, the majority have received their Ontario Secondary School Diploma during their time at Youville Centre, and still more complete their high school education at adult learning centres shortly after they depart. Our graduates go on to post-secondary education and the world of work, and they enjoyed success as parents and members of the community and the workplace. We are grateful to alumnae who return to Youville to share their personal journeys with our current moms, to inspire them to continue to work hard despite overwhelming challenges. Many of our former graduates have also made in-kind and financial donations to help the young moms attending Youville Centre today. We are proud of each and every one of our Youville Centre alumnae, and we enjoy staying in touch.

Staying in Touch

Alumnae have the opportunity to sign up to receive our quarterly electronic newsletter to keep up to date with Youville Centre's programs and services. Many of our alumnae are members of our Facebook page and some follow our blog and our Twitter feed. If you are a Youville Centre alumna and you would like to stay in touch, you may do so in the following ways:

Website: www.youvillecentre.org
Blog: www.youvillecentre.org/blog
Twitter: @YouvilleCentre
Facebook: Youville Centre - Ottawa

If you would like to make a donation or discuss other ways in which you could help Youville Centre's current clients, please email us at communications@youvillecentre.org.

Alumnae are also eligible for bursaries, as some of our generous donors designate funds to alumnae who are continuing their education. In addition, we offer two Second Generation Bursaries, named for two of our previous Executive Directors, Sister Maco Cassetta and Judith Sarginson. Second Generation Bursaries make it possible for the children of our 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 this way. Alumnae are encouraged to consult our website for more information about applying for alumnae bursaries and second generation bursaries.

Sarah's Story

2014 graduate Sarah Tunstall joined us as at this year's graduation ceremony as our Alumnae guest speaker. This is what she had to say:

Hello friends, families and graduates, It is my honour to be the Youville Alumnae speaker at today's ceremony. It was only two years ago that I was nervously sitting up there on the stage awaiting my diploma. You amazing women sitting up there today should be beyond proud of what you have just accomplished. Over 50% of teen mothers never graduate from high school - you women just beat that statistic. Your dedication to your future, your love for your children and your drive for success has paid off. This is the end of one chapter and the beginning of a new and exciting one - as scary as that may seem, know that you can do it.

When I first came to Youville - I had a one year old daughter (Mina) and my little Nora still kicking in my tummy. I was beyond stubborn and believed that I didn't need anyone's help. I didn't need friends or advice - I was an adult and knew how to take care of myself.

During my time at Youville, the staff would organize "Lunch & Learns" and the main message that seemed to be on repeat was "do what makes you happy, not just what will make you money". As a young mom with two children depending on me, this obviously went in one ear and out the other. How could I not focus on money? Ignoring my mentors I decided I needed a high salary job with benefits. I was good at

"As you women leave here today know that Youville will always be a team behind you cheering you on."

sciences and applied for health programs at Algonquin. I studied chemistry, physics and biology. I was beyond dedicated. No one could stop me. I knew the path I needed to take. All of this hard work ended up paying off when I became a respiratory therapist student, and I wore my scrubs proudly. I had never been so proud in my life.

But I won't lie to any of you, that college is hard. Going to college and raising children is terrifying. It's exhausting. It's an

emotional roller coaster ride but above all that it is indescribably rewarding. Halfway through second semester I started asking myself: is this what I am really passionate about? Slowly my flame started burning out and I felt myself start to panic. Is this really what will make me happy for the rest of my life? I realized that the answer was no. Now, being my stubborn self I had too much pride to quit and I had too much pride to ask for help when I was drowning. But when the water became too deep, Youville was only a phone call

away. I was scared that they would be disappointed in me, but Anne, my teacher and Kristina, my counsellor, only reacted with "Okay, so what's next?"

So I took my mentor's advice and started working towards what would make me the happiest. And I started pursuing a career helping those in need, to give back to the world all that it has given me.

Along my journey I've heard "no". I've been rejected. I've been told that "I can't". And I have been doubted. But despite all of that I am proud to say that I am now happily enrolled at Carleton University studying Human Rights. I'm also proud to say that I finished my year with a class average of 86% which earned me a place on the Dean's Honour Roll.

So, Graduates, when you begin your next chapter, don't let the "no's" and "can'ts" or the judgment defeat you. Let it motivate you instead. As you women leave here today know that Youville will always be a team behind you cheering you on. Even if you fail, even if you make mistakes, even at rock bottom.

Do what you're passionate about - that is the key to real success. Do it for you, do it for your sons and daughters, and do it to change society's view of young mothers.



Sarah with daughters Mina and Nora

it takes a village

Healthcare at Youville Centre

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

PODS Dental Clinic

The Portable Outreach Dental Service (PODS) Clinic runs weekly at Youville Centre and provides screenings, cleanings, and other basic and restorative dental services at no cost for our young moms and their children. PODS was founded by local dentist, Dr. Tom Harle, who runs the clinic with his team of volunteer Dental Hygienists and Dentists. Supplies are donated and Dr. Harle continues to seek funding to help support the continuation of this important service. Inaugurated with generous start-up funding provided by the Ottawa Dental Society, International College of Dentists and Health Teams International, this portable, no-cost clinic has been rotating among the agencies of the Young Parent Support Network of Ottawa (at nine month intervals) serving pregnant and parenting moms and their children. The PODS philosophy of care is: "Empowering Ottawa's high-risk, young mothers to be active participants in their personal oral health and that of

their children, through the provision of easily-accessible, free basic dental services focused on disease prevention, oral health promotion and education. As a charitable clinic the overall goal is focused on providing a quality client contact experience and outcome." By focusing on disease prevention, oral health promotion and education, Dr. Harle and his team are empowering Youville moms to take responsibility for their own and their children's oral health and to make sound decisions about their dental care.

Medical Clinic

Offered weekly at Youville Centre, the medical clinic was founded by, and is managed by Dr. Sarah Oliver, a General Practitioner at the University of Ottawa Health Services. Dr. Oliver volunteers her time with the following aims in mind:

- To provide primary medical care in an stress-free and comfortable environment for both Youville moms and their children
- To create a trusting relationship with the mothers at Youville so that 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 followup for concerns, rather than using walk-in clinics for their healthcare needs
- To attend to main medical issues as presented, 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
- To continue to provide medical care for moms and children at the UOttawa clinic after they graduate from Youville Centre

Ottawa Hospital Women's Health Clinic

The Ottawa Hospital generously funds this bi-weekly clinic at Youville Centre that provides obstetrical and gynecological medical support to our young moms. Dr. Tania Dumont and Dr. Bianca Stortini in partnership with Dr. Natalie Fleming and an Ottawa Hospital Nurse provide excellent care to our pregnant and parenting adolescent mothers who benefit from treatment of medical concerns, pre and post-natal care, HPV vaccinations, and contraceptive counselling and support.



Photo by Dwayne Brown Studio

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 students to community resources or work in collaboration with partner agencies, we are grateful to work with:

- Algonquin College
- Bethany Hope Centre (The Learning Coach)
- Carleton University
- Centre for Addiction and Mental Health (CAMH)
- Centre of Excellence
- Child and Youth Initiative: Growing Up Great
- Child and Youth Mental Health Network (CYMHN)
- Children's Aid Society (CAS)
- Children's Hospital of Eastern Ontario (CHEO)
- Children's Mental Health Ontario (CMHO)
- City of Ottawa
- City of Ottawa Learning, Earning and Parenting Program (LEAP)
- City of Ottawa Library Services (Bookmobile)
- City of Ottawa Public Health (including Healthy Babies, Healthy Children)
- Dress for Success Ottawa
- Dr. Sarah Oliver
- Elizabeth Fry Society
- Family Services Ottawa (In Love and In Danger Program)
- Fetal Alcohol Spectrum Disorder Coalition of Ottawa (FASD)
- First Words Preschool Speech & Language Program of Ottawa
- Dr. Tom Harle, BSc, DDS, D(Pros), MSc, FICD(C)
- Heritage College
- HT Hospitality
- Hopewell
- La Cité
- Ministry of Children and Youth Services (MCYS)
- Ministry of Education
- OC Transpo
- Ontario Association of Child, Youth and Young Parent Centres (OntchildYPRO)
- Ottawa-Carleton District School Board
- Ottawa Catholic School Board
- Ottawa Coalition to End Violence Against Women (OCTEVAW)
- The Ottawa Food Bank
- The Ottawa Hospital -- Dr. Tania Dumont and Dr. Amy Nakajima
- Ottawa Network for Education (ONFE)
- Operation Come Home
- Ottawa Police Services (School Resource Officer)
- Parent Resource Centre
- Pinecrest Queensway Community Health Centre
- Rideauwood Addiction & Family Services
- Seats for Kids -- Transport Canada
- Sexual Assault Support Centre (SASC)
- St. Mary's Home (Young Father's Program)
- TD Bank (Financial Literacy Course)
- United Way Ottawa
- University of Ottawa
- Volunteer Ottawa
- Wabano Centre for Aboriginal Health
- Young Parent Support Network (YPSN)
- Youth Services Bureau (YSB)
- YouTurn

Jessica and Jaxson

Photo by Dwayne Brown Studio



it takes a village

Fundraising Report

Youville Centre would like to thank the following government funders, corporations, foundations, organizations, groups and individuals for making a significant financial contribution in the year of 2015-2016.

Government Funders

The City of Ottawa

Child Development Program (subsidized spaces)
L.E.A.P. Program (Learning Earning and Parenting)
Intensive Treatment Support Program

Ministry of Children and Youth Services (MCYS)

Intensive Treatment Support Program

The Ministry of Education, Government of Ontario

Child Development Program
M.F. McHugh Education Centre -- Section 23 Day Treatment Program (Ottawa Catholic School Board)

Public Health Agency of Canada

Foundations, Grants and Corporate Donors

Ontario Trillium Foundation

Accreditation Consultant

United Way Ottawa

Me, My Baby, Our World Parenting Program
Mental Health and Addiction Counselling (Project S.T.E.P.)
Collaborative grant with Hydro Ottawa through the Brighter Tomorrows Fund

Scotiabank

Program Support

TELUS

Mentorship Program
Intensive Treatment Support Program

Shepherd's Fashions

Mental Health and Addiction Counselling

Society of Obstetricians and Gynecologists Canada

Program Support

In Memory of Bob Couchman

Emergency funds for low-income students
Healthy Snack Program

Henry and Amanda Beauregard Fund

Bon Appetit Ottawa

Breakfast, Lunch, and Collective Kitchen Programs



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



Danbe Foundation

Weston -- Seeding Stronger Communities

Collective Kitchen Program

Ottawa Network for Education (ONFE)

Breakfast Program

REALTORS Care Foundation

Water bottle filling stations

The Bloodroot Fund

Positive Parenting Program

The Christmas Cheer Foundation

Hunger Relief at Christmas

ABC Life Literacy with TD Bank and MBNA

Financial Literacy

Third Party Fundraisers

Bytown Travel Golf Classic

Knights of Columbus Divine Infant Council Golf Day

Jacquie Bushell & Friends and the Giving Tree Event

Individuals and Groups

Soeurs de la Charité d'Ottawa

Mr. and Mrs. Paris Vachon

Mr. Andre St. Jacques

Ms. Susan Martin-Bush

Mr. and Mrs. Robert and Sandra Ashe

Congregation de Notre Dame Visitation Province Centre

Rotary Club of Nepean-Kanata

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

Graduation – bursary donors and event sponsors

Shepherd's Ooh 'n Ahh Fashion Show & Auction – attendees and event sponsors

Christmas – financial donors and in-kind donors

Mother's Day Campaign

Young Parent, Infant and Early Childhood Mental Health Information Session / Reception

In Memoriam

We gratefully acknowledge those who gave in memory of their loved ones, with special thanks to the family and friends of:

Michael (Mike) Lundy

Ernest Reginald Murray

Mary "Betty" Paproski

Theresa Thomas



Funding Model

SUBSIDY AND OTHER INCOME

Early Child Development Programs, Social Support Programs Net Fundraising, Donations & Other Revenue, Net Foundation Revenue, Net Property Fund Revenue

TOTAL SUBSIDY AND OTHER INCOME \$ 2,177,185

EXPENDITURES

% TOTAL % PROGRAM

Early Child Development Programs

Salaries & Benefits	\$ 1,132,127	52%	74%
Program Support / Outreach	\$ 247,477	11%	16%
Occupancy Costs	\$ 111,051	5%	7%
Amortization	\$ 11,939	1%	1%
Administrative Costs	\$ 26,348	1%	2%
Sub-total	\$ 1,528,942	70%	

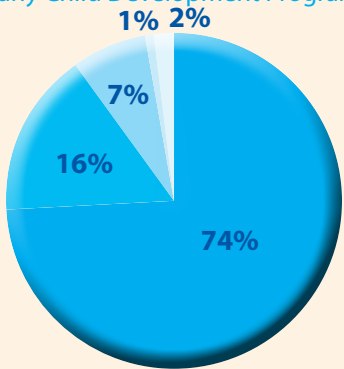
Intensive Treatment Support Programs

Salaries & Benefits	\$ 378,211	16%	53%
Program Support / Outreach	\$ 223,177	10%	32%
Occupancy Costs	\$ 3,166	0%	0%
Amortization	\$ 97,765	4%	14%
Administrative Costs	\$ 4,315	0%	1%
Sub-total	\$ 706,634	30%	

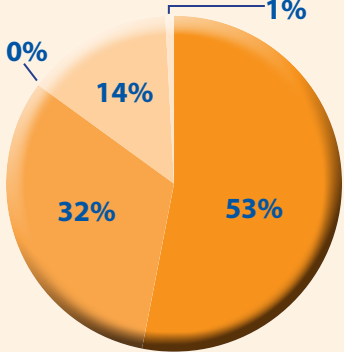
TOTAL EXPENDITURES \$ 2,235,576

Drawing down from accumulated surplus for 2016 expenditures (\$ 58,391)

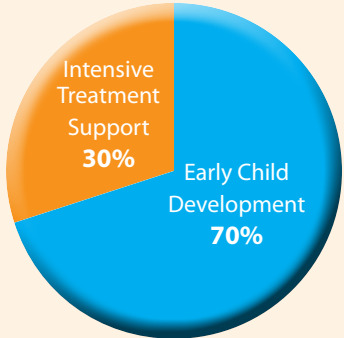
Early Child Development Programs



Intensive Treatment Support Programs



Total Expenditures



* Please see audited financial statements for more information



"The first thought I had when I was asked why I volunteer at Youville was "I come home with sand in my shoes!" I think that Youville's program is outstanding. To create a happy, loving, and safe place for young moms and their kids is exceptional. It takes a lot of very special people to make such a place work and thrive. I enjoy every moment. The children make me laugh, while teaching me important lessons about love and communication. It is a joy."

– Fatos, Child Development Program Volunteer since 2015.

Volunteering at Youville Centre

We are grateful to have a committed, caring group of volunteers from the community who give their time and talent to Youville Centre's young mothers and their children.

Our volunteers help weekly 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)
- Food Bank
- Admin & Communications
- Lifestyle Courses
- Graphic Design
- Tutoring*
- I.T. Support
- Building Maintenance
- Drivers**
- Music
- Photography
- Special Events/Seasonal

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

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

it takes a village

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 2015-2016 year.

Graphic Designer

Claudia Siefer

Food Bank

Jeanne Charron
Rita Robillard



Volunteers join students and staff for the annual Christmas luncheon

Swap Shop

Barbara Aldworth
Ria Challen
Shanice Edwards
Diny McMahon
Jane McNamara
Elizabeth Poole

Childcare

Joy Atkinson
Ana Brown
Yolande Cremer
Fatos Erguven
Jerry Fryer
Joan Gibson
Danielle Hanley
Jill Hogg
Liz Jones
Teri Essa Lacroix
Meagan Leduc
Joanne Lewis
Sandy Richler
Pat Slight

Tutoring

Beryl Callum
Tina Van Vugt-Bloess

I.T. Support

Neil Jones
Pierre Kerr

Building Maintenance

Al Kuiper

Driver

Jean Lemieux

Admin & Communications

Ashley Barstead
Ann Collins
Ashley Goggin
Sharon Lloyd
Raymonde Pinsonneault

Music

Heather Flinn
Bill Lewis
Joan Taillefer

Photography

Dwayne Brown
Kim Grenier
Michelle Valberg

Seasonal

Donna McGrath
Michelle Moore

Youville Centre Angels

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

Shannon Gorman

is not only one of our most generous donors and passionate advocates, she is also someone very close to our hearts, as she too was a young mom, and she has a deep understanding of the courage Youville Centre moms possess. Since 2012, Shannon and her team at TELUS and the TELUS Ottawa Community Board have made a powerful impact on Youville Centre in a myriad of ways. She has led her team to make substantial gifts to Youville Centre through significant financial program support, in-kind donations, volunteer time during the TELUS Day of Giving; and providing special gifts at Christmas time and for Mother's Day. It was due to Shannon's vision and generosity that our Mentorship Program was born, and on more than one occasion Shannon has answered our call to visit the Centre to share her story and inspirational guidance with our young moms.



Michelle Valberg

is an internationally-known photographer and published author based here in Ottawa. In 2011, Michelle generously offered to photograph one of our young moms and her child for an event poster to promote our fashion show fundraiser. Since then, Michelle has photographed many of Youville's young moms and their children, and we have proudly shared her beautiful photos in our brochures, annual reports, newsletters and on our website. Michelle's talent as a photographer is only matched by her compassion for others through her philanthropic pursuits, and you can feel the warmth and empathy she feels for people through her photographs. Each time a Youville student visits Michelle's studio, she returns with a smile and a newfound confidence, as well as a beautiful photo of herself and her child that she can treasure forever.



Linda Daily

is a passionate advocate for Youville Centre through the work she does with the Women in Leadership group at MBNA/TD Bank. Linda is always looking for new and innovative ways for her team to give to Youville's young mothers and their children. Since 2010, MBNA, which is now a division of TD Bank, has provided generous support to Youville Centre through financial support and event sponsorship; substantial amounts of in-kind donations; and attending our special events. Our work with Linda has also helped us spread the word among the MBNA/TD Bank team about our Mentorship Program, and as a result we have had two TD Bank employees volunteer as one-on-one mentors. We cannot mention Linda's contribution without thanking her for helping us to launch and continue running ABC Life Literacy's Money Matters program in our Leader in Your Own Life credit-worthy course. Linda herself volunteered her time, and she personally recruited other MBNA/TD Bank volunteers to participate in this important financial literacy program.



Thank you to our generous community!



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Youville Centre

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