



Youville Centre Honoured by United Way Ottawa

Selected from an impressive array of social service agencies who support the children and youth of Ottawa, Youville Centre received a very prestigious award this June; the United Way Community Builder of the Year Award in the Growing Up Great Category!

This award is a highly esteemed honour, so we were overjoyed and absolutely humbled to receive it from United Way Ottawa, sponsored by TD Canada Trust. Recognized largely for our work with the Me, My Baby, Our World parenting program which focuses on mother and child attachment, we cherish this award as it speaks to our work with two generations. We take great care in helping both our teen mothers and our babies and toddlers to "grow up great" and we are proud to be a United Way Ottawa member agency.

Photo Credit: United Way Ottawa



Pictured here with Youville Centre staff are members of the Board of Directors, longtime supporter Marlene Shepherd, Former Executive Director Judith Sarginson and award sponsor Jane Duchscher of TD Canada Trust. Youville Centre's Executive Director Cindy Simpson proudly holds the United Way Community Builder Award.

Photo Credit: Dennis Van Staalduinen (@DenVan on Twitter)



Bubbles representing Youville Centre's young mothers and children took flight at the Ottawa Convention Centre that evening.

Upcoming Events

Youville Centre AGM

Tuesday, September 24, 2013, 6:00 PM
Kinsella Hall, Youville Centre

Shepherd's Ooh'n Ahh Fashion Show & Auction in Support of Youville Centre

Tuesday, October 22, 2013
5:30 PM – 9:00 PM
Ottawa Conference and Event Centre (formerly known as the Hampton Inn Conference Centre)
200 Coventry Road, Ottawa

Tickets on sale now!

Call (613) 231-5150 Ext. 128 to purchase tickets or a table, or visit our website at www.youvillecentre.org to use PayPal.

We will be celebrating **35 years of Shepherd's Fashions in Ottawa** as we raise funds to support the young mothers and children of Youville Centre.



A team of staff, alumnae and Youville Centre supporters attended the United Way Community Builder of the Year Awards Gala at the Ottawa Convention Centre on June 6, 2013. The award presentation was made even more special due to the fact that it was presented to us by our Alumnae, Jennifer-Anne Gibson (Class of 2005) and Dominique Molzan (Class of 2009). We take our work with young moms very seriously, however we also like to have fun, as was illustrated in our acceptance of this award, as we blew bubbles on stage and encouraged the hundreds of guests in attendance to join us. Each bubble that floated into the air that

night was a symbol for each one of the multitude of young women and children who we have helped over the past quarter century.

Many thanks to United Way Ottawa, most notably to our nominator, Christine Lauzon-Foley, for allowing Youville Centre to celebrate this special honour that will be cherished for years to come. Also thank you to our award sponsor, TD Canada Trust. It is with support from our community, including United Way Ottawa that we are able to provide innovative programs and services for our young mothers and their children to enable them to "grow up great".



Mentorship Program Takes Shape

With generous support from TELUS, we have already begun planning Youville Centre's Mentorship Program. We began on April 2nd, 2013 with a group brainstorming session, where a group of caring Youville Centre supporters and new, interested individuals gathered to generate ideas for the program. Since then we have come up with a plan to implement group mentoring in the form of Lunch & Learn Sessions which will be delivered throughout the upcoming academic year. We will also take the next year to prepare to launch our One-on-One Mentorship Program. During our Lunch & Learns, we plan to introduce our students to a variety of individuals who will provide knowledge and inspiration to our young moms by sharing stories about their personal experiences and professional paths. Over the past few months, our Task Force met with the Student Council, and by using surveys, they were able to gather a list of particular career paths that would be of interest to the students. Currently we are busy recruiting mentors to speak to the students about these topics. The Mentorship Program Task Force consists of: Megan Wallace, Vice President, Youville Centre Board of Directors; Shannon Gorman, National Director of Community Affairs at TELUS; Sarah Feldberg, Volunteer Coordinator, Canadian Co-operative Association; and Jennifer Clark and Michelle Torunski, both Youville Centre Alumnae who now give back through their work at St. Joe's Women's Centre.



Mentor Karen Ergus was a guest in our Leadership Course this past winter. Karen coached our young moms on conflict resolution and goal setting by using vision boards.

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

In celebration of Shepherd's 35th anniversary, wear a vintage Shepherd's favourite to the Ooh 'n Ahh fashion show.

Shepherd's 35th Anniversary

Shepherd's presents Ooh 'n Ahh FASHION SHOW AND AUCTION

In Support Of... **The Youville Centre**

Enjoy a Girls' Night Out
Tuesday • October 22 • 2013

Fashion Show by **Shepherd's**

Tuesday, October 22nd, 2013
5:30pm to 9:00pm
Ottawa Conference and Event Centre
Primary Reception and Conference Centre
200 Country Road, Ottawa

Tickets \$100 (free parking)
Tickets available at youvillecentre.org
or call 613-231-5150 ext: 128

Early Bird Bonus • First 100 tickets sold qualifies you for a draw for a \$250 gift certificate to Shepherd's
buy early
tables of ten
all reserved seating
3-course sit down dinner with wine
cash bar

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To kick off the Mentorship Program, we selected a few students to attend National We Day on Wednesday, April 10th at Robert Guertin Arena. This opportunity, provided by Free the Children, allowed our future leaders to begin to think of local and global acts that they may plan with their classmates in the coming year. Inspired by the concept of the We Day event, the students hope that when they begin another year at Youville Centre in September, they will be able to inspire their fellow students to give back to their community.

If you are interested in helping out on the ground floor of the Mentorship Program, either with this year's Lunch & Learns or in structuring and planning the One-on-One Program please contact mentorship@youvillecentre.org.



Remembering Carol

We are so fortunate to have a dedicated, caring group of volunteers in our centre who assist us in our childcare, sort donations, and perform a myriad of other tasks. We are deeply saddened to report that this year we suddenly lost one of our most dedicated volunteers. After having worked here and volunteered for many years, Carol decided to take a break from Youville to realize her lifelong dream of volunteering in India, helping orphans in need. Prior to her untimely death, Carol wrapped the Indian children with the same loving arms that she used to rock Youville Centre's babies for years. A constant source of affection in our Sunflower Room, Carol was a positive, inspirational influence on our clients. We will miss Carol's smile, her sense of style, and most of all her generous heart. We have created a plaque in her honour which will hang in our childcare. We will miss you, Carol. Thank you for helping us to educate, motivate and nurture Youville Centre's babies.



Carol's daughter holds one of Youville Centre's infants as she stands with her mother's memorial plaque.



Hands-on Help from TELUS and TD Bank Employees



Over the past few months, Youville Centre was fortunate to benefit from hands-on help from two of our generous sponsors, TELUS and TD Bank. On Saturday, May 25th, walls were painted, windows were washed, the toddlers' play yard was cleaned up, gardens were planted and yard waste was raked on the TELUS Day of Giving where TELUS Employees banded together to "Give Where They Live". TELUS continues to be a leader in community investment and their contribution to our centre has brought so many benefits to our clients. Thank you, TELUS!

TD Bank employees also gathered a group to visit our centre in May to help us paint our hallway. Designed as a team-building day, they taped and rolled and worked together to help make our centre shine.

In addition to their time spent painting, TD Bank employees also volunteered their time as a part of our Leadership Course, "A Leader in My Own Life" through their delivery of the ABC Life Literacy Program, "Money Matters". A four-part



Photo Credit: Justin Van Leeuwen ~ JVL Photography

program that focuses on banking basics, budgeting, strategies around borrowing and debt, and RESPs and other ways to save; this essential program taught our students the crucial financial literacy skills they will need to build a brighter future for themselves and their children.



Photo Credit: Justin Van Leeuwen ~ JVL Photography

We would like to extend a heartfelt thanks to both TELUS and TD Bank for continuing to support us in many ways, we look forward to continuing to work with your teams as we continue to motivate, educate and nurture our young mothers and children.

Mother's Day Campaign Results



This May marked the second year for our now annual Mother's Day Campaign. This campaign connects our young mothers to mothers and sons and daughters in the community who honoured their mothers by donating to ours. We are very happy to report that this year, we raised \$7,000 to go towards our programs and services! This amazing result is twice the amount raised in the inaugural year of the Mother's Day Campaign, and we were overwhelmed by the generosity of our donors. In addition to the financial support this campaign creates, our hope is that the paper tulips displayed, which represent each donation, will bring smiles to our young moms' faces and encourage them to keep going and to continue to work hard, as they learn that there is a community behind them, cheering them on along the way. Thank you to each and every one of our donors who contributed to this campaign. You truly helped the young mothers and children of Youville Centre by honouring your own mother.

We Couldn't Have Done it Without You

The generous support of our community makes a variety of programs and services possible at Youville Centre. Thank you to the following individuals and organizations for contributing to our work with two generations:

Bayshore Shopping Centre/Ivanhoe Cambridge	EllisDon Corporation
Soeurs de la Charite d'Ottawa	Sharon Teklu
Bytown Travel Ltd.	Joseph C. Taylor
Bon Appetit Ottawa	Andrew Avery
Society of Obstetricians and Gynecologists of Canada	Rollie Lapointe
Karen Ergus	Sidney Cohen
Knights of Pythias, Aurora Lodge #53	ABC Life Literacy Canada
Ms. Lisa Mierins and Mr. Mark L. Smith	GMSPC Chartered Accountants
Congregation de Notre Dame (Nova Scotia)	Jenna Griffiths
	Audrey Kenny
	Mary Taylor
	Bursary Donors for the Class of 2013 (listed in Graduation Insert)

Youville Staff Honoured as an "Amazing Person"

Youville Centre's own **Rita Ross** was recently chosen as an "Amazing Person" by **CTV Ottawa**. "Amazing People" is a feature produced by **Kimothy**



Rita has been working at Youville Centre since 1997.

Walker, and it profiles amazing people who have overcome obstacles in their lives and are now giving back to help others. Rita, an Early Childhood Educator at Youville Centre for the past 16 years, exemplifies "amazing". Rita found the courage to leave an abusive relationship of 25 years, and she took charge of her health and wellness through exercise and healthy eating, losing 130 pounds. Since transforming her life, Rita has shared her story with Youville Centre's young moms and through this sharing, she has inspired students and staff alike. Rita gives back to others through her chosen career by caring for Youville Centre's babies, but also by being a role model for the young mothers who attend the centre daily. We agree wholeheartedly that Rita is simply "amazing"!

Youville Centre Blog

We also share stories of what is happening inside our centre on our blog, which can be found at www.youvillecentre.org/blog -- log on if you can!

Highlights from some of the latest stories on the blog:

Youville Takes Fitness to a University Level Thanks to The University of Ottawa, our students had the chance to use the fabulous fitness facilities at the Minto Sportsplex!



Lowes's Employees Empower Young Moms with Home Improvement

Skills thanks to Lowe's Orleans employees Tara and Laboni, students in our Leadership Program learned handy household repair skills and gained a sense of confidence in the process!

