



Youville Centre

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

Sarah and Marshall – Class of 2015
Photo by Valberg Imaging

2014–15 Annual Report



Photos by Lifetouch Canada

“I flourished here because a group of people believed in me so strongly that I finally realized that I am a woman worth believing in. That I am a woman worth investing in. Because of Youville’s support I have attained a two bedroom apartment. Because of Youville’s support I am confident in my ability to parent my child. Because of Youville, I am finally a graduate.”

Valedictorian Sarah Berrea, Class of 2015.

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 2014-2015 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

When I am asked why I love working at Youville Centre, it is often difficult for me to find only one reason. Through my work here, not only am I able to be of service to our young mothers and their children, I am also fortunate to play a part in their personal, educational, and parenting journeys. A little known fact might be that I also love working here because of the gifts I receive daily! I receive the gift of hugs from children as they play and learn in our child development centre, the gift of a baby's smile when I "chat" with them, and the gift of joy when I witness one of our young mothers interact with her child during a parenting class. I receive the gift of accomplishment when our students complete their Ontario Secondary School credits toward graduation, the gift of hope when a student realizes that by accepting our help she can build a brighter future for herself and her child, and I receive the ultimate gift of having been able to make a difference in the life of another when I see a young mom leave our centre with a smile on her face, a bounce in her step and a happy, well-loved child holding her hand.

My memory book this year will include many unforgettable moments. I would have to mention as a highlight our visit from our Premier, Kathleen Wynne whose heartfelt message to our young moms inspired and motivated them to hold on to their dreams as they move forward in accomplishing their goals one step at a time. Our moms, who struggle daily with mental health issues and the challenges of everyday living, were amazed and touched that the Premier of Ontario would take the time from her busy schedule to compliment them on their work at Youville Centre, and demonstrate her empathy and understanding of the challenges of being a young mom.

The wonderful partnership between Youville Centre and St. Mary's Home was celebrated at our joint AGM last September when our Centres, together, received an Ontario Trillium Grant to support both agencies as we strive to complete our accreditation as Child and Youth Mental Health Agencies. Our collaboration was further acknowledged when Executive Director Nancy MacNider and I were honoured by United Way Ottawa with Community Builder of the Year Awards in the Growing Up Great category. Both Nancy and I were thrilled that we could celebrate our many years of agency collaboration with our esteemed colleagues and community partners at the United Way Community Builder Awards Gala.

I continue to be deeply moved by the compassion and generosity of the donors, partners and volunteers that we work with in the Ottawa community, whose contributions enable the talented staff of Youville Centre to motivate, educate

and nurture our adolescent mothers as they strive to overcome seemingly insurmountable challenges and barriers to build a brighter future for their children and themselves.

As Youville Centre moves into another year, we continue to evaluate and reflect on our myriad of programs and services in an effort to continually improve and evolve to ensure we are meeting the needs of both our young moms and their children.

My sincere gratitude is extended to our Volunteer Board of Directors, particularly Megan Wallace, our President and Chair, who constantly give us the gift of their time and continually support our staff in the important work we do. Finally, my deep admiration goes to the young mothers of Youville Centre who remind me daily that "courage is the capacity to confront what can be imagined" (Leo Rosten).

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



Cindy Simpson and Nancy MacNider at the United Way Community Builder Awards Gala.

Photo by Dwayne Brown for the loveOttawa Project

Youville Centre Volunteer Board of Directors 2014-2015

President's Message

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.

It has been my privilege to be a part of the 2014 - 2015 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.

Among the many wonderful events this year at Youville Centre, we had the privilege of receiving a visit from Premier Kathleen Wynne – who took the time to tour our centre and sit down and chat with our students.

As a woman who was also a young mother, I am frequently struck by the negative messages we receive: teen mothers are so often told that we can't do it, that advancement and accomplishment are beyond our reach – imagine receiving this message at 17 or 18 years old! That is why our conversation with Premier Wynne was so powerful: she shared with our

students that when she was in high school it had never occurred to her that she would be Premier of Ontario and that since she entered politics in her late 30s she has gone from a part-time worker and full-time mom to where she is today. She conveyed to our students her belief in their ability to succeed and the power of the incremental steps they are taking toward their goals – to hear this message from the Premier herself was powerful for all of us.

Also this year I enjoyed my work as the Chair of the Mentorship Program Steering Committee. To see this new program grow and develop to serve Youville Centre's young mothers has been very rewarding. I have enjoyed building relationships with our volunteer mentors, and learning more about the unique needs of our mentees, and how we can best serve them in the program. I

look forward to another year leading the Mentorship Program Steering Committee.

I would be remiss if I did not note that the continued success of our students and our center 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



Premier of Ontario Kathleen Wynne visited Youville Centre on April 30, 2015. She is pictured here with Youville Centre infant Cloe.

Photo courtesy of Sun Media

Youville Centre Volunteer Board of Directors 2014-2015



Sherry, Sage and Shane, Class of 2015

Photo by Dwayne Brown Studio

"I believe in Youville because it provides a sense of social and emotional safety with an excellent, stable educational opportunity for both mom and baby."

– Mary Gallagher

From September 2014 to June 2015, the following individuals served on Youville Centre's Board of Directors:

Megan D. Wallace – President

Lawyer, Perley-Robertson, Hill & McDougall LLP

Mary Young – Treasurer

Director of Finance, The Glebe Centre Inc.

Mary Gallagher – Secretary

Chief Social Worker, Ottawa Catholic School Board

Gen Fareau – Director

Police Officer, Ottawa Police Services

Sarah Feldberg – Director

Supervisor, Volunteer Resources, Manitoba, North Eastern Ontario & Nunavut

Angela Lariviere – Director

Manager, Creative Services, Halogen Software

Sharon Lloyd – Director

Manager, Sponsorship, United Way Ottawa

Dr. Katherine Matheson – Director

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

Laurie Tucker – Director

Lawyer, Burn Tucker Lachaine Personal Injury Lawyers

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 2014–2015

SEPTEMBER 2014

- Training and orientation for one-to-one mentors
- Youville Centre hosts shared annual general meeting with St. Mary's Home at United Way Ottawa in celebration of the collaborative grant for accreditation for both centres received from the Ontario Trillium Foundation
- Work begins on accreditation process
- United Way Seeing is Believing tours are conducted in the centre

OCTOBER 2014

- University of Ottawa study focusing on the implementation of the CANS-PPY is conducted



- Shepherd's Fashion FUNraiser at Shepherd's Train Yards store raises funds for mental health programs at Youville
- Youville hosts community infant mental health training for the Ages and Stages Questionnaire led by Dr. Chaya Kulkarni, Executive Director of Infant Mental Health Promotion at the Hospital for Sick Children (Toronto).



- Students participate in the In Love and In Danger Conference and share personal stories with other high school peers
- Group mentorship program begins for the year with first Lunch & Learn
- Youville participates in the United Way Community Campaign
- Youville celebrates Young Parents' Day and ECE Appreciation Day, both held on October 29th

NOVEMBER 2014

- One-to-One Mentorship Program begins as mentors and mentees are matched and lunch meetings begin
- Whole Foods Market Lansdowne's 1% Day raises funds for Youville Centre
- Youville student Skylah's story featured on CBC television
- Alice Achan, Director and Founder of Pader Girls' Academy in Uganda, Africa visits Youville Centre

- Findings from the Centre of Excellence collaborative study between Youville Centre, St. Mary's Home, and Rideauwood Addiction and Family Services, "Outcome Evaluation for Pregnant and Parenting Youth in Ottawa" are presented to the Child and Youth Mental Health Network (CYMHN).

DECEMBER 2014

- Local photographer Dwayne Brown gives the gift of Christmas portraits for Youville's young moms and children for the 5th consecutive year
- Local entrepreneur Steven Martel contributes for a second year to Youville Centre's Intensive Treatment Support Program with a generous donation
- 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
- Annual Christmas Luncheon

JANUARY 2015

- Youville celebrates Family Literacy Day on January 27th



Highlights of 2014–2015



- Students enjoy skating on the Rideau Canal
- Students present final course work from lifestyle courses at program showcase for staff and volunteers

FEBRUARY 2015

- Dr. Chaya Kulkarni returns for additional infant mental health training
- Youville's Infant Mental Health Team participates in Modified Interaction Guidance training

MARCH 2015

- Youville hosts community conversation on infant mental health promotion for Ottawa agencies, school boards, public health agencies, community health centres, and other social service agencies

APRIL 2015

- Premier of Ontario Kathleen Wynne visits Youville Centre (facilitated by the Famous 5 Ottawa)

- Students attend National We Day event thanks to the generosity of TELUS
- Dental Charity Ball raises awareness for Youville Centre

MAY 2015

- New Youville Centre website launched
- Bon Appetit Ottawa event raises funds for Youville Centre
- Annual Mother's Day Campaign raises over \$7,000 for young moms and children
- Mentorship Lunch and Learns come to a close for the year with a final wrap-up event
- Fitness field trip to Camp Fortune to enjoy ziplining and the aerial park
- Executive Director Cindy Simpson shares United Way Community Builder of the Year Award (Growing up Great) with Nancy MacNider, Executive Director of St. Mary's Home



- Youville Centre participates in the Amazing Youth Worker Race
- Knights of Columbus (Divine Infant) golf tournament raises funds for Youville Centre

JUNE 2015

- Jonathan Crosier, Principal of M.F. McHugh Education Centre retired
- Fitness field trip to Parliament Hill for "Yoga on the Hill"
- Graduation Ceremony



- Youville Centre participates in Doors Open Ottawa
- Students enjoy year end assembly and graduation week events

JULY 2015

- Summer School and Annual Summer Picnic
- Junior Achievement program from The Ottawa Network for Education visits Youville Centre
- Leslie Coates, Intensive Treatment Support Program Manager retired

Intensive Treatment Support Program (Day Treatment Program)

Each Youville Centre adolescent mother is 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 or other community agencies, or on the recommendation of friends, family or alumnae. Our intake process involves intake interviews with Child Development staff, Intensive Treatment Support staff, and Section 23 teachers from our education partner, M.F. McHugh Education Centre. 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. During an in depth interview with Intensive Treatment Support staff, each young mother's life circumstances are discussed as well as personal goals she has for herself and her child. New clients are informed of the wrap around mental health, addiction, and social services Youville Centre offers as well as mandatory "Youville Curriculum" that is delivered by Intensive Treatment Support staff in conjunction

with Child Development staff and M.F. McHugh Education teaching staff. Child Development staff conducts a thorough interview with our clients to gather pertinent information about their child, then a childcare integration schedule is established. M.F. McHugh teachers review each student's academic transcript and they meet with students to complete an annual academic plan. Academic goals for the year are discussed and developed collaboratively in order to chart an academic path.

As the Ministry of Education funds students until age 21, Youville Centre students either graduate with their Ontario Secondary School Diploma, transfer to an adult learning site, or enter the world of work prior to their 21st birthday. Youville Centre Intensive Treatment Support staff, in conjunction



Photo by Dwayne Brown Studio

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, help students transfer to alternate adult secondary schools or navigate to their chosen post-secondary school, assisting with registration, financial assistance, entrance requirements, employment choices; and helping to ensure that an appropriate childcare is secured. Youville Centre does provide some transitional mental health and addiction 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



Photo by Dwayne Brown Studio

Centre's mental health and addiction counsellors also offer programs and services 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 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 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 provides 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 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 professional trained in an evidence informed program based on attachment enhancing play therapy.

Working Paper 8 entitled **Maternal Depression Can Undermine the Development of Young Children** published from the Centre of Child Development at Harvard University, 2009, stated that, "enhanced treatment programs of mental health problems in parents need to address adult behaviour towards young children", and that, "intensive intervention efforts that focus specifically on mother-child intervention

have shown promising results, both in the cognitive development in the child and the treatment of the mother's depression." In response to the positive outcomes these 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 monitored and served.

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:



Rebecca and Alexzander



- 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
- Promote the ability for parents and young children to cope with and solve problems within their environment
- 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

own 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 appropriately.

We continue to offer the Me, My Baby, Our World (MMBOW) attachment and parenting program to our mothers when they enter Youville Centre. This program is 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. A second parenting course focused more on

the toddler stage of development is our Positive Parenting program. This program is viewed as a continuation of MMBOW and focuses on the changing dynamics of the parent-child relationship as the toddler becomes more independent and parents require new and evolving skills and strategies to help guide them in their parenting journey.

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 Child-Parent Attachment Counsellor meets with our adolescent mothers and their children on a consistent basis to provide intensive, one on one, 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. This tool uniquely screens for concerns within a child's social and emotional development, an area directly related to their overall mental health and well-being.

Although each Youville Centre mom is unique, they all share a common motivation to achieve their personal and academic goals. This number one motivation which inspires them to come to our centre each day and work toward a brighter future, is their child. With this in mind, Youville Centre and M.F. McHugh 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 and they involve collaborative meetings between students, teachers, the Intensive Treatment Support team, mental health and addiction counsellors, and Registered Early Childhood Educators. In a YouView meeting, students are guided and supported to set their own personal, parenting and academic goals. Realistic goals are tied to individual treatment plans, education plans, and child development plans. Staff regularly check in with students to track progress and set new goals as the school year progresses.

YouStore and YouBucks

An incentive program, the YouStore hosts brand new donations of clothing, toys, hygiene products and household items we receive from the community. As students display positive school spirit and personal growth, show punctuality, help other students or demonstrate other acts of kindness, they can earn YouBucks (faux dollars) to purchase these new items. 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.

M.F. McHugh Student Council

As in many other high schools, Youville Centre students have formed a student council. The council plans on-site, student-initiated events, such as the International Day of Pink celebration and the vigil in support of the National Day to End Violence Against Women. This year the students also organized and performed in an end of the year talent show, attended We Day with fellow students, and participated in events that supported social issues, such as: My Red Lips, which raises awareness about sexual violence, and The Clothesline Project, in which students design t-shirts to raise awareness about ending violence against women. In addition to these this year's students joined with 2014 alumnae on November 5, 2014 at Youville Centre to welcome Ms.



Photo by Dwayne Brown Studio



Youville Centre 2014-2015 Student Council

Alice Achan, Founder and Director of the Pader Girls' Academy in Uganda, Africa.

During the 2013-2014 year, M.F. McHugh student council at Youville Centre decided to reach out to the Pader Girls' Academy in Uganda, a program for young women who were victims of the Lord's Resistance Army, and their children. Students saw the natural link between the reasons they attend Youville Centre and the mothers attending the Pader Girls' Academy. Through this M.F. McHugh initiative, students raised over \$7,000 to send Ugandan young moms to school at Pader. Alice's visit inspired staff and students alike, and the student council expressed an

interest in continuing a cultural exchange with the moms at Pader Girls' Academy. The student council is open to all students, and we look forward to the activities they have planned for the coming year.

Spirit of the Week

Youville's 'Spirit of the Week' program helps to build self-confidence in our young moms. One student is chosen each week by our multi-disciplinary team for demonstrating positive personal growth. The chosen student's photo is posted in the hall and they are celebrated by students and staff alike.

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 Program

The M.F. McHugh Education Centre provides English-language educational programming for students in the Ottawa-Carleton region who are in 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 staff and Youville Centre staff work together to help our young moms achieve their academic goals using a multi-disciplinary and highly collaborative approach. Students entering Youville Centre meet with M.F. McHugh teachers to complete an annual academic plan 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 goal is to encourage each student to reach her full educational potential and to help each student choose her appropriate pathway through secondary school. This includes courses designed to ensure that students who may not be working at grade level develop the knowledge, skills and attitudes necessary for personal success, as well as courses designed to meet the unique mental health, parenting and life skills needs of our student population. Our staff is

continually developing and differentiating curriculum materials, and teaching strategies to meet the diverse learning needs of our students. Co-operative education is also available for students who wish to earn credits outside of the centre or participate in work exploration programs offered through Algonquin College. M.F. McHugh 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:

- English
- Math
- Science
- Native Studies
- Social Sciences and the Humanities (including Sociology, Anthropology and Psychology)
- History and Geography
- Guidance and Career Studies
- Civics
- Physical Education
- 21st Century Learning (Information Technology)



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.

2014-2015 marked my last year as Principal at M.F. McHugh Education Centre. I have enjoyed working collaboratively with Youville Centre over the years to support our students as they strive to learn and create a brighter future for themselves and their children. I wish my successor, Nicola Benton, all the best, and I know that she will find working with Youville Centre very rewarding.

**Jonathan Crosier, 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 2014-2015 year, the following lifestyle courses were offered:

Me, My Baby, Our World: an evidenced-informed parenting program focusing on mother and child attachment and bonding with a focus on child development; linked to HPC30.

Positive Parenting: a parenting course designed for parents of toddlers. A continuation of Me, My Baby, Our World, it focuses on attachment, growth and development, behavioural guidance, setting boundaries and routines, and exploring early literacy and community resources; linked to HPW3C.

A Leader in Your Own Life: a leadership program combining life skill development in leadership, communication, self advocacy, financial literacy, cooking, sewing and home organization; linked to HIP40.

EMBRACE Your Future: a resiliency program focusing on healthy approaches to self esteem, body image, relationships, positive self-talk and role modeling for children; linked to HHD30. EMBRACE stands for: empower, motivate, build resiliency, role model, advocate, communicate, educate.

Fitness: The fitness program offers many opportunities for our young moms twice weekly. Students have an opportunity to participate in the following sports and activities: yoga (Hatha, Yin, prenatal, restorative, and mom/baby yoga); cardiovascular, strength and endurance training; sport-based fitness (e.g. volleyball), and fitness field trips throughout the year. Low impact variations of fitness activities are offered for pregnant students; and there is also a health component to the course in which students learn about nutrition and sexual health, and receive CPR training.

In the 2014-2015 year, our students enjoyed the following field trips: hiking in Gatineau Park, skating on the Rideau Canal, skiing and snowboarding at Camp Fortune, ziplining and the aerial park at Camp Fortune, and personal training sessions at UOttawa.



Summer School

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. Dramatic Arts (ADA20/ADA3M) and Visual Art (AVI30) were offered to our young moms.

In the Visual Art course, students studied:

- still-life drawing
- clay sculpture
- landscape collage
- painting
- sculpture from reclaimed objects



A highlight from this course is the sketching class, during which our young moms create a drawing of their child. Visits from guest artists and a field trip to the National Gallery also added to our students' enjoyment of this course.

In the Dramatic Arts course, students studied:

- scene work
- improv
- mask making and technique
- drama games
- theatre critiques
- Shakespearian drama
- character building
- shadow scenes and subtext

The culminating task in this course was a series of short plays that our students directed and performed for their children. 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. Annually, Summer School comes to a close with our Summer Picnic, during which our young moms can celebrate their successes and enjoy summer fun with their children.

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). It provides the best possible start in the lives of our infants and toddlers.

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 and Infant Mental Health Program Coordinator leads a team of 15 full-time Registered Early Childhood Educators, as well as program assistants, kitchen staff, cleaning staff and clerical personnel who 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, our Registered Childhood Educators provide a stimulating and engaging learning environment that addresses the psychological, social,

emotional, cognitive, language and physical needs of each child. The ELECT document describes how young children learn and develop, and offers a framework for curriculum planning 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 promotes the idea that all children are capable, competent learners. Through reflective practice, our ECEs ask thoughtful questions about the learning the children are undertaking in order to better serve their developmental needs, and they provide opportunities for the children that align with their interests and competencies. This enables the children to build and master skills in preparation for further development as they move through the program. For more information about ELECT and How Does Learning Happen, please visit <http://www.children.gov.on.ca>.

Each child has an ELECT portfolio created for them to allow our young mothers to track their child's progress in terms of goals and developmental markers. For example, a physical goal of one of our infants might be to feed himself, which develops the child's self-help and fine motor skills. The goal is set by the child's mother with guidance from staff, and once the goal is achieved, it is recorded in the child's binder through pictures



and written documentation. Colourful display boards in each childcare room and throughout the hallways also help to chart each child's progress, and serve as a form of communication so that our young moms may see what their child has learned each day.

Nipissing District Developmental Screens (NDDS) are used in our Child Development Program. These 14 screens are developmental checklists that provide a snapshot 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; these activities act as beneficial ways to enhance the child's development and prepare them for their upcoming milestones.

Additionally, the NDDS is 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 'school-ready'.

Continuous professional development allows our staff to remain current 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, namely in administering developmental

screening tools such as the ASQ-3/SE (Ages and Stages Questionnaire) and DSPs (developmental support plans) to best support the ever-changing growth and needs of our clients. 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. Also, in the spring, Youville Centre served as a community site for the Growing Healthy Screening Clinic where Youville Centre moms and other parents in the community were able to access early intervention services focused on identifying areas of concern in their children's development. Vital connections in the community are maintained with agencies geared to supporting young children's needs. We are grateful to community partners who continue to assist us and support our young families. Partners worked closely with in 2014-2015 included: 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 childcare services are stronger because of these effective partnerships.



I Love Working at Youville Centre because...



... I make a difference in the babies' and mothers' lives and they make a difference in my life. – Rita, Registered Early Childhood Educator

... I am able to work with moms and their children and help two generations. – Jacqueline, Parent-Child Attachment Counsellor

... we work as a strong team to foster meaningful change for parents, children and families within our community. – Brittany Intensive Treatment Support Worker

... I get to watch the clients and children learn and grow over their time here and I get to be a contributing factor to their success. – Ashley, Registered Early Childhood Educator

... I have opportunity to cooperatively work with colleagues from different disciplines who encourage growth in academic and life skills to affect positive change in the lives of our students. – Anne, M.F. McHugh Teacher

...the programs here allow young people to see a light at the end of the tunnel – Sophie, Registered Early Childhood Educator

...we have the ability not only to make a difference in our students' lives, but also in the lives of their children. – Leslie, Supervisor, M.F. McHugh Education Centre at Youville

... I enjoy being a part of the daily small miracles that happen here and I love being able to help someone smile, if only for a moment. – Mollie, Administrative Assistant



contributing members of society

Youville Centre Alumnae

Over the past 28 years, Youville Centre has served over 1,000 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.

Michelle's Story

Michelle came to Youville Centre in 2003 when she was 18 years old and her son Carter was a year old. "I hadn't set foot in a school since I was 16 years old. I remember feeling so nervous when I walked through the doors of Youville Centre", says Michelle. "Once I sat down with the staff and began to chat with them and learn about the Centre, I started feeling better. Upon leaving that day, and from that day on, I knew that, not only was there a possibility, but there was a definite plan to get me to my goal. I was going to be a high school graduate."

"In all honesty, I have always considered myself to be one of the lucky ones." Michelle grew up in an emotionally and financially stable home with loving parents. Even with the supportive upbringing she experienced, Michelle admits that when she was younger she definitely "liked to do things the hard way." She dropped out of high school at the age of 16, and "due to this, and other factors, I quickly spiraled into a web of anxiety", Michelle says. "I felt overwhelmed and stuck." Then at the age of 17, Michelle discovered she was pregnant.

The decision to attend Youville Centre after the birth of her son Carter inspired her to begin a new journey. "I matured during my time at Youville. I was inspired by and proud of my fellow students, and I was supported and cheered on by the staff. My son was happy, healthy and well fed, and as a mom, I couldn't have hoped for anything more."

"My time at Youville had given me, not only the confidence to apply to university, but also, the confidence to work through the four years required for me to get my Bachelor's Degree in Social Work."

After graduation in 2004, Michelle was accepted into the Social Work program at Carleton University. "My time at Youville had given me, not only the confidence to apply to university, but also, the confidence to work through the four years required for me to get my Bachelor's Degree in Social Work." Today, Michelle works at St. Joe's Women's Centre, using her education and experience to give back to other women in their times of need. When asked what she

is most proud of, she mentions receiving the Academic Achievement Award at her Youville Centre graduation, "as someone who pulled in grades in the low 50s and 60s in my high school days, it felt good to see that my hard work at Youville paid off."

Carter is now 13 years old and he loves sports and YouTube videos. "He is a smart funny, kind, and quirky kid that never ceases to amaze me", Michelle beams.

"He has a passion for hockey, and enjoys playing floor hockey, softball, and video games." She is proud of "how well my son has turned out so far", and she is happy that he has a good group of friends. Carter dreams of either becoming an Engineer, or having a popular YouTube channel.

Michelle has practical advice for the young moms currently at Youville: "Don't worry about being the perfect parent. When your children grow up, they won't focus on remembering you as a perfect mother. They will look back on how they were supported, guided, loved, and made to feel important." She remembers her time at Youville Centre fondly, and she appreciates the time and attention that was given to her son Carter by Youville Centre's child development staff. Michelle's favourite quotes come from Dr. Seuss, and she hopes they help to inspire the young moms of Youville Centre today as they take their own journeys as parents and students:

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

"Today you are you, that is truer than true. There is no one alive that is youer than you."



Michelle and Carter in 2007

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 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 counseling 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
- 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

Ikra and Zayed

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 2014-2015.

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 Program (Education Partner)

Foundations, Grants and Corporate Donors

Ontario Trillium Foundation

Accreditation

United Way Ottawa

Me, My Baby, Our World Parenting Program

Mental Health and Addiction Counselling (project step)

Collaborative grant with Hydro Ottawa through the Brighter Tomorrows Fund for outdoor LED safety lighting

Martel Alliance

Intensive Treatment Support Program/Mental Health and Addiction Counselling

TELUS

Mentorship Program

Intensive Treatment Support Program

Scotiabank

Program Support

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

Margaret N. Egan CA Professional Corporation

Weston -- Seeding Stronger Communities

Collective Kitchen Program

Ottawa Network for Education (ONFE)

Breakfast Program

McCarthy Tetraault S.E.N.C.R.L., s.r.l.

Christmas Luncheon

REALTORS Care Foundation

21st Century Learning

The Christmas Cheer Foundation

Hunger Relief at Christmas

Whole Foods Market Lansdowne

ABC Life Literacy with TD Bank and MBNA

Financial Literacy

Third Party Fundraisers

Bytown Travel Golf Classic

Knights of Columbus Divine Infant Council

Golf Tournament

Individuals and Groups

Mr. and Mrs. Paris Vachon

Mr. Andre St. Jacques

Ottawa Dental Society -- Dental Clinic

Congregation de Notre Dame Visitation Province Centre

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 – individual donors, and participating businesses and groups:

- Shepherd's Fashions
- loveOttawa
- The Urban Element
- Whole Foods Market Lansdowne
- Ottawa Fit
- Flowers Talk Tivoli



Funding Model

SUBSIDY AND OTHER INCOME

Early Child Development Programs, Intensive Treatment Support Programs, Net Fundraising, Donations & Other Revenue, Net Foundation Revenue

TOTAL SUBSIDY AND OTHER INCOME \$ 2,364,942

EXPENDITURES

Early Child Development Programs

		% TOTAL	% PROGRAM
Salaries & Benefits	\$ 841,976	36%	55%
Program Support / Outreach	\$ 267,482	12%	18%
Occupancy Costs	\$ 96,984	4%	6%
Amortization	\$ 176,466	8%	12%
Administrative Costs	\$ 133,253	6%	9%
Sub-total	\$ 1,516,161	66%	

Intensive Treatment Support Programs

Salaries & Benefits	\$ 430,937	19%	55%
Program Support / Outreach	\$ 151,719	7%	19%
Occupancy Costs	\$ 31,696	1%	4%
Amortization	\$ 97,546	4%	13%
Administrative Costs	\$ 68,147	3%	9%
Sub-total	\$ 780,045	34%	

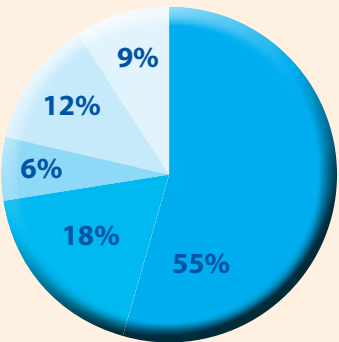
Capital expenditures/repairs, amounts allocated to foundation

\$ - 0%

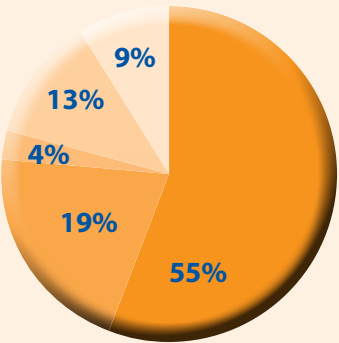
TOTAL EXPENDITURES \$ 2,296,206

Funds to be used for accreditation-related expenses and/or other one-time expenses. \$ 68,736

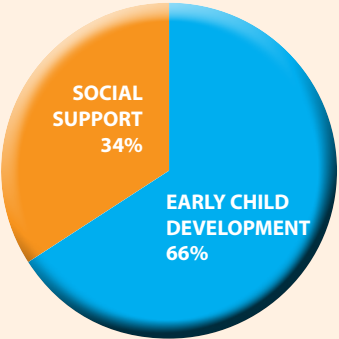
Early Child Development Programs



Intensive Treatment Support Programs



Total Expenditures





"I look forward to Thursday mornings in the Daffodil Room at Youville all week. I do other volunteer work elsewhere, but this one is super special. It is a pure pleasure and highlight in my week, something I would not miss for the world. I volunteer at Youville to be given the opportunity to spend time with the little ones, as young as two months, to make them smile, to appease them if they are crying, to hold them while they are drinking their baba, to rock them as they fall asleep; all of this is such a reward, an honor and a treat! I also enjoy interacting with the wonderful and dedicated Early Childhood Educators who are so dedicated to the babies and their mothers. I am grateful to be able to provide them with some support to the staff while I am there. They tell me my help is appreciated and that is very special."

– Yolande, Child Development Program Volunteer since 2013.

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 2014-2015 year.

Graphic Designer

Claudia Siefer

Food Bank

Jeanne Charron
Rita Robillard

Childcare Volunteer Ana helps out in the toddler play yard



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

One-to-One Mentors

Chantal Charbonneau
Teresa Currie
Karen Ergus
Julie Lalonde
Sharon Lloyd
Monique Paquette
Heidi Roberts
Christine Smith
Laurie Tucker

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.

Jonathan Crosier

A leader who has provided unwavering support for Youville Centre, Jonathan has been Principal of our education partner, M.F. McHugh Education Centre for 15 years. Jonathan understands deeply the unique needs of these students at our Centre. A steadfast supporter of Youville Centre’s young mothers and their children, Jonathan has worked collaboratively with us to provide the best academic programs for our students. Jonathan advocates at a provincial level for the right to education for all students of M.F. McHugh Education Centre. It is this advocacy that helps our centre to continue to offer innovative academic programming for our students.



Dr. Sarah Oliver

Our lives here at Youville were changed when Dr. Oliver first visited us and offered her helping hand to our young mothers and their children. For two years now, Dr. Oliver has been visiting us weekly for as many hours as it takes to provide exceptional medical care and treatment for students and children alike. Sarah’s gentle ear and caring manner makes her an exceptional practitioner and well loved around the centre. With a deep respect for our students, Sarah’s work at Youville Centre has made an immeasurable impact on the overall health of our young mothers and their children.



Dwayne Brown

It is difficult to measure the impact that Dwayne has had on Youville Centre in the 5 years we have known him and worked with him. Through his photography work and advocacy of the centre through social media, Dwayne has demonstrated his compassion for, and support of Youville Centre’s young mothers over and over again. Since 2010, through his small business Dwayne Brown Studio, Dwayne has been giving of his time and talent by taking portraits of Youville Centre’s moms and babies annually, leading up to Christmas. He has been extra generous to Youville Centre by allowing us to use his portraits in our marketing materials. Dwayne’s generosity knows no bounds. He is always there on the other end of a call or email when we have a new idea to discuss with him. Sometimes he calls us to tell us he has the perfect volunteer for us, or that we “have to meet” someone who can also help us. Dwayne is constantly thinking of how he can help others, and he uses his creativity for the greater good of the community.

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