Youville Centre *News*

Spring 2015

Community Gathers at Youville Centre for Conversation about Infant and Early Mental Health Promotion

On Friday, March 13, 2015, and Friday, March 27, 2015, representatives from agencies and organizations citywide gathered at Youville Centre for a community conversation on infant and early mental health promotion. Sectors represented were: child welfare, health, education, early learning and care, mental health, and public health. Some agencies and organizations in attendance included: Ottawa Public Health, The Ministry of Children and Youth Services, CHEO, The Royal Ottawa Hospital, members of the Young Parent Support Network, members of the Child and Youth Mental Health Network, Community Health Centres, The Ministry of Education, Children's Aid Society, OCDSB, OCSB, Wabano Centre for Aboriginal Health, Conseil des ecoles publiques de l'Est l'Ontario and Centre Psycho-Social.

Public Health Canada was awarded funding which made this conversation possible in five communities, of which Ottawa was one. Special guest facilitator Dr. Chaya Kulkarni, Executive Director, Infant Mental Health Promotion (IMHP), Sick Kids Toronto, led the conversation and allowed a vibrant discussion to take place. Questions that were central to the discussion included: "How do we as a community support infant and early mental health?", "Where are our gaps in providing promotion, prevention, intervention and treatment services in relation to early and infant mental health?", "What are our strengths?", and "What are we committed to do together as a community?"

The day was a huge success, as agencies and organizations shared valuable information, enjoyed networking opportunities, strengthened partnerships, and engaged in meaningful discussions. A report, or road map for Early Mental Health in Ottawa will be produced by IMHP which will document the discussion that took place. It is hoped that this document will augment the Community Mental Health Plan being developed by our Lead Agency in response to community input.

Youville mom Laura and her son Jordan were photographed by Dwayne Brown for his loveOttawa blog. Visit **www.love-ottawa.com** for his upcoming story.

UPCOMING EVENTS

Bon Appetit Ottawa

Tuesday, May 5, 2015, 5:30 p.m. – 8:30 p.m.
Aberdeen Pavillion, Lansdowne Park

An enjoyable food and drink fundraiser in support of local charities including Youville Centre

Doors Open Ottawa

Saturday, June 6, 2015, 10 a.m. – 4 p.m.

Join us for guided tours of Youville Centre during this special citywide event.

Youville Centre Graduation Ceremony

Friday, June 19, 2015, 1:00 p.m.
Kinsella Hall,Youville Centre.

This event is invitation only due to space restrictions.

Shepherd's Fashion FUNRaiser in Support of Youville Centre

Tuesday, October 20, 2015
Shepherd's Fashions at the TrainYards

We will announce when tickets go on sale. We hope to see you there!

Youville student Skylah proudly displays her scrapbook project from the Positive Parenting course.

DID YOU KNOW THAT…

If you are a Youville Centre graduate, and you are enrolling in a post-secondary program in the fall of 2015, you are eligible for a bursary? Your child is also eligible for Youville Centre's "Second Generation" Bursary. For more information about bursaries and how to apply, visit our blog at www.youvillecentre.org/blog or contact us at communications@youvillecentre.org. The deadline to apply this year is May 29, 2015 and you must have proof of acceptance into your program.

Students Showcase Work from Credit-Worthy Lifestyle Courses

This January, Youville Centre students held an academic showcase for staff, board members and volunteers. Summative assignments were displayed from each of Youville Centre's lifestyle courses: Fitness, Me My Baby Our World, Positive Parenting, E.M.B.R.A.C.E. Your Future, and A Leader in Your Own Life. Students proudly displayed their parenting scrapbooks and quilts, "Mommy Survival Kits", yoga pillows, artwork, vision boards, and photo essays. Lifestyle courses at Youville Centre provide our students with credit-worthy opportunities to learn daily living skills and attachment/parenting strategies.

Local Realtor Rachel Hammer (far left) seen here with Youville students was instrumental in our receipt of funding for classroom iPads.

REALTORS Care Foundation Provides Funds for Classroom iPads

At Youville Centre, we endeavour to integrate technology into our academic and lifestyle programs as much as possible, in order to provide our students with the most current learning opportunities. Our adolescent mothers are "digital natives", and as such, we wish to provide them with the tools necessary for their unique styles of learning.

We use computers, SMART boards and iPads in the classroom to enhance learning opportunities and to ensure that our graduates move on to either post-secondary education or the world of work with the same level of proficiency with technology as their age-mates.

We are pleased to announce that we have received funding from the REALTORS Care Foundation for the purchase of five more iPads to support our young mothers' learning in the classroom. This is the second time the REALTORS Care Foundation has supported us, having donated funding in the past for SMART boards, and we are grateful for their generosity and commitment to our centre. We would also like to thank local realtor Rachel Hammer for her support in receiving this funding.

Young Moms Enjoy Fitness Field Trips

This year in our fitness program, we were able to take two outdoor field trips: a skate on the canal, and a day of skiing and snowboarding.

The skating trip on the Rideau Canal was a beautiful, sunny day, and our students enjoyed the experience thoroughly. For a few students it was their first time on skates, and it was a fun and unique outdoor challenge for all.

Not long after the skating trip, students had the opportunity to visit Camp Fortune to ski and snowboard. The day began with a lesson in either skiing or snowboarding, where students were grouped according to their skill level and experience. After a morning of lessons, everyone enjoyed a delicious lunch, and then returned to the slopes for the afternoon.For most of our young moms, this was their first time skiing or snowboarding.

We are grateful to all who donated winter gear for this event. Each year we must gather skates, helmets, snowpants etc. for our field trips. If you are able to donate these items, particularly skates and helmets, please contact us at (613) 231-5150 Ext. 128.

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, third party events, and organizations for making a significant contribution to our work with two generations:

Ontario Trillium Foundation

Martel Alliance – Steven Martel

Hydro Ottawa and United Way Ottawa – The Brighter Tomorrows Fund

The Society of Obstetricians and Gynecologists of Canada

Margaret Egan

The Danbe Foundation

The Don and Shirley Green Family Charitable Foundation

Andre St. Jacques

The Ottawa Dental Society

The Max Keeping Foundation

The REALTORS Care Foundation

Whole Foods Market Lansdowne

The Taggart Parkes Foundation

Smith Petrie, Carr & Scott Insurance Brokers Ltd.

Donald and Jean Eldon

Laura Muldoon

St. Basil's Church Social Action Committee

Sandra Pollack

Richmond Wilson

Diana Pepall

The Canadian Dental Hygienists Association

Flowers Talk Tivoli and loveOttawa Make Valentine's Day Brighter for Youville Moms

Valentine's Day at Youville Centre celebrates the love between our young moms and their children. Each year, due to the generosity of our community, we are fortunate to be able to give our students a treat in celebration of this holiday. This year, local photographer and friend to Youville Centre, Dwayne Brown, in partnership with Anita Ruivo, as part of their loveOttawa blog project, joined together with Elizabeth Young, Owner of Flowers Talk Tivoli, to donate a beautiful flower arrangement for each one of our students. For some of our students this was their first time ever receiving flowers as a gift, and they were quite touched. The arrangements were beautiful and pre-packaged for easy transport on the bus and in strollers which was quite thoughtful. The message attached to each arrangement said, "There is no greater love than the love between a mother and a child. Happy Valentine's Day!" Due to Elizabeth's generosity, with help from Dwayne and Anita, it certainly was a happy Valentine's Day for Youville's young mothers.

Pilot Mentorship Program UPDATE

As we move closer to graduation and the end of our academic year, we are pleased to report that our pilot mentorship program is well underway, and thus far, is going well. Nine students were matched with carefully selected mentors from the community, and both mentors and mentees have been enjoying frequent lunch meetings together. In addition, our monthly lunch and learn events for all students have continued, and they are always well-attended. We look forward to continuing to host lunch and learns next year, so that all of our students can benefit from the mentorship program by hearing inspiring keynote speeches, and learning about useful topics that relate to both careers and parenting. If you are interested in being matched with one of our young mothers in the next academic year, please contact our Mentorship Task Force at: mentorship@youvillecentre.org to gather more information about the application process and to submit your application.

Making Christmas Magical for Our Young Families

We would like to thank everyone who helped to make Christmas special for our Moms and their children. We are extremely grateful for the generosity that was shown in the form of financial donations, Christmas gifts, toys, hygiene products, bus tickets, gift cards, winter clothing, food, handmade items and diapers. We would like to acknowledge the following individuals, groups and organizations who made significant financial contributions, supported our Christmas Luncheon, and those who gave generously to the food bank program and Christmas hampers for our moms and their children:

TELUS Corporation, the TELUS Ottawa Community Board and the TELUS Dollars for Doers Program
McCarthy Tetrault LLP
The Christmas Cheer Foundation
Glenn Grignon
Paris and Cathy Vachon
Aurelia Mauro
Patti Bordeleau
Sylvie Legros
Congregation of Notre Dame Visitation Province
Dominion-Chalmers United Church
Delbert Scott
Larry and Gail Ashley
Sisters of Holy Cross
Maureen O'Neill and family
Rose Yan
Dorothy Burke

Algonquin College Police Foundations Program and Business and Marketing Program (Staff and Students)
Judith Hughes
Barbara Crook, Dan Greenberg and friends
Jacqueline McCulloch
St. Patrick's Catholic Women's League
St. Phillip's and St. Clare Parishes – Richmond
Burn Tucker Lachaine Personal Injury Lawyers
Norm and Jean Inglis
Stuart and Denise Inglis
Owen and Diana Mahaffy
McMillan Law Firm
Jen Collard
Perley Robertson Hill & McDougall LLP
The Knitters at 655
Stittsville Food Bank
Clean Kits – Mimi Golding
Oakpark Retirement Community by Riverstone
Ottawa Food Bank
City of Ottawa Lemieux Island Water Purification Plant
Dr. Ian M. Milne Dentistry

Dwayne Brown and Anita Ruivo
Correctional Service of Canada (YPN)
A Stitch in Time – Community Bible Church
Shneeha Sentl
The Pyjama Elf with the Kiwanis Club of Orleans – Zybina Richards and team
TD Bank (MBNA Women in Leadership Group)
Thomas D'Arcy McGee Catholic School
Beta Sigma Phi – Beta Rho Master Chapter
Immaculate Heart of Mary – Alta Vista
Marina Stipanek
Amanda Lewis
Jane Gauthier
Madonna Nursing Home
St. Theresa Catholic School
Laura Desclouds
Ottawa Police Service Youth Advisory Committee
Academie de la Capitale
Sharon-Ann Lloyd
Dwayne Edgerton
Alejandra Villarroel

Youville Centre

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BLOG: www.youvillecentre.org/blog
Charitable Registration #11884 8456 RR0001

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

To Donate: Yes, I/We wish to support The Youville Centre, an innovative centre that motivates, educates and nurtures young mothers and their children. We also accept donations online at www.youvillecentre.org

Name _____

Address _____

Telephone _____

I/We wish to contribute $ _____

Payment to be made by:

____Cheque ____Visa ____MC ____Amex

Card# _____

Expiry (mm/yy) _____

Signature _____