Youville Centre is an innovative Centre that inspires, educates and nurtures young mothers and their children to utilize their strengths and achieve their goals.

Youville Centre

# Youville Centre enewsletter Fall 2019

**Thank you for your ongoing support, you are helping to empower young mothers and their children to build a better life for themselves and their children! We hope you enjoy the updates shared in this edition of the Youville Centre enewsletter.**

## Happy Holidays!

On behalf of the young young mothers, children, staff and volunteer board of directors at Youville Centre, we wish you a Merry Christmas and Happy New Year!
May your Christmas sparkle with moments of love, laughter and goodwill. And may the year ahead be full of contentment and joy. Have a Merry Christmas and we look forward to seeing you in 2020!

## Here's what's been happening this fall!

## Family Wellness Community BBQ

On Saturday, September 14, the Youville Centre welcomed members

Thanks to the amazing volunteers, sponsors and activity participants,

of the community to a Family Wellness Community BBQ to announce the joint partnership of Youville Centre and Centre Psychosocial, after receiving a 3 year, $735,100 OTF Grow grant earlier in September 2018. Ontario Trillium Foundation (OTF) volunteer Fareeha Sagheir was on hand to congratulate staff from both centres on this excellent initiative and learn more about the positive impact that parent-child attachment programs will have on the mental health of young mothers and their children in our community.

this event was a great day!

Pictured below: staff volunteers Allie Peters, Mandy Metcalfe, Julie Sisson, Jessie Savath

Youville Centre announced our joint Ontario Trillium Foundation joint grant, with Centre Psychosocial. Pictured from left to right; Mylene Kosseim (Executive Director at Centre Psychosocial), Fareeha Sagheir (OTF Volunteer), Mona Fortier (Liberal MP), Denise Andre (Director of Education, OCSB), and Bev MacKillop (Executive Director of Youville Centre)

Staff member Tara, attending the BBQ with her children

Little Rays Reptiles onsite for a hands on show

Ottawa Caricature Artists drawing guests onsite

## Volunteer Highlight

Meet Jean Lemieux, a long time Youville volunteer,

pictured unloading his car. On the occasional times when a donor is not able to drop off a donation right to our building, Jean kindly takes the time to drive around Ottawa to collect the donation, and drop it off at the Centre for us. Thank you Jean, we couldn't do what we do without the support of people like you!

## Youville Centre Alumnae Program

Youville Centre Alumnae Manager Jessica, is currently supporting 32 Youville alumnae from the last two graduating classes. 13 students are currently attending Algonquin college. Jessica goes to Algonquin once per week and has 1-1 sessions with clients- helping connect them with counselling or academic resources at the college or just touches base with clients to see how they are doing with the transition. Jessica is working to create a social support group of alumnae at Algonquin where they can meet together for support. Jessica also comes into Youville once per week and holds 1-1 sessions. Jessica has held a few alumnae cafes with clients so far. The first session included a waffle breakfast (group photo) and a focus group to gather interest from clients about what they would like this program to look like and to generate ideas for future cafes. Clients expressed

needing support connecting to resources and that they would like their children included in some of the cafes.The next cafe event was at the end of October, and a group attended an Ottawa 67's hockey game, with a Halloween dress-up and fun activities for the moms and their children. In November, a group activity was held at the Centre, where clients and Jessica prepared lasagnes together in the Collective Kitchen. Jess is looking forward to growing this program in the new year!

Alumnae Jess with her dressed up child

Alumnae Skye enjoying the game with her child

Alumnae Whitney cheering with her child

## Alumnae as Mentors

### Mentoring at Youville Centre

The Youville Centre Mentorship Program has two components; one-to-one mentoring and a monthly Lunch and Learn Speaker's Series, sponsored by Famous5 and TD Bank. An amazing "full circle" moment this year; two Youville alumnae, Amanda (pictured on the far left with her daughter Brianna) and Lee (pictured on the left with her daughter Lexus), graduates from the Class of 2004, are participating in the program as Mentors for the 2019-2020 school year!

Read more about their stories and the Mentorship Program here.

## Upcoming Events for 2020 - Save the Dates!

Ticket sales start in January - watch our Facebook page for updates!

**Ultimate Date Night**

Win a weekly date night for a year!

**Knights of Columbus Italian Dinner at Divine Infant Parish**

In support of Youville Centre

I O D E Laurentian Chapter

HOUSE & GARDEN TOUR

Youville is a recipient of proceeds from this 59th annual event

February 14, 2020

April 4, 2020

May 9, 2020

Shepherds Fashion FUNraiser

A night out for a fashion show, wine,food, door prizes, silent action & more!

May 12, 2020

Youville Centre Classic Golf Tournament

Canadian Golf & Country Club

Our first annual charity golf tournament! We are looking for interested golfers and sponsors for this event!

July 7, 2020

Youville is a lucky charity recipient of the 2020

BIG RIG BREWERY

PRESENTS

HOPE Volleyball SummerFest

July 11, 2020

## For more information about any events or fundraising opportunities, please email Alison Holmes at development@youvillecentre.org

By giving to Youville, you are helping us to inspire, educate and nurture our young mothers and their children to utilize their strengths and achieve their goals. Thank you to all of our generous donors, you are making a difference in the lives of 2 generations!

Donate Now

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Contact Us