



Youville Centre

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



Caitlin, Class of 2024
Photo by Michelle Valberg

2023-24 ANNUAL REPORT



Spirit of Youville Valerie addressing the Class of 2024 at the Graduation ceremony

A few words of wisdom from our 2024 Spirit of Youville, Valerie

"I am so proud of us and all that we have accomplished. I am forever grateful for the connections I have made with you as my classmates. We have strived to do our best for our children and at the same time make something of ourselves. We have supported each other on our journeys, through ups and downs, encouraging each other through it all. I will forever be proud of you beautiful girls for pushing through and making it.

Thank you for giving me the opportunity to come up here and speak about how much Youville has done for us and the way it has influenced our journey. I speak from the bottom of my heart and on behalf of all grads when we truly thank Youville for everything, and for seeing us as strong, resilient leaders. Thank you for giving us the opportunity to better our futures for our children and supporting our children through the first steps of their lives.

We will miss Youville very much. Thank you."

Valerie, Class of 2024



Valerie pictured at graduation with her daughters Claire and Amelia

Our Mission

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 is committed to fostering a welcoming environment for our employees, clients, and community. Our long-term goal is to incorporate diversity and inclusion within our organization, and we will work towards that goal through discussion, education and celebration of our differences. Youville Centre acknowledges that the journey towards equity, diversity and inclusion within our programs and community is formidable, but worth the dedication.

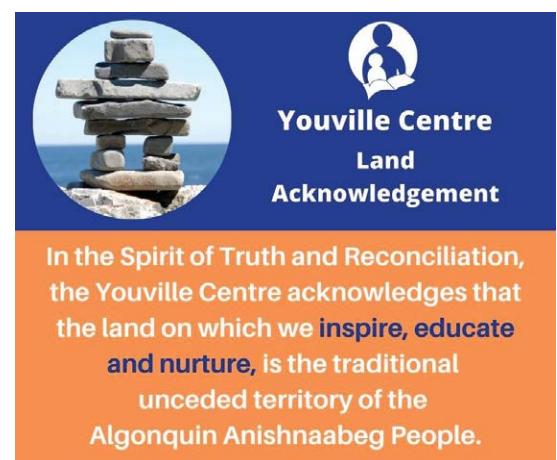
Youville Centre

Located in Ottawa, Youville Centre is a non-profit registered charity and Accredited Child and Youth Mental Health Agency that serves adolescent mothers and their children. Since 1985, Youville's trauma-informed, holistic programs and services include: a fully accredited secondary school, crisis intervention, intensive mental health therapy and treatment, substance use counselling, collaborative problem solving, a licensed child development program with a focus on infant mental health, and attachment-based parenting programs with intervention and treatment.

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 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 inspire, educate, and nurture our young mothers and their children;
- **You will be provided** with key information and highlights from our 2023-2024 year; and
- **You will identify** ways that you can get involved to help Youville's important efforts.



Our History

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 in Ottawa 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 supports, and parenting instruction. What began as a small centre in Hintonburg serving 12 young mothers and their children, now provides innovative programs and services for approximately 120 young mothers and their children each year.

At the outset, Youville Centre programming focused on providing young mothers with education, housing support, counselling, childcare, and parenting instruction; all needs which continue to be addressed today. During its Hintonburg years, the Centre's programs and services, under Sister Betty Ann's leadership, grew and developed. In addition to its emphasis on education and housing, as Youville Centre matured, important services such as legal aid, a public health nurse, parenting and life skills instruction, nutrition courses, and enhanced crisis counselling, were added to the program.

In the spring of 2000, Youville Centre moved to its current location on Mann Avenue in the neighbourhood of Sandy Hill. 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 and the evolving needs of the young mothers and their children.

2020-2021 saw the completion of an expansion project; the addition of the new toddler Lilac room, with 15 licensed childcare spaces, bringing the Child Development Program capacity up to 70 spaces.

The Centre was awarded its largest grant ever for the 2023 Roof and HVAC Project; a significant construction project to replace the Centre's aging, end of service life, roof and HVAC system. Construction onsite took place from June to December 2023. We can now look forward to staying dry with the new roof for many years to come and appreciate the healthy air quality in our building thanks to the automated functioning capabilities of the new HVAC system.

Many program changes have occurred over the past 39 years; however, the spirit of Youville Centre remains the same. Making a meaningful difference with two generations, breaking cycles, and providing a hand up to young mothers, still remains Youville Centre's priority.



Photo of the building during construction with roof railings and a crane

Youville Centre 2024 Graduation

Youville Centre 2024 Graduation



This year's graduation ceremony, as it is every year, was a special event. We welcomed our graduate's guests, and our volunteer Board of Directors, along with our bursary donors, community partners and dignitaries.

This year St Nicholas Adult High School Guidance Teacher, Heather Marshall, was our Master of Ceremonies. As a former St. Nicholas Adult HS staff member at Youville Centre until June 2023, Heather has a special connection to Youville and this year's graduating class.

Heather introduced our many dignitaries, with a combination of quoted messages and in person inspiring messages of congratulations.

- Honourable Mona Fortier, Member of Provincial Parliament for Ottawa-Vanier; sent a congratulatory message;
- Lucille Collard, Member of Provincial Parliament for Ottawa-Vanier; spoke in person;
- Councilor Stéphanie Plante, Ward 12 – Rideau/Vanier; spoke in person;
- Cindy Simpson, OCSB Trustee, Youville Angel and former Executive Director of Youville Centre; spoke on behalf of the Ottawa Catholic School Board;
- Dr. Pino Buffone, OCDSB Director of Education; spoke on behalf of the Ottawa Carleton District School Board; and
- Lee Redpath, Board President, spoke on behalf of the Youville Centre volunteer Board of Directors.

A message from Executive Director Peter Embleton followed. Peter said "While your time at Youville is coming to an end, you're at the beginning of something else. What that something else is, can only be decided by you, your future is now beginning."

Each year, a principal from one of our Education Partners shares a few words for our graduating class. This year, Margarita Ziroldo, Principal of M.F. McHugh Education Centre shared a few words of congratulations. "As our graduates embark on the next chapter of their lives, I want to assure them that the difficulties they have faced have only made them stronger and more resilient. As young mothers, they have developed valuable skills such as time management, adaptability, multitasking, and problem-solving, which will serve them well in their future endeavours."

As part of our ceremony annually, we have an alumna of Youville Centre come back to speak to our graduates about their journey, and to share words of wisdom for the days and years ahead. This year, our speaker was Christiana who graduated from Youville Centre in 2007. Christiana shared a special message to our graduating class; her full speech can be found in the Youville Centre Alumnae section of this report.

Next, the graduates walked across the stage, one by one, to receive their diploma. 13 out of 15 graduates attended the ceremony. Their teachers prepared personal anecdotes to share, and bursary awards were announced. Graduates were photographed with any bursary donors present or with Directors from the Centre's Board who were onsite for the ceremony.

Zoe was the proud recipient of the M.F. McHugh Education Centre Principal's Award. The Principal's Award is given to a student who has exemplified academic persistence, and a dedication to their own learning. Valerie was selected as the Spirit of Youville Class of 2024. Our Spirit of Youville student was chosen because she embodies the Youville "voice". Over her time at Youville, Val has demonstrated personal growth, leadership skills and academic perseverance while developing her parenting skills along the way.

Many thanks to our dedicated staff in the Child Development Program, Intensive Treatment Support Program, Support Staff and Teachers for supporting our clients through their journeys and for the extensive planning and effort involved in making this day a great success!

Congratulations to the Class of 2024!

Executive Director's Message



Executive Director
Peter Embleton

I am now into my second year as the Executive Director of Youville Centre. Last year, the word I used to best describe the year was construction. This year the word that I am going to use is success.

There are many ways of defining success for a person and an organization. Some of those ways involve something that can be measured; others have no number to measure. How do you measure the success of something that you cannot measure, you listen, you watch and you talk to people who work here and are served by us. How do you measure achieving personal goals, happiness and starting to believe in yourself? How do you measure professional achievements? How do you measure the personal growth that happens to the people associated with the Centre? When you put these measures together, this comes to define success for me. The successes that we see now, are not something we can rest on. We must always look forward to improving what we do and develop new ways of doing things. Then we can continue to focus on this Centre's success for the years to come.

One of the ways we can measure success is the academic progress our young moms make throughout the year. If we can help our young moms finish high school, we know that they are

setting themselves up for success in whatever else they do. By creating the conditions for them to be successful, we are also helping their children to eventually be successful as well.

Over the years, Youville Centre has seen 636 graduates walk across the stage as they receive their high school diploma. Our 15 graduates proudly join this 'family'. To be able to graduate from high school as well as raising a little one and the issues our moms deal with is definitely a milestone. They could have easily decided that they could not do this anymore. They have shown over the time they have been at the Centre, that they can deal with hardships and learn how to deal with them in constructive ways.

When I think of the Moms we have had come through our doors this year, and those who are leaving us, I am reminded of a song from The Greatest Showman. It is called, This Is Me, and in it is the following line; *This is bruised, This is brave, I am who I was meant to be! This is me!*

They have dealt with trauma, intimate partner violence, in different forms and deal with varied mental health issues because of it. They deal with substance use, disordered eating, all while looking after their children. To be successful, means having a dedicated and caring group of people, helping them deal with the curveballs life can throw at you when dealing with all of this. Together all of this leads to what we see happen in June of each year, graduation! The smiles, the joy, the happiness and the pride they and their supporters feel and share cannot be measured.

The success that our young moms have is not done in isolation. It takes a dedicated group of Managers, Teachers, Early Childhood Educators, Case Coordinators and support staff to create the conditions necessary for that success. The issues that our moms have to overcome are many and varied, yet no matter what is happening, they are supported, respected and cared for. I also have to express my thanks for

the volunteers who have helped our moms and their children over the past year. From sorting through clothes to rocking infants, every little bit helps. The Centre and I also benefit from the advice and support we receive from our volunteer Board of Directors.

Youville Centre is an Accredited Child and Youth Mental Health Centre, accredited by the Canadian Centre for Accreditation. We are now in the midst of the four year accreditation process again. The repeating quality assurance cycle assures that we continue to meet an established set of Child and Youth Mental Health standards and indicators; and that we fully meet the requirements to be an accredited agency.

Everyone at Youville is working toward making sure that our client's get the best outcome possible from their time here. Together we make sure that our young mothers see that they are capable of doing things they thought were not possible for them. They start to see a future, a future that was created by them with the help of the people who make Youville Centre what it is. We could not do what we do without supportive partnerships, such as the ones listed below:

- The Ministry of Children, Community and Social Services
- The Ministry of Education
- The Ottawa Catholic and Public School Boards
- M.F. McHugh Education Centre and St. Nicholas Adult High School
- Ontario Association of Young Parent Agencies

Every Executive Director has felt the same way as I do, pride at what our Centre can do and the satisfaction of working with such a dedicated group of staff and volunteers. Youville Centre will continue its long standing partnership with young mothers in the community who are in need of and welcome our help.

~ Peter Embleton, Executive Director

Board of Directors' Message



Board members Sarah, Neel and Lee pictured with Santa Gavin and Executive Director Peter at the 2023 Holiday Lunch

Having now completed my second year as the President of the Board of Directors for Youville Centre, I continue to be so very impressed by the inspiring work the Centre does in support of young pregnant and parenting women.

Youville strongly believes that every young mother deserves a chance to thrive, and receive an education, regardless of the challenges she faces. We believe in the power of community, education, and compassionate support to transform lives. Through the Centre's comprehensive programs, it provides essential resources,

guidance, and encouragement to these young women as they navigate the complexities of pregnancy and parenthood.

Youville's dedicated team of staff and volunteers has worked tirelessly to ensure that each young mother who walks through our doors receives personalized care and attention. From parenting classes to intensive treatment support, high school courses and a child development program including infant mental health promotion, Youville strives to empower young mothers to achieve their goals and build a brighter future for themselves and their children.

Over the past year, we have again witnessed remarkable stories of resilience and success. One needs only attend a graduation ceremony at Youville to witness firsthand the impact of Youville.

Watching young mothers who have, oftentimes against all odds, persevered and received their high school diploma is inspiring. Hearing what their plans are post high school is equally rewarding – many plan to continue their education and are so thankful for having this opportunity.

One of the cornerstones of Youville's success is the unwavering support from our community. The generous donations, volunteer efforts, and advocacy enable Youville to expand its reach and enhance the quality of programming. Youville Centre

is making a tangible difference in the lives of these young families, providing them with the tools and confidence they need to succeed.

In closing, I want to express my heartfelt gratitude to everyone who has worked for or supported Youville. What the Centre does makes a difference and we on the Board are incredibly proud to be a part of it.

With sincere appreciation,

**~ Lee Redpath,
Board of Directors President**

Youville Centre Volunteer Board of Directors 2023-2024

From September 2023 to July 2024, the following individuals served on Youville Centre's Board of Directors:

Lee Redpath – President

Public Servant (retired)

Andre Potvin – Vice-President

Professor, Faculty of Education,
University of Ottawa

Valerie Caterino – Treasurer

Controller, Bro Sun Media Consultants

Sarah Niman – Secretary

Legal Advocate

Lauren Benoit – Director

Council, Department of Justice

Stefanie Bourada – Director

Senior Manager, Internal
Communications, Canadian Medical
Association

Dr. Neel Chadha - Director

Family Physician

Himesh Chauhan – Director

Executive Management Consultant

Gillian Mann – Director

Research Consultant

Dr. Bapu Pishva - Director

Clinical Psychologist

Shelagh Jane Woods Director

Shelagh Jane Woods **Director**
Director General (Retired), First Nations and
Inuit Health, Health Canada

Youville Centre Board of Directors

2023-2024



Lauren Benoit Stefanie Bourada Dr. Neel Chadha Dr. Gillian Mann

Sarah Niman Valerie Metzger Dr. Rana Pishva Andre Potvin

Lee Redpath

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

<https://www.youvillecentre.org/about-us/board-of-directors/>

Highlights of 2023–2024

SEPTEMBER 2023

- School resumes onsite for Education Partners MF McHugh Education Centre & St. Nicholas Adult High School/OCSB
- Youville Centre acknowledges World Suicide Prevention Day
- Youville Centre Board of Directors hosts its Annual General Meeting
- **Youville Centre staff and students recognize National Day for Truth and Reconciliation (Orange Shirt Day); a day for communities to come together in a spirit of reconciliation and hope because every child matters**



- Treatment team staff attend the Working On Wellness (WOW) Festival organized by CAPSA
- Clients enjoy a shopping day thanks to donations of women's clothing from the Recollective

OCTOBER 2023

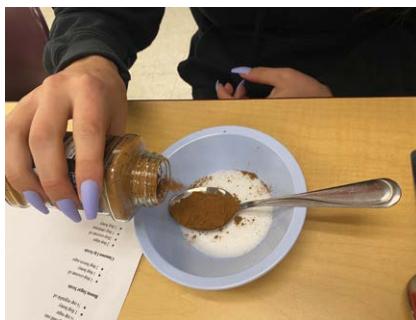
- Thanksgiving lunch for staff and clients; and Sources of Strength (SOS) team led activities
- Sources of Strength (SOS) Team decorate for Halloween; Creativity Cafe special activities such as pumpkin painting
- Youville celebrates Early Childhood Educator Appreciation Day



- **The Child Development Program celebrates Halloween by welcoming all families to our gym, filled with child-led activities, costumes and special treats made by Val**

NOVEMBER 2023

- Staff and clients of Youville pay tribute to our Veterans by watching a live stream of a local Remembrance Day ceremony
- **Self-Care Week; various events held daily, including giveaways, bracelet making, lip scrub-making**



- Youville staff Kelsea takes Christmas portraits of Youville moms and babies
- Ottawa Public Health provides a covid/flu immunization clinic at Youville
- First Lunch and Learn of the year, with support from Famous5 Ottawa and TD Bank; Fay Brunning, a civil litigator who has

worked for Indigenous residential school survivors for the past 12 years, speaks about employment law and the path to becoming a lawyer

DECEMBER 2023

- Youville Staff attend the 2023 Ottawa Christmas Cheer Breakfast; Youville is a recipient of a financial donation from the event
- Clients each access two "Christmas YouStore" special holiday version of new donations received from our generous community
- Clients and staff participate in a virtual vigil in honour of National Day of Remembrance and Action on Violence Against Women
- **Youville annual Christmas luncheon is held onsite; staff and clients enjoy a home cooked meal**



- Clients participate in various Creativity Cafe activities such as Holiday Card Making and Gingerbread House Building
- Moms and children receive toys from Toy Mountain
- Ujima clients receive a holiday hamper filled with all the fixings for a complete holiday meal

Highlights of 2023–2024

JANUARY 2024

- Books are available on Family Literacy Day for clients to take home and read with their children
- Youville ITSP team facilitated a presentation and conversation, along with giveaways, to mark #BellLetsTalk Day
- Youville staff attends Carleton University SSW Agency Fair to represent Youville Centre**



- Lunch and Learn sponsored by Famous5 and TD Bank; Rachel and Megan presented legal information to our clients in an interactive true-false style, and shared about the services available through the University of Ottawa Community Legal Clinic, and how to access them

FEBRUARY 2024

- Youville's Sources of Strength (SOS) team plans activities in recognition of Anti-Bullying Day of Pink
- Clients and staff enjoy a Creativity Cafe field trip to Colour Me Mine for pottery painting**



- Youville Centre honours Black History Month; a wall of quotes is created
- Creativity Cafe plans include cupcake decorating, charcuterie and pink lemonade ice cream floats for Valentine's Day

MARCH 2024

- Youville recognizes International Women's Day; clients make customized sweatshirts with empowering quotes in Creativity Cafe
- Staff recognize Social Work Day
- Clients enjoy a shopping day thanks to donations of women's clothing from the Recollective**



Thank you!

Thank you to everyone who scheduled and dropped off in-kind donations individually and gave so generously for the holidays!

Personal Donors:

- Barbara Crook (Youville Angel)
- Brenda Thomas (Youville Angel) & Friends
- Deb Bigras, Margie Sunstrum (Youville Angels) & Friends
- Zybina Richards (Youville Angel & PJ Elf)
- And many more personal donors who dropped off items from our Client Holiday Wishlist

Organizations and Donation Drives:

- Algonquin Travel and Cruise Centre
- Amazon YOW3
- Boom! Savings! Charity Shopping Club - Gavin Thompson (Youville Angel)
- Caring and Sharing Exchange
- CBC Radio Staff - Amanda Pfeffer
- Christmas Cheer Breakfast
- Invest Ottawa
- Merrick Professional Women's Roundtable
- Only Takes One - Ava Siddoli
- Ottawa Food Bank
- Ottawa Police Purse Project
- PCL Construction Staff
- PEO Chapter J
- Recruiting in Motion Ottawa
- Shared Services Canada
- Shoebox Project Ottawa
- St Monica Catholic School Community
- St Philips Ladies Auxillary & St Clare's Church
- uOttawa GirlUp Club
- uOttawa Holiday Donation Drive - Engagement, Development & Marketing Team, Telfer School of Management

Highlights of 2023–2024

- Lunch and Learn sponsored by Famous5 and TD Bank; Michelle and Talia, both in management at TD Bank for many years, spoke to our clients about potential career paths within the finance industry, what it is like to be in management as a woman, and answered finance-related questions
- A pilot group of RECE's began their journey in Circle of Security Classroom training for educators

APRIL 2024

- **Clients participate in Creativity Cafe Easter/Spring activities and crafts in honour of Eid, including henna art**



- Youville recognizes our much appreciated volunteers during National Volunteer Appreciation Week
- McHugh teachers facilitate seedling planting and the Horticulture program; the planting of various seedlings for veggies and herbs and some propagation of flowers for our centres outdoor garden beds is underway
- Youville Centre is grateful to be the recipients of the Knights of Columbus Council 7873 Italian Dinner fundraiser
- Clients (both moms and babes) are treated to an Easter gift from the Giving Grammas; a box with self-care items

- Lunch and Learn sponsored by Famous5 and TD Bank; Tina spoke about her career as a midwife, juggling work and family life, and about the educational programs and pathways that can lead to a career in midwifery

MAY 2024

- Youville Centre is one of the charity recipients of the Knights of Columbus Council 9544 Charity Golf Tournament; staff attend and support for the day
- Youville's Sources of Strength (SOS) team organizes Centre Spirit Week activities throughout Mental Health Week and Education Week, ending with Mother's Day celebrations and a tie-dye Creativity Cafe activity
- Youville acknowledges Teacher Appreciation Day
- **Youville's young mothers are treated to health and beauty gift boxes thanks to our friends at Amazon YOW3, as well as tulips and cake for Mother's Day, thanks to TELUS Creativity Cafe funding**

- Lunch and Learn sponsored by Famous5 and TD Bank; Amy, from Mixing Babies and Business, spoke about the challenges and joys of being an entrepreneur while actively parenting, about bringing children along into business settings, and about working remote with kids. Amy identifies as an activist, focused on workplace inclusion, belonging, and participation for parents

JUNE 2024

- Clients attend a field trip to a local Horse Farm to participate in an Equine Assisted Learning Program



Highlights of 2023-2024

- Youville Centre celebrates our Graduation Ceremony with 15 graduates for the Class of 2024



- Youville Centre Alumna Tia MacPherson volunteers her time to take photos for the 2024 Graduation
- Youville Centre ITSP team plan special activities to celebrate the end of the school year; clients enjoy a year end lunch to celebrate



Youville Staff Bethany with Youville Centre's display table at the Sept 2023 WOW Festival

JULY 2024

- Youville Centre clients participate in Summer School; courses offered include Visual Art (photography, filmmaking, and visual art), & Leadership
- Leadership Class elected to participate in an Escape Room as a culmination of their skills learned for their course end field trip
- Art Class chose to explore the Art Gallery with their newfound appreciation for various means of art as their course end field trip
- In addition to our academic programming, clients were offered self-care activities, mom and me drop in times and cooking / baking classes
- A special pizza lunch and treats, accompanied with fun games and activities, was held during the second last week of July to celebrate the end of summer school
- CDP welcomes 3 support staff from the Canada Summer Student Jobs Grant; the additional support staff allows the staff/ children to participate in joining the drop in playgroups at the Parent Resource Early ON Centre

- Staff attend a BBQ Event with the 3 support staff celebrating the Canada Summer Jobs Grants, hosted by the Honourable Mona Fortier



- Clients enjoy a shopping day thanks to donations of women's clothing from the Recollective

AUGUST 2024

- Staff take the opportunity to rest and rejuvenate during the annual summer closure and then approach planning and preparations for the upcoming school year



Staff & Board Volunteers at Knights Italian Dinner

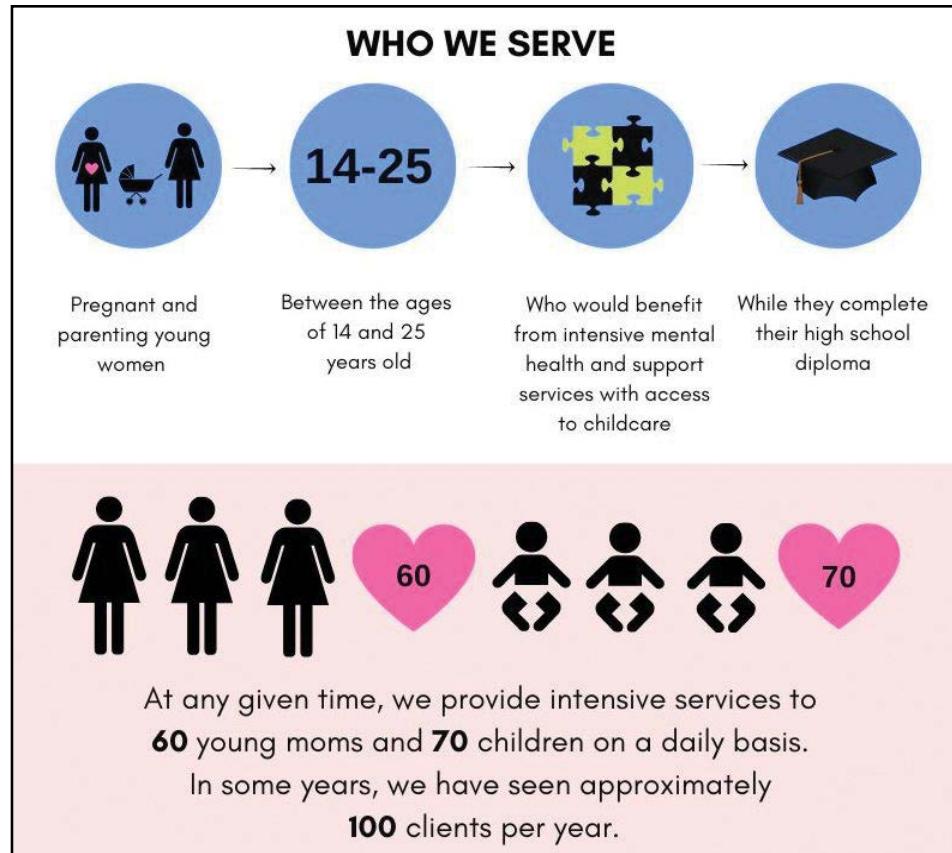
Who We Serve

Youville Centre is an Accredited Child and Youth Mental Health Agency committed to providing a wide range of programs and services to young pregnant and parenting mothers and their children, while assisting them in completing their high school education.

Clients are referred to Youville Centre from a variety of sources including: local high schools, nurses, clergy, community agencies, physicians, friends, relatives, or self referrals.

Clients who meet the eligibility criteria for attending Youville (pregnant and/or parenting youth, who qualify for subsidized childcare, who are committed to working towards attaining a high school Diploma, and who are interested in accessing treatment services), will meet with intake staff to complete screening assessments to determine eligibility to attend our agency. Clients whose children will be attending childcare in the Child Development Program (CDP) meet with the CDP Manager who will gather pertinent medical information, learn about the child's individual needs and discuss specific parenting goals. Children are integrated into the childcare program over the course of a number of days to ensure that both parent and child have an opportunity to build their comfort level and get to know the CDP program and staff. Clients who do not meet the eligibility criteria can be referred to the Family Navigator for support with their individual needs.

Clients are then assigned a Case Coordinator from the Intensive Treatment Support Program (ITSP) to learn about the trauma-



informed programs and services, including a review of client Rights and Responsibilities and Risks and Benefits of treatment. Clients are provided with opportunities to share their individual, academic and parenting goals and are supported throughout this process by the Intensive Treatment Support Program staff, Ujima Project Staff (Family Navigator and/or Early Learning Specialist) and Centre partners. Clients are informed of the internal support available to them such as on-site treatment programs focused on mental health and wellbeing, and external support

from community partners (i.e. Ontario Works). ITSP staff explain Informed Consent and trauma-specific treatment available to clients, who can then access services such as individual therapy, group therapy (when offered), and substance use therapy.

Clients also meet with the lead teacher from one of our education partners, M.F. McHugh Education Centre or St. Nicholas Adult high school, to discuss their previous credit attainment, academic goals, and learning styles, at which time their Individual Pathway Plans are created.



Although each Youville Centre mom is unique, they all share a common incentive that inspires them to achieve their personal, parenting and academic goals. This number one inspiration is their children. Youville Centre and Teaching staff strive to deliver holistic programming that will provide our young mothers with the skills to succeed while always keeping their children's best interests in mind.

Trauma-Informed Approach

At Youville Centre, a trauma-informed, research-based, and evidence-informed approach guides our daily work with clients. Compassionate and trauma-informed care is essential to providing effective support. Reactions to trauma vary from client-to-client, and from minor disruptions to debilitating responses. The impact of an overwhelmingly threatening experience can be incredibly pervasive and affect a person's physical, mental, emotional, relational and spiritual health. Across

the continuum, clients may experience anxiety, panic, shock, shame, emotional numbness, disconnection, intrusive thoughts, helplessness, and powerlessness. It is imperative that we use a trauma informed approach to create a physically and psychologically safe and welcoming environment for our clients to create the opportunity for healing. The five key trauma-informed principles that we use as our organizational framework are:

- **Promote Awareness**
- **Shift Attitudes**
- **Foster Safety and Trust**
- **Provide Choice and Voice**
- **Highlight Strengths**

Youville staff use the reference guides: [Crisis and Trauma Research Institute \(CTRI\) A Little Book about Trauma-Informed Workplaces](#) (2021) and [Trauma Informed-Care: Building a Culture of Strength](#) (2019). We refer to the [Trauma Matters Guidelines for Trauma](#)

[Informed Practices in Women's Substance Use Services](#) (March 2013) when working with clients who have experienced trauma and substance use issues.

Our Registered Psychotherapists use trauma-specific services to focus on treating trauma through therapeutic interventions to facilitate trauma recovery, in both individual and group formats. ITSP Case Coordinators, Child Development Program Staff, Administrative Staff, Teaching Staff and placement students are all trained to adopt a more general trauma-informed lens. Annual Trauma Informed-Care and Vicarious Trauma workshops are facilitated by the Clinical Team and based on best practices from the Crisis and Trauma Research Institute, the Mental Health Commission of Canada and other trauma resources. Our Clinical Supervisor reviews all research requests, potential presenters, treatment program content and professional development opportunities for staff, to ensure that they are trauma-informed.

About The Intensive Treatment Support Program

Care Coordination

The Intensive Treatment Support Program's Case Managers partner with students at the Youville Centre to optimize healthcare, psycho-social, and educational outcomes. Employing a Collaborative Problem-Solving model, we believe that students are doing their best; they may simply lack the skills, not the will, to succeed. When challenges arise, we work closely with them to identify barriers and build skills, helping them find solutions to meet their goals. With an individualized plan of care focusing on both parents and their child(ren), we coordinate and integrate a team of supports offered internally at Youville and externally within the community. Referrals are made to various community agencies and resources, including but not limited to: The Children's Aid Society, Ontario Works, The Social Housing Registry, Family Law



ITSP Case Coordinator Kaitlin with a Lemonade Smoothie, a special activity for Valentine's Day



ITSP Treatment Staff pictured with Val serving Thanksgiving turkey lunch

Information Centre, University of Ottawa Community Legal Clinic, Ottawa Public Health, Centre Le CAP, St. Mary's Home, Bethany Hope Centre, Emily Murphy Non-Profit Housing Corporation, Operation Come Home, Ottawa Police Service, Women's Initiative for Safer Environments, Wabano Centre for Aboriginal Health, University of Ottawa Health Services, CHEO, Newcomer Programs/Services, and local women's shelters.

Using the Child and Adolescent Needs and Strengths for Pregnant and Parenting Youth (CANS-PPY) and the Thinking Skills Inventory, Case Coordinators work collaboratively with clients to develop individualized service plans. These plans incorporate client-identified, strengths-

based measurable goals that focus on well-being, academic success, and effective parenting. Case Coordinators regularly monitor progress and engage in ongoing discussions with clients to ensure the plans remain relevant and effective. This approach aims to maximize their time at Youville and support a smooth transition to their future pathways.

In addition to providing individualized case coordination, the Intensive Treatment Support Program team plays a crucial role in establishing the tone at Youville. They focus on building relationships, promoting attendance, facilitating daily living activities, and engaging students to create a supportive and conducive learning environment.

Mental Health and Substance Use Health Support

Youville offers specialized mental health and substance use health support through its therapist, who is a member of the College of Registered Psychotherapists of Ontario. They provide client-centered individual and group therapy for pregnant and parenting youth. Following a collaborative assessment, clients identify their treatment goals, and the therapist employs evidence-informed approaches tailored to each client's unique needs and preferences. Treatment modalities include motivational interviewing and

harm reduction for substance use, as well as dialectical behavioral therapy and cognitive behavioral therapy. Additionally, the therapist provides crisis counseling and safety planning, primarily for clients experiencing intimate partner violence and suicidal ideation.

The therapist works closely with Case Coordinators to ensure intensive treatment coordination and help clients achieve their service plan goals. They also offer clinical guidance at Multidisciplinary Planning Meetings to coordinate care across programs.

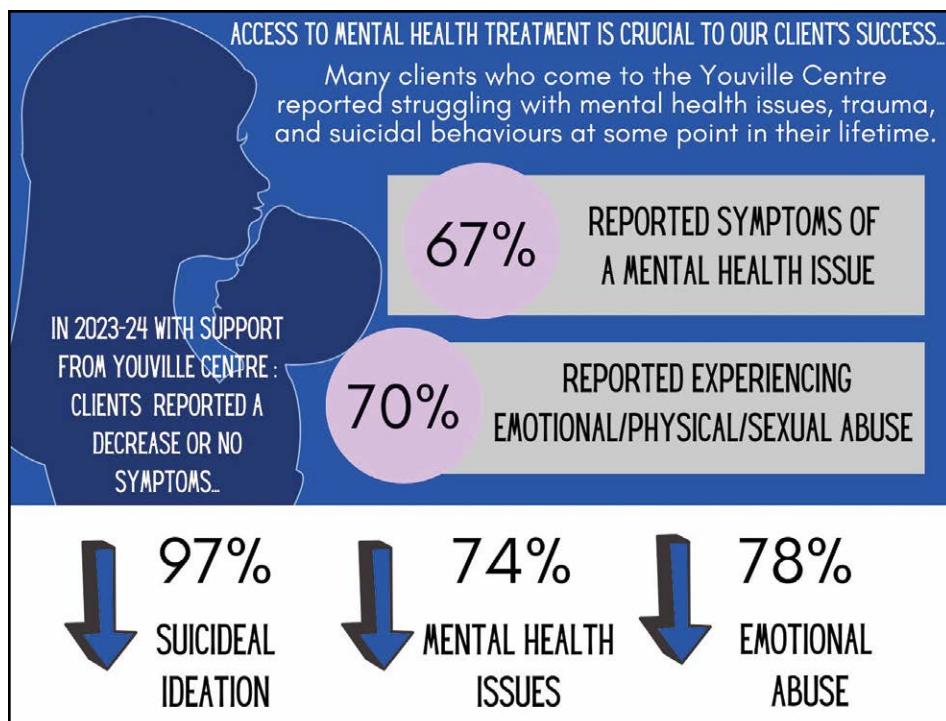
At Youville, trauma-informed care is central to our approach. The therapist

plays a vital role in enhancing the team's understanding of trauma, integrating this awareness into practice, and fostering a safe environment for healing. This includes creating safer spaces, building trust through transparency and consistency, and promoting choice, collaboration, and empowerment by involving clients as partners in decision-making about their (and their child(ren)'s) care.

Building Health Parent-Child Attachment

The Circle of Security program, delivered by our Family Navigator in a small group format, encourages young parents to reflect on how their past experiences—both positive and negative—affect their strengths and challenges in meeting their child(ren)'s attachment needs. This year, the Circle of Security was offered to 12 families.

Additionally, the Family Navigator facilitated capacity-building activities within the Child Development Program to cultivate an environment that promotes positive relationships, emotional regulation, executive functioning, and essential capacities such as trust, patience, and cooperation. These efforts recognize the profound impact of early life experiences on children's learning and life trajectories.



Suicide Prevention

Sources of Strength (SOS) is a strength-based comprehensive wellness program that promotes connectivity, peer-adult partnerships, and help-seeking behaviors in youths. SOS is one of the first suicide prevention programs that uses Peer Leaders to enhance protective factors and resiliency associated with reducing suicide. SOS is also a best practice project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing not only suicide, but bullying, intimate partner violence, and substance use, while also strengthening and improving mental health. The mission of SOS is to increase help-seeking behaviors and promote connections between peers and caring adults by focusing on safe messaging such as hope, help, and strength. This model increases protective factors around our young moms so that they have strengths to rely on when they face adversity (<https://sourcesofstrength.org/>). The therapist and Case Coordinators select a diverse group of clients to become Peer Leaders, who contribute to creating a positive Centre environment. Monthly activities are held to build a community of inclusivity and empowerment. The activities are linked to mental health, medical access, healthy activities, spirituality, generosity, family support, mentors, and positive friends.

Youth Engagement

Youville Centre strives to build a strong community with dynamic activities and events that offer opportunities for all clients to participate. Centre-wide events are coordinated with the SOS Peer Leaders. Peer Leaders act as pillars of hope and inform the types of events and activities that will be engaging for our youth based on changing areas of interest. At Youville Centre we prioritize client feedback and adapt our services to meet the unique needs of each client. We gather client feedback in a variety of ways: CHAT, Student Voice, Focus Groups, surveys, and through informal channels. This information is reviewed and used in the planning and creation of all of our programs and services. Our events encourage inclusion, culture and diversity.

Clinical Supervision

The Clinical Supervisor provides clinical leadership for all programs and services at Youville Centre, fostering a climate of continuous improvement in clinical areas. As a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, the Clinical Supervisor offers direction and oversight for our Mental Health and Substance Use Health Therapy, Group Treatment, and Intensive Treatment Support programs.

All Youville staff can consult with the Clinical Supervisor regarding clinical concerns and to debrief incidents. The Clinical Supervisor also reviews all research requests, guest presentations, and treatment program content, as well as professional development opportunities for staff, ensuring alignment with the Centre's philosophy and the latest research.



Client spinning SOS Wheel during Thanksgiving Lunch activities



Staff and clients participating in a virtual Violence Against Women vigil on Dec 6, remembering the victims of the Montreal Massacre



Clients engaged in a special group activity at Easter; Family Feud

THE IMPACT OF EDUCATIONAL ACHIEVEMENT - 2023-2024 SCHOOL YEAR

Research consistently shows that educational achievement is strongly associated with lifelong socio-economic and health outcomes. Education has the power to change the lives of young mothers; by investing in their high school education, we are impacting future generations and enhancing the health and economic prosperity of our community as a whole.



121



M.F. McHugh
Education Centre

Credits earned



98

St. Nicholas
Adult High School
Credits earned

Youville Treatment & Therapy Groups

Similar to individual therapy, clients can participate in a variety of treatment groups designed to enhance youth engagement and well-being. Additionally, parenting groups help build parenting skills, fostering secure attachments through strong parent-child relationships.

Treatment Groups – Parenting

Make the Connection (Birth-1 Year)

Make the Connection (MTC) is an evidence-informed parenting program that builds parental confidence by helping parents better understand the importance of their relationship with their child. The program works to increase parental empathy and sensitivity through a strength-based, reflective engagement model that covers key concepts including attachment, temperament, and parenting styles. MTC is facilitated by qualified staff from our Child Development Program.

Make the Connection (1 Year-2 Years)

Make the Connection (1-2 years) is viewed as a continuation of MTC (Birth-1 Year) with a focus on the toddler stage of development. At this stage, the changing dynamics of the parent-child dyad requires new and evolving skills and strategies to help parents in their journey as their toddler becomes more independent. The program uses hands-on activities and discussions to provide key messages on how best to support their relationship with their child through language, love, and learning. MTC is facilitated by qualified staff from our Child Development Program.

Transitions

The Transitions Program provides clients with the skills and knowledge necessary to facilitate a smoother transition from Youville Centre to their chosen pathways. This program prepares our graduates for their futures beyond Youville Centre, by connecting them to community resources for both themselves and their children. Clients explore career and postsecondary education as well as affordable childcare, health and counselling options, and many more important transferable skills. Guest speakers included, but were not limited to: Ontario Works, Algonquin College, and Causeway Work Centre. Facilitated by one of the Case Coordinators and our academic partners, the program seeks to bridge support from Youville to external services after graduation while being mindful of each client's unique needs.

Creativity Café



International Women's Day 2024 Creativity Café activity - adding empowering messages on sweaters



Cupcake Decorating Creativity Café

Creativity Café is a monthly mental wellness and resiliency program that builds on life skills, including self-care, using creative outlets such as art and cooking, and developing positive peer relationships. Clients participated in a number of activities throughout the

school year that promoted leadership and collaboration. Activities included holiday-themed crafts, self-care activities, and special Mother's Day activities; painting and cooking. Creativity Café focused on inclusion, including activities for Black History Month and Eid. This program is facilitated by a Case Coordinator.

Therapy Groups

Mental Health Café

This group did not run in 2023-2024. We are hoping to start it up again in January 2025.

Based on information collected through the GAIN-short screener, Post-Traumatic Stress Disorder Checklist for DSM-5 (PCL-5), and our clinical outcomes, a number of clients identified struggling with anxiety, trauma, PTSD symptoms, or having a clinical diagnosis of anxiety and/or PTSD. Mental Health Café is based on Seeking Safety, an evidence-based, present-focused counselling model that addresses the unique needs of individuals who have historical and/or current experience with trauma, PTSD, and/or substance use.

Enrollment is offered to all clients regardless of previous or current diagnosis through self-referral or therapist-referral. During the group, clients focus on increasing individual knowledge of emotionally, physically, and psychologically safe behaviors through the introduction of various behavioral, physical, or interpersonal skills topics. Clients are surveyed initially to determine what topics they are interested in exploring during the 8 week, therapist-facilitated, group. Topic flexibility, basic approach to skill building, and the focus on peer support was shown through course evaluations and client feedback to be key components for client engagement.

Therapy Groups – Parenting

Circle of Security

Circle of Security (COS) is an evidence-based program that equips parents that have experienced grief, trauma and loss to better respond to their child's emotional and developmental needs. Specifically, COS is intended to provide research-based knowledge to parents in an accessible manner, with an emphasis on the relationship between the parent and child. By learning to observe and interpret the child's behavior using the Circle of Security, parents will develop skills to understand their child's emotional world, support their child's ability to successfully manage their emotions, enhance the development of their child's self-esteem, while honoring the innate desire for their child to feel secure within the relationship. COS is facilitated by qualified staff from our Child Development Program.



Rodas and Maranata



Laiba and Faizan



Al and Ronan

Pregnancy Circle

Pregnancy Circle is a psycho educational group facilitated by Ottawa Public Health nurses with case coordinator assistance. It offers pregnant individuals a place to learn how to care for their baby and talk about concerns about their pregnancy, and also provides an opportunity to connect with others and share experiences.

Thrive

This program did not run in 2023-2024. It is being reviewed as we consider how best to support clients.

Thrive is an interactive, and discussion-based group to help understand emotions, develop healthy coping strategies for stress, anxiety and day-to-day stressors, develop effective communication, improve emotion regulation and problem-solving skills, and help build resilience. This program is based on Dialectical Behaviour Therapy (DBT) and was implemented to promote overall skill-building and coping. This group was new in winter 2022-2023.

About The Child Development Program

Program Overview

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 child care serves 40 infants (ages 0–18 months) and 30 toddlers (ages 18–30 months), providing the best possible start in their young lives. Our Child Development Program Manager leads a team of Registered Early Childhood Educators (RECEs), as well as program assistants, kitchen staff, cleaning staff, and clerical personnel who collectively help deliver a quality child care program.



Onaya and Sienna



Isaac working hard on his fine motor skills



Kenzie enjoying a foam sensory experience



Educator Mandy and Lilac children enjoying a picnic outside

Pedagogy

Using Ontario's pedagogy of the early years How Does Learning Happen? (HDLH), and knowledge of the Early Learning for Every Child Today framework (ELECT), our Registered Early Childhood Educators create meaningful learning environments and experiences based on the children's interests, to support their holistic development.

HDLH puts emphasis on the views of the child, the role of educators and of the families, and the concept of learning through relationships. Putting the interests and needs of the child first is the forefront of this pedagogy, hence its four foundations: Belonging,



Well-Being, Engagement and Expression. Learning opportunities inspired by these four foundations lead to healthy development in the early years.

Screening and Early Identification

Early identification and intervention are program goals that guide our practice enabling us to provide a rich program aimed at assisting our children to meet their developmental milestones. Our Child Development team is trained in administering the Ages and Stages Questionnaires (ASQ3). This screener provides an in-depth overview of children's developmental milestones for each specific age group. The Ages and Stages Questionnaire: Social Emotional (ASQ:SE2) uniquely screens for concerns with a child's social and emotional development, an area directly related to their overall mental health and well-being. ASQs are completed independently by the parent and the Educator, and are then reviewed together. The developmental screens are used to implement interventions that help mitigate



Ace investigating the exersaucer



Rosie resting her body with an educator

the impact of potential delays when a parent is waiting for a community agency's referral. The Developmental Support Plan (DSP) is written in the voice of the child that outlines specific ways in which primary caregivers and program staff can support the child in reaching their developmental goals.

We are very grateful to community partners, highlighted on page 38-39 who continue to assist us and support our young families. Our Child Development Program is stronger because of these effective partnerships.



Darren building with duplo blocks

Parent Engagement

The Child Development Program continues to utilize the virtual documentation tool called "Storypark". This online software allows staff to post picture stories about the learning that occurs with each child during their day in our program. Parents can become fully engaged as they receive alerts when new stories have been posted. Parents can even post stories of experiences outside of the Centre and can invite family, friends and Educators to view them as well.

Our Child Development Team continues to further document and highlight the childrens' experiences using a Living Learning Wall. This fluid documentation is a place to share photos and stories to display the children's strengths, experiences, interests and growth with our families and community.



Daniel digging in the sand

Continuous Professional Development

Continuous professional development allows our staff to remain up-to-date with best practices and current research in areas such as curriculum and pedagogy, early childhood mental health, risk factors for parents and their children, as well as current and relevant parenting strategies. Our Educators also independently register for training that pertains to their personal learning goals.

This year a group of educators participated in the Circle of Security Classroom (COSC) Approach facilitated by our Family Navigator. Children learn within the context of relationships. Secure attachment to early childhood educators has a significant positive effect on children's learning and development. The COSC Approach enhances educator's abilities to form secure attachments and compliments the learning that is occurring with the young mothers participating in the Circle of Security-Parenting groups.



Michelle and Finley

Infant Mental Health Promotion

Infant Mental Health Promotion refers to the social, emotional, and cognitive well-being of infants and young children. Through extensive research and a strong professional knowledge base, at Youville Centre, we recognize the importance of providing opportunities for the overall optimal outcomes of the families and children we serve. Supporting infant mental health means that we:

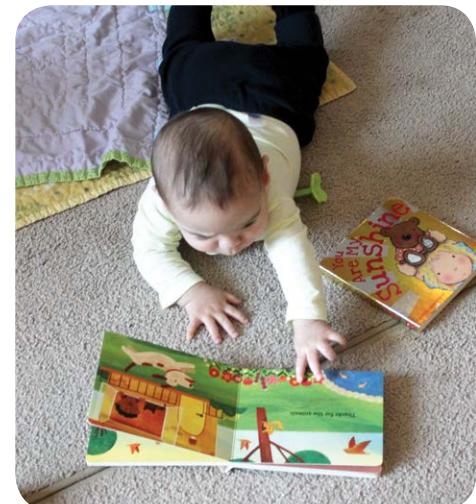
- work collaboratively with children, parents, and community partners to prevent developmental problems;
- intervene early when children are identified as being at risk;
- encourage a sense of security, safety, and the ability to establish and maintain satisfying and healthy relationships;
- support a child's learning and development;
- promote the ability for parents and young children to cope with and solve problems within their environment;
- empower parents to learn how best to experience, control, and express their own emotions and to help develop those skills in their children; and
- strive to promote stable, supportive families and communities.



Elisa and Maranata



Lilac children watching the tractor work in the yard



Remi working on tummy time while reading a good book



Shelby and Declan

A child's development in the early years is crucial; this is a period of time where the relationships children form build the foundation for their perception of their self-worth and abilities, as well as that of their caregivers and of the world around them. We believe that parent education is vital, and that when parents are armed with information regarding their child's development in regards to their social-emotional and cognitive needs, they are better prepared to understand how best to respond to their child. Our team of educators participate in training provided by Infant and Early Mental Health Promotion (SickKids) as well as the opportunities provided by Practice Change Champions and the Ottawa Child and Youth Initiative.

Six of our RECE's are trained in the facilitation of the Make the Connection (MTC 0-1 and MTC 1-2) parenting program which is meant to increase the parent's awareness of their baby's attachment system and empower them to become more confident in their

parenting role. This program is offered in both the Fall / Winter and Spring school semesters. By targeting our interventions early, and directly working within the parent-child dyad, we are providing the most effective form of infant mental health prevention and intervention.

Conclusion

Youville Centre remains enrolled in the Canada Wide Early Learning and Child Care (CWELCC) agreement with the City of Ottawa and Province of Ontario. This national child care plan supports quality, accessibility, affordability and inclusivity in licensed child care.

The goals are to create more affordable, quality licensed child care spaces; support the early childhood workforce through enhanced compensation, training, and professional learning opportunities; and improve accessibility by addressing barriers to providing inclusive and flexible child care. This will be a transformative period in the history of licensed child care. Eligible families have been able to receive a partial reduction of fees of up to 52.75% and will continue to experience further reductions. This has been much needed, welcome respite for families faced with rising costs and increasing financial demands.



Souria and Remi



Megan and Sienna

Our Child Development Program strives to support our young families and provide a quality early learning and care environment in an ever changing climate. The educators and support staff ensure that the programs creatively operate without interruption and with the children's health, safety and development as a top priority. We will continue to advocate for the ongoing support and resources to ensure we continue to prioritize the needs of our most vulnerable populations, two generations at a time.



Julie and Milo

About the Ujima Project



Building strong young families

The Ontario Association of Young Parent Agencies (OAYPA) was awarded a grant of \$5.5 million over three years from an anonymous funder to establish Early Childhood Development Hubs throughout Ontario. Abiona Centre (formerly known as Massey Centre) serves as the Project Trustee.

This project will improve early outcomes for babies born to at-risk families across the province by supporting the early development needs of underserved, vulnerable children of adolescent mothers by creating Early Childhood Development Hubs across the province.

These hubs will offer essential components of early literacy, speech and language services, service navigation, and optimal infant, early childhood and family mental health under one roof. 1000 children and 900 young mothers will benefit each year from this project.

This project is also supported by the Young Families Program at SickKids Hospital. This team will offer resources and support to all of our hubs including a Pediatrician, Nurse Practitioner, and Social Worker. Families with complex cases will be connected with additional SickKids services including telepsychiatry.

The project also received funding to work with Infant and Early Mental Health

Promotion (IEMHP) on this project. IEMHP will lead the training and evaluation of this project over the next three years. Youville Centre is proud to have been selected to host an Early Childhood Development Hub and hosts two positions to work alongside our programs; a Family Navigator and Early Literacy Specialist, since January 2022.

Family Navigator

The Family Navigator is a key contact for young parents and their children seeking resources to help them live independently in the community, or exploring kinship or co-parenting options. Young parents and their infants are partnered with the Family Navigator, who will engage in a collaborative approach to determine the range of young parents and infant/children service needs and their readiness to access treatment/care.

The Family Navigator facilitates access to timely care, utilizing detailed and extensive knowledge of mental health, infant and early childhood attachment and is a “bridge” between the family and services for young parents offered by community agencies.

The Family Navigator plays a role in supporting young parents by connecting them with a wide range of resources and services that are tailored to their specific needs. Through building and fostering relationships within the community, the Family Navigator helps to remove barriers for these families.

This spring, the Family Navigator facilitated a Circle of Security Parenting (COSP) program at our agency with a group of young parents. The program was successful, with all participants reporting an increased capacity to understand and respond to their child's



Early Literacy Specialist Sophie facilitating a group with clients

needs. The Family Navigator gained valuable insights from the program. These insights will be incorporated into the next iteration scheduled for the fall to further enhance the experience and effectiveness for participants.

The Family Navigator assists in removing barriers for young parents by building and fostering relationships within the Ottawa area. The Family Navigator supports with bridging access to external resources that include the following, but not limited to:

- Infant and Early Childhood Mental Health
- Medical/Mental Health Supports and Addictions Services
- Housing
- Community Support Services
- Cultural Diversity, Newcomer Programs
- Low-Income Support
- Employment
- Education
- Counseling
- Childcare
- Developmental Assessments and Supports

Early Literacy Specialist

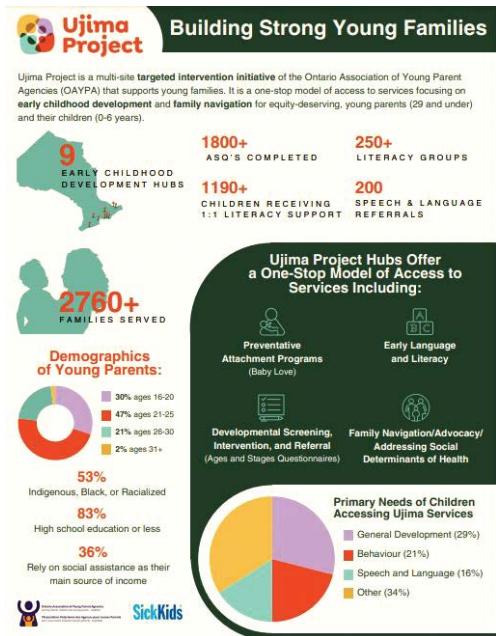
The Early Literacy Specialist supports early literacy and numeracy programming for young mothers and their children 0-6 years old. The Early Literacy Specialist provides individual and group interventions, workshops or consultations to young parents, caregivers as well as internal Youville Centre programs. Working in a team approach, the Early Literacy Specialist collaborates with other service providers at Youville Centre to provide comprehensive support to young parents and their children.

In the past year, the Early Literacy Specialist participated in individual and group

activities with the Youville Centre clients. The bi-weekly "Talking About" sessions which were popular with the young parents. Session topics included Creating Routines for Love and Learning; Raising Happy Eaters as well as several make-and-take sessions. Make-and-take sessions incorporated hands-on activities such as making materials to support favorite books such as The Very Hungry Caterpillar and Brown Bear, Brown Bear. During individual meetings, the Early Literacy Specialist worked with parents to support all aspects of students' experiences as parents, with a particular emphasis on relationship building and child development. With each session, whether individual or group, new board books were given to participants.

In collaboration with Rural Family Connections, the Early Literacy Specialist offered the Chat Room Playgroup program at their EarlyON site in Metcalfe. The program is a 6-week parent and child program focusing on supporting early language development and parent engagement. A virtual version of the Chat Room Playgroup program was also offered in partnership with Mothercraft Ottawa. The program was well received and because of interest, the 4-week program was offered twice this spring.

With the support and resources provided by the Early Literacy Specialist, the Child Development Team was able to continue on their journey of professional growth in child development. The Early Literacy Specialist also played an invaluable role in supporting families through external referrals and transitioning to alternate early learning programs.



About Academic Programming

M.F. MCHUGH EDUCATION CENTRE

Principal's Message



This year has been incredibly successful, with our students achieving an overall accumulation of 121 credits. I am immensely proud of each and every one of our students for their hard work and dedication to their education.

Throughout the year, our students had the opportunity to participate in a variety of enriching experiences. These experiences not only provided them with valuable learning opportunities but also allowed them to explore different fields and expand their horizons. Here are a few of the highlights:

One of the most memorable experiences this year was our school excursion to Angel Rock Farm. This unique farm offers therapeutic interactions with horses, providing our students with a chance to connect with these majestic animals and experience the healing power of nature. The students learned about horse care, grooming, and connected with them closely. It was a truly transformative experience for everyone involved.

Another exciting outing was our visit to Color Me Mine, a pottery painting studio. Our students tapped into their creativity and artistic skills as they painted beautiful pottery pieces. This hands-on activity allowed them to express themselves

artistically and develop their fine motor skills. It was a fun and relaxing experience that brought out the artist in each student.

Some of our students had the privilege of attending the Ministry of Labour Skilled Trades Fair. This event showcased various skilled trades and provided our students with a glimpse into potential career paths in these fields. They had the opportunity to interact with professionals, ask questions, and even try their hand at some hands-on activities. This fair sparked a newfound interest in skilled trades among our students and opened their eyes to the various courses and specialized programs available to them, as well as the support in the community that can lead to a diverse range of career opportunities available to them.

The Youville Centre has had an exceptional year filled with academic achievements and enriching experiences. Our students have not only accumulated an impressive number of credits but have also grown personally through their participation in various outings and events. I would like to express my gratitude to the dedicated staff, volunteers, and administration who have made these experiences possible for our students. We are very grateful for the continued opportunity to work collaboratively with the Youville Intensive Support Program (ITSP), and Child Development Program (CDP), who ensure our students develop the tools, resources and support to access school and empower them for their future.

Margarita Ziroldo, Principal

ABOUT the M.F. MCHUGH EDUCATION CENTRE at YOUVILLE CENTRE

Our school provides English-language educational programming for students in the Ottawa-Carleton region who attend government-approved education and community partnership programs such as Youville.

Youville's young women achieve Grade 9-12 compulsory credits in English, Math, Science, Social Sciences, Geography and History, Careers and Phys Ed. Students select and complete elective courses from a broad range of disciplines including the Arts, Social Sciences, First Nations, Métis and Inuit Studies. Our Technology credits in Green Industries, Hairstyling and Esthetics also offer hands-on, career pathway preparation.



Teaching with Living Things - Classroom Grow Tower

inspire **educate** nurture

Learning at McHugh is personalized according to students' lived experience and strengths. All students collaborate with their teachers to build their Individual Education Plan which ensures instruction, the learning environment and assessment are differentiated to their unique learning profile. In addition to academic activities, learning skills are explicitly and carefully fostered. Each student identifies goals (such as self-advocacy and time management) and creates a year-long plan to develop skills and practice tangible strategies while benefiting from feedback and modeling from their teachers.

McHugh Education Centre recognizes the challenges of balancing parenting and school. Students who attend our school work with teachers who employ a considerable 'tool kit' for student success to recover credits and/or accelerate credit attainment.

Teachers are able to assess and recognize students' prior school and life experiences

in the awarding of credits through a Prior Learning Assessment and Recognition process.

Blended courses by combining expectations from two interdisciplinary courses into one cohesive "2 for 1" course experience.

Our teachers have a broad range of curriculum knowledge and are able to assess for credit many of the rich and authentic therapeutic learning experiences provided by Youville Centre (e.g. counseling, life skills and leadership.) Real-life experts-in-the-field, community members and guest speakers share their industry knowledge and technical skills with our classrooms. Youville's partnership with iSisters is one example of these enriched opportunities that connect our students to real-world learning.

Post-secondary planning is highly supported. Each classroom teacher acts as a personal Guidance Counsellor to support transitions to the world of work,

entrepreneurship, apprenticeship, college, university or the St. Nicholas Adult HS classroom. We facilitate attendance at MAKE THE CUT, Carleton University and Algonquin College's transition program. Our students have the opportunity to participate in the Dual Credit Program offered by Algonquin College. Dual Credit students learn and achieve simultaneous high school and college credits. They experience the demands of a college course, and can even get a jumpstart on their college program while in their supported environment at Youville.

We look forward to a bright 2024-2025 and the expansion of hands on learning, especially the new tech requirement course and the return of our co-developed Lifestyle Courses which support students' mental health, parenting and life skills needs and are delivered in partnership with our dynamic Youville ITSP and CDP colleagues.



Weeding and Planting Outdoor Gardens



Education Partner Teachers pictured at Halloween 2023

ST. NICHOLAS ADULT HIGH SCHOOL PROGRAM

Principal's Message



On behalf of St. Nicholas Adult High School, it gives me great pleasure to once again be a part of Youville Centre's Annual Report for 2023-24. The past year has been one filled with goals, challenges, and triumphs which have strengthened our ongoing partnership with Youville Centre.

At St. Nicholas, we are extremely grateful to the entire Youville Centre family... the dedicated staff, deeply committed volunteers, supportive partners and, most importantly, the young adults and children who make up this special, caring community.

The Ottawa Catholic School Board's new spiritual theme of being called to Open

Doors is particularly relevant to Youville Centre in that young persons are fully welcome in this safe and empowering environment of hope, care, and strength. Providing a St. Nicholas pathway at Youville for students to continue their education while receiving support for themselves and their children is an underscored goal of the utmost importance to the OCSB. Our teacher leaders strengthen and enhance this target by providing both instruction and support in a variety of high school courses, assisting students in their acquisition of an Ontario Secondary School Diploma which opens so many doors and endless possibilities of varied future opportunities.

St. Nicholas' unified connection to Youville Centre satisfies one of our Board's strategic

commitments, that of Be Community while, at the same time, satisfying a second commitment of Be Innovative, by challenging all young women at Youville to reach their highest potential through relevant and current curriculum along with numerous experiential learning opportunities. St. Nicholas will continue to fulfill its educational role as Youville Centre continues its focus of hope, achievement, and joy for so many. On behalf of the students, faculty, staff, and administration of St. Nicholas Adult High School and the OCSB, thank you, Youville Centre, for your continued collaboration, support, commitment, and partnership overall.

Don Murphy
Principal, St. Nicholas Adult High School

St. Nicholas Adult High School Program

In September 2016, St. Nicholas Adult High School established a partnership with the Youville Centre to offer a secondary school education for the clients who age out of the M.F. McHugh program on their 21st birthday. Students in the St. Nicholas program are between the ages of 21 and 25.

St. Nicholas Adult High School provides flexible, teacher-supported, virtual high school credit courses for adults (18+) living in Ontario. All courses are online and students access course content and assignments through a Learning Management System called Brightspace (by Desire to Learn/D2L). In addition to e-learning technology, St. Nicholas students are also encouraged to learn and master Google Apps for Education.

St. Nicholas students enrolling at Youville Centre meet with their teacher and, in consultation with an Intake and Assessment Officer and Guidance Counsellor, they select their first course. This selection process repeats as the student begins each subsequent course. Students continue to confer with an Intake and Assessment Officer and/or Guidance Counsellor to plan their specific pathway to obtain a high school diploma. Students who are eligible to complete Prior Learning Assessment and Recognition (PLAR) or Mature Student Evaluations are referred to the PLAR Assessor. Where applicable, the St. Nicholas teacher refers to the student's IEP to identify any accommodations, program modifications, and/or alternative



St Nick's student working on an assignment

programs as well as specific instructional and assessment strategies that have been recommended in the past. St. Nicholas students have the option to participate in the Lifestyle Courses offered by Youville Centre and M.F. McHugh in addition to their e-Learning course. With the support

of the St. Nicholas Student Services Department, Guidance Counsellors, and the teacher, the Youville Centre mothers aged 21 to 25 are supported in working toward their Ontario Secondary School Diploma (OSSD) and in their transition to post-secondary studies or future employment opportunities.

Summer School 2024

This summer, Youville Centre once again partnered with the Ottawa Catholic School Board to provide in-person summer school courses throughout July. Two teachers from the board led these courses, allowing students to advance their educational journey and move closer to earning their high school diploma (OSSD). This year's course offerings included Visual Arts and Recreational Leadership.

In leadership students looked at factors and personal choices that create great leaders. They looked inward first, completing self assessments and reflections to establish first what kind of leader they were. After that, students looked outwards to leaders in their community and around the world. Lastly students were asked to take what they've learned and become the teacher themselves and lead the class in an activity of their choosing. Classes ranged from art activities highlighting their culture or themselves as mothers, to a cooking class making banana bread for their families. To end our month in style, we put their new found skills to the test in an exciting and challenging Escape Room, which the leadership class successfully completed!

In the Visual Arts course, students engaged in a variety of creative activities, such as

painting, sketching, and working with clay. They also had the opportunity to go on a field trip to the National Art Gallery, where they were exposed to an array of renowned artworks and gained insights into different art forms and techniques.

Beyond academics, our program also emphasized self-care, offering activities like coloring, doodling, and painting. Weekly student's had opportunities to engage in fun, hands-on activities such as making Play-Doh, baking muffins, and making books for their little ones. These activities provided opportunities to foster connection among peers and the treatment/academic team.

Throughout the summer, clients had access to YouStore for personal care items, SWAP for clothing, and a weekly Food Bank. The Intensive Treatment Support Program team provided ongoing support.



Summer School 2024 Leadership Class Escape Room Field Trip



Summer School 2024 Leadership Class Wearing Tie Die Shirts

utilizing strengths and achieving goals

Youville Centre Alumnae

Over the past 39 years, Youville Centre has served over 1,500 young mothers and their children. The majority have received their Ontario Secondary School Diploma (OSSD) during their time at Youville Centre. Our graduates go on to post-secondary education and the world of work while enjoying their success as parents, and becoming committed employees and active members in the community. We are grateful to alumnae who return to Youville and share their personal perspectives with our current moms, inspiring them to stay focused on their goals despite challenges they may face. Some of our former graduates have also made in-kind and financial donations to help the young moms attending Youville Centre today in gratitude for the support that they received from Youville.

Staying in Touch

We are proud of each and every one of our Youville Centre alumnae, and we enjoy keeping in touch. Alumnae have the opportunity to sign up to receive our electronic newsletter that keeps them up to date with current programs and services. Many of our alumnae are members on our Facebook, Twitter, and Instagram pages. Youville Centre alumnae can keep in touch in the following ways:

Website: www.youvillecentre.org

Twitter: @YouvilleCentre

Facebook: Youville Centre – Ottawa

Instagram: HumansOfYouville

Sharing real life experiences is a great way to inspire Youville's current clients. As an alumnae, if you would like to discuss ways in which you could give back to Youville Centre, please email us at:

communications@youvillecentre.org.

Did you know?

Alumnae clients are also eligible for bursaries. Some of our generous donors designate funds to alumnae who are continuing their education. In addition, we offer Second Generation Bursaries, in honour of our previous Executive Directors, which make it possible for the children of Youville Centre alumnae to attend post-secondary education with financial support. We are pleased to be able to continue our work with two generations. Alumnae are encouraged to consult our website for more information about applying for bursaries.

Our 2024 Alumnae and Second Generation Bursary recipients are featured on our website at **[https://www.youvillecentre.org/our-impact/
alumnae-bursaries/](https://www.youvillecentre.org/our-impact/alumnae-bursaries/)**

Christiana's Story



Alumna Guest Speaker Christiana Speaking to the Class of 2024

Each year we have an alumna of Youville Centre come back to speak to our graduates about their journey, and to share words of wisdom for the days and years ahead. This year our speaker is Christiana Moxam, Class of 2007. Christiana has said that her time at Youville gave her the skills and strength to be resilient and overcome many obstacles in her personal and professional life.

A special note of interest; Christiana and her oldest son Malaki shared their story for our annual May Mother's Day Campaign this past spring. We are grateful that Christiana and her family are willing to publicly speak about the impact Youville Centre has had on their lives.

"My name is Christiana Moxam, and I am here today as a proud graduate of the Youville Centre. This year has brought back so many great memories of what the Youville Centre does for young women

utilizing strengths and achieving goals

and their babies. Graduates, you need to be so very proud of yourselves because sitting in these seats today was no easy task. I know that I didn't realize what I truly accomplished until I had my youngest son and thought to myself, how did I manage to finish high school with a baby?

My journey with the Youville Centre started in 2005 but before I expand on what Youville has done for me and what it means to me, let's set some context.

Let's start by taking you back to 2002 to 2005. I had a great childhood and a supportive family. On the other hand, my social life was different – I was a teenager living on the edge, and some would say rebellious and sometimes defiant. I was experimenting with different substances, going to school when I wanted and engaging in activities that were not always the best.

On February 8th, 2005, I found out I was pregnant, and I knew I had to make some

decisions with the options presented to me. I had just turned 18, had been dating my boyfriend for 1 year, was in grade 12, and I was attending Laurentian High School. I was living at home with my parents and had just left my part-time job. After some conversations, my boyfriend and I decided to continue with the pregnancy.

Being pregnant and going to 'regular' school wasn't the easiest. I couldn't participate in the activities that brought me to school like football, volleyball, and basketball. Through conversations with my guidance counselor, teachers, and my vice principal, I was provided with Youville Centre's contact information.

This wasn't an easy decision because 2005 was supposed to be my graduating year but I ultimately made the phone call to the Youville Centre and was provided an intake appointment. I was fortunate to be given the opportunity to attend the Youville Centre during my pregnancy, but this didn't



Christiana's 2007 Graduation

last long. Unfortunately, my pregnancy became a little complicated and I ended up dropping out.

My son, Malaki Moxam was born on August 31st, 2005, and entered the world 6 weeks early but healthy. My priorities quickly shifted to being a full-time mom to a preemie. Becoming a parent came with added responsibilities and sleepless nights, and with all these changes, I didn't prioritize calling the Youville Centre to re-enroll.

Two months after Malaki was born, a student support counselor called to see how both

"There is no school book or handbook on how to be a good parent, but that is ok! Parenting is not something you can fit into a box, it is not one-size-fits-all but I do know that if it wasn't for the Student Support Workers, the teachers, the early childhood educators, and the counselors , I would not be where I am today. So I thank you! Thank you all for giving me the parenting knowledge, confidence and tools that I use every day!"

Christiana, Class of 2007

utilizing strengths and achieving goals

of us were doing. To be honest, to this day, I do not know how they found out I had given birth, but I am forever grateful because this was the point in time my life changed.

I re-enrolled into school in November 2005 just three months after my son was born but Youville is so much more than just an outreach centre with classrooms. The Youville Centre is where I grew as a person, as a mom and it provided me a space to set future goals.

I attended the Youville Centre from 2005 to 2007 and in these two years it truly



Christiana pictured with her sons Malaki and Tristan at Grad 2024

motivated and challenged me to personally grow. I was and you are, ultimately just kids/teenagers raising babies/toddlers but we have the added adult responsibilities like doctor appointments, sick children and if you live on your own paying bills! There is no school book or handbook on how to be a good parent, but that is ok! Parenting is not something you can fit into a box, it is not one-size-fits-all but I do know that if it wasn't for the Student Support Workers, the teachers, the early childhood educators, and the counselors, I would not be where I am today. So I thank you! Thank you all for giving me the parenting knowledge, confidence and tools that I use every day!

Youville gave me skills and tools that I carry in my toolbox every day. These tools weren't just for parenting! Graduates, you are also a key player in this, and your life is just as important as the well being of your child! In 2010 I was diagnosed with Crohn's disease which impacts my day-to-day life and continues to throw me curve balls, but the Youville Centre taught me to be resilient and to keep on pushing. Life does not pause when things get hard or difficult but you can! You can take a minute to breathe, think, and then persevere through anything.

Did you know that only 50% of teen mothers will go on to graduate? Because of the Youville Centre, we were all able to beat the odds against us. I am also proud to say that I am the first person in my immediate family to go on and complete post-secondary education and to say that I did this while being a parent is my story! I was you 17 years ago listening to an alumnae speak at my

graduation. We are the drivers of our story; we will continue to hit bumps in the road but just know that some of the hardest struggles make you stronger!

Today, I am employed with the Ministry of Children Community and Social Services as a Senior Program Management Advisor supporting the centralization of the Social Assistance programs. I am married to my partner of almost 21 years. Our son, Malaki, who was born on August 31, 2005, is about to turn 19 and he just finished his first year at Carleton University where he is taking his Bachelor in Arts – With a Major in Film Studies. He has hopes and dreams of becoming a film director one day! We completed our family in 2013 when our son Tyson was born. Tyson is now 11 and will be finishing grade 5. To say that I am proud of them would be an understatement. They continue to amaze me every day! They both have benefited from the decision I made to re-enroll into Youville November 2005.

I rarely speak of my story, because it doesn't define me but I am extremely proud of where I sit today and thankful for everyone who has played a part in it. Staying pregnant was my choice, but I truly believe it saved my life.

Today is the beginning of a new chapter in your life. Life and time are so very precious so please follow your dreams and build that future that you and your children deserve.

It has been an honour being here today to watch all of you graduate and to share my journey. I wish you all the best wherever life takes you! Thank you!"

It Takes a Village

Healthcare at Youville Centre

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

Youville Centre's Medical Clinic

Bi-weekly at Youville Centre Dr. Megan Harrison, an adolescent pediatrician, and Debbie Turner, a pediatric nurse from CHEO, offer a medical clinic with the following goals in mind:

- To provide primary medical care in a stress-free, trauma-informed and comfortable environment for both Youville moms and their children;
- To create a trusting relationship with the clients at Youville in efforts of making them feel comfortable seeing a doctor for their ongoing medical needs;
- To encourage Youville moms to see a consistent medical provider and to have appropriate follow-up for concerns;
- To attend to presenting medical issues without barriers, including physical health, mental health, and childcare concerns; and
- To act as a liaison between Youville moms and consultants at CHEO, The Ottawa General Hospital and other external medical service providers if required.



Dr Megan Harrison and Nurse Debbie Turner pictured with a client in the Medical Office

Mentorship Program – Lunch and Learn

Our successful monthly Lunch and Learn speakers series took place with support from Famous5 Ottawa and TD Bank. Women from the community are chosen to speak to our young moms about careers while they enjoy a delicious lunch. The stories of inspiration and encouragement help our clients to consider a wide array of pathways and ideas as they plan their future career paths. See the Highlights of 2023-2024 earlier in this report for more information about sessions held this year.



March 2024 Lunch & Learn Speakers Talia and Michelle, from TD Bank, pictured with Beatrice from Famous5-middle

Volunteering at Youville Centre

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



SWAP Volunteers Chris and Lynn setting out a donation for clients

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 our success over the last year:

SWAP:

- Christine Caletti
- Elizabeth Emond
- Lynne Page
- Esther Shashire

Child Development Program:

- Tonie Chene
- Yolande Cremer
- Agathe Houle
- Evelyn Stevens

Photography:

- Tia MacPherson (Graduation 2024)
- Michelle Valberg (Annual Report Front Cover 2024)

In-Kind Donation Procurement:

- Youville Centre Angel: Gavin Thompson (Boom! Savings! Charity Shopping Club)
- The Recollective (Carla & Kelly)
- The Thrifted Mini
- Amazon YOW3



CDP Volunteer Evelyn unpacking a donation from Amazon YOW3

"In Client's Words..."

The best thing about being a Youville Centre client is...

- The support.
- Safe and secure.
- Support, childcare and fun activities.
- You get to learn, meet new moms, and plus you get to graduate high school.
- The people. The love and support from all the educators, the ITSP workers and education were

amazing for myself and my son. I couldn't have asked for a better environment at YOVILLE.

- Feeling safe and even encouraged to talk about anything that's bothering me and knowing that there will be support and understanding coming from the other side.
- Being able to attend MTC and Val's cooking.
- Everything!!!!

~ 2024 Client Survey Responses

In Kind Donations

We have two areas within the Centre where our clients have access to the generous donations that are provided by Youville's community of family and friends. The SWAP Shop is located in Kinsella Hall. Our gently used donations are sorted, organized, and placed on display. Our clients have access to this volunteer-run space every Wednesday, and on an as-needed basis. They are able to access items they may require for themselves and their children, such as clothing, shoes, accessories, small household items, books and much more. Our YouStore hosts brand new donations of clothing, toys, hygiene products, and household items. YouStore is available to all students on a bi-weekly basis, and on an emergency or as-needed basis. During the Christmas season, the YouStore expands to help our young moms to provide a special Christmas for their children.

It Takes a Village



Youville staff accepting children's clothing donations from the Thrifted Mini - January 2024



Youville Angel Gavin pictured with a donation of flowers for the Centre at the holidays

Youville Centre Angels

Since its inception at our 25th Anniversary Celebration, Youville Centre has continued the tradition of honouring special partners, donors and volunteers with a "Youville Angel" Award. This award is given to individuals who provide unwavering support to our young moms and their children, and who through their advocacy, have furthered our mission and vision for Youville Centre.

Our Angel Awards are presented to people who have touched our hearts. Although we have celebrated 38 Angels in our history, each and every Angel has made life better for our moms and their children in a very special way.

"In Client's Words..."

Pretend you are about to recommend the Youville Centre programs and services to another young mom. In one sentence, what would you say to her that you know would make her interested in participating?

- You will be supported and pushed in positive ways in the direction you want to take.
- Feeling like sweet home.
- It's the best thing that'll ever happen to you!

- Youville Centre takes care of you and your children mentally.
- Youville will change your life.
- Everyone is welcoming, no one judges your past, and everyone is always nice and respectful.
- Before I got pregnant I wasn't interested in school at all I would constantly skip my classes but after starting at Youville and having a teacher that I really like and that supported me I enjoyed going to school every day and I would go even if I didn't feel good that day.

- I would say that it's a great place to attend they have amazing services and staff that will help out with whatever they can, when I first attended I was lost and a first time mom of twins but ever since going to Youville I found people who understand what it's like to feel alone and was able to make friends with other moms who now I call my family. Youville gave me opportunities I couldn't find anywhere else.

~ 2024 Client Survey Responses



Youville Angel Brenda & her husband Dave delivering Holiday 2023 Gift Boxes for all clients



ED Peter attends a Community Friendship Dinner organized by Intercultural Dialogue Institute (IDI) in partnership with Ottawa Police Service

Angel Awards 2012 to now

25th Anniversary Celebration 2012

The Honourable John Baird
Don and Jean Eldon
Steve Georgopoulos
Dr. Tom Harle
Dennis Jackson
Max Keeping
Hassa Mirchandani
Marlene Shepherd

Graduation 2014

Peggy Austin
David Smith
Theresa Smith

Graduation 2015

Dwayne Brown
Jonathan Crosier
Dr. Sarah Oliver

Graduation 2016

Linda Daily
Shannon Gorman
Michelle Valberg

AGM 2016

Jay Sanko

Graduation 2017

Leanne Cusack
Deb Robinson
Cindy Simpson
Megan Wallace

Graduation 2018

Patrick Blanc
Elizabeth Emond
Gavin Thompson

Graduation 2019

Linda Milton Perreault
Zybina Richards

AGM 2020

Geoff Burridge
Barbara Crook
Shelagh Jane Woods

Graduation 2020

Chris Caletti
Monica Goodhue
Diny McMahon

Graduation 2021

Mathieu Fleury
Kelly Rasmussen

Graduation 2022

Brenda Thomas
Margie Sunstrum
Debbie Bigras

It Takes a Village

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

Education Partners:

- Algonquin College
- Carleton University
- Heritage College
- Herzing College
- La Cité Collégiale
- M.F. McHugh Education Centre
- Ministry of Education (MOE)
- Ottawa Carleton District School Board (OCDSB)
- Ottawa Catholic School Board (OCSB)
- St. Nicholas Adult High School
- University of Ottawa (Legal Clinic, Medical Students)

Client Resources

- 1Click1Call
- Caring and Sharing Exchange
- Causeway
- Children's Aid Society (CAS)
- Children's Hospital of Eastern Ontario (CHEO)
- Children's Inclusion Support Services (CISS)
- Children's Treatment Centre (CTC)
- City of Ottawa Hand in Hand
- Clothespin
- Counselling Connect
- Distress Centre Ottawa and Region
- Dress for Success
- Family Law Information Centre (FLIC)
- First Words Preschool Speech & Language Program of Ottawa
- Furniture Bank
- Helping with Furniture
- Hopewell
- Housing Help
- Inuuqatigiit Centre for Children, Youth and Families
- Legal Aid Ontario
- Minwaashin Lodge
- Nepean Rideau Osgoode Community Resource Centre
- Ottawa Community Immigrant Services Organization (OCISO)
- OC Transpo
- Operation Come Home
- Odawa Native Friendship Centre
- Ontario Works



CDP Manager Diana and McHugh Lead Teacher Kaethe present to OCDSB Guidance Councillors

- Parent Resource Centre (PRC)
- Pinecrest Queensway Community Health Centre
- Planned Parenthood Ottawa
- Seats for Kids - Transport Canada
- Sexual Assault Support Centre
- Sexual Health Clinic
- Shelter Movers
- S.W.A.M. (Swimming with a Mission) Ottawa
- The Ottawa Food Bank/Food Bank Canada
- The Sharing and Caring Exchange
- The Snowsuit Fund of Ottawa
- The Social Housing Registry
- Toy Mountain
- Upstream Ottawa Mental Health Community Support
- Vanier Community Service Centre
- Victim Crisis Unit
- Victim Services Ottawa
- Victim Witness Assistance Program
- Wabano Centre for Aboriginal Health
- Youth Services Bureau (YSB)
- YouTurn



Youville Angel Zybina Richards sharing graduation gifts with clients



Youville Angel Barbara Crook Dropping off Special Gifts for Class of 2024 Grads



Youville Staff Karen with Alumna Christiana at OCDSB United Way Breakfast Launch



OCDSB Director of Education Pino Buffone with Youville Daffodil Baby Anoushka and ED Peter

Community and Treatment Partners

- Bethany Hope Centre
- Brighter Futures for Children of Young Parents
- Canadian Mental Health Association (CMHA)
- Canadian Mothercraft of Ottawa Carleton
- Centre for Addiction and Mental Health (CAMH)
- Ontario Centre of Excellence
- Centre D'Appui et de Prévention (Le CAP)
- Child and Youth Mental Health Network (CYMHN)
- Children's Mental Health Ontario (CMHO)
- City of Ottawa Children's Services
- City of Ottawa Learning, Earning and Parenting Program (LEAP)

- City of Ottawa Public Health (including Healthy Babies/ Healthy Children)
- Crime Prevention Ottawa
- Crossroads Children's Centre
- Dave Smith Youth Treatment Centre
- Dress for Success Ottawa
- Emily Murphy Non-Profit Housing
- Elizabeth Fry Society
- Fairy Godmother of Ottawa
- Family Services Ottawa
- Gifts In-Kind Network, Rideau-Rockcliffe Community Resource Centre
- Infant and Early Mental Health Promotion (IEMHP)
- iSisters Technology Mentoring
- Kids Comes First Ontario Health Team
- Kids Up Front
- Ministry of Children, Community and Social Services (MCCSS)
- Ontario Association of Young Parent Agencies (OAYPA)
- Ottawa Child Care Association (OCCA)
- Ottawa Coalition to End Violence Against Women (OCTEVAW)
- Ontario Centre of Excellence
- Ottawa Network for Education (ONFE)
- Ottawa Youth Justice Services Network
- Ottawa Police Services (OPS)
- Pathways to Care
- Sandy Hill Community Health Centre
- Saint Paul University (Couples Counselling)
- Sexual Assault Support Centre (SASC)
- Sexual Health Clinic
- Substance Abuse Youth in Schools (SAYSAC)
- Suicide Prevention Ottawa
- St. Mary's Home
- The John Howard Society
- The Ottawa Child and Youth Initiative
- United Way East Ontario
- Vanier Community Services Centre
- Young Parent Support Network (YPSN)
- Women's Initiative for Safer Environments (WISE – Safety Audits)
- Women's Shelters

It Takes a Village

Funding Model

SUBSIDY AND OTHER INCOME

Early Child Development Programs

Social Support Programs

Net Fundraising, Donations & Other Revenue, Net Foundation Revenue

Property Fund Revenue

TOTAL SUBSIDY AND OTHER INCOME

\$ 3,153,510

EXPENDITURES

Early Child Development Program

	TOTAL	%	PROGRAM
Salaries & Benefits	\$ 1,501,135	58%	79%
Program Support / Outreach	\$ 256,787	10%	14%
Occupancy Costs	\$ 86,837	3%	5%
Amortization & Administrative Costs	\$ 39,638	2%	2%
	<u><u>\$ 1,884,397</u></u>	<u><u>73%</u></u>	<u><u>100%</u></u>

Intensive Treatment Support Programs

Salaries and Benefits	\$ 566,354	21%	84%
Program Support / Outreach	\$ 65,154	2%	10%
Occupancy Costs	\$ 24,961	1%	4%
Amortization & Administrative Costs	\$ 12,563	0%	2%
	<u><u>\$ 669,032</u></u>	<u><u>24%</u></u>	<u><u>100%</u></u>

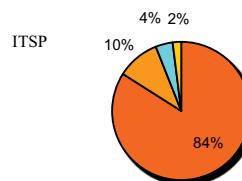
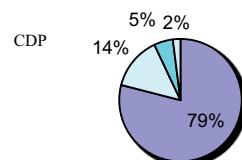
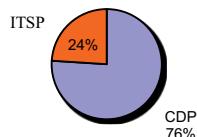
TOTAL EXPENDITURES

\$ 2,553,429

Property Fund Amortization \$ 86,836

Surplus funds are used to cover previous deficits and to enhance future programs such as the recent expansion of childcare spaces. Youville also undertook a roof/HVAC replacement project which was completed in fiscal 2024.

*** For detailed actual financial results please see the audited financial statements.



Fundraising Report

Youville Centre would like to thank the following government funders, corporations, foundations, organizations, and groups for making a significant financial contribution in the 2024 fiscal year, ending March 31, 2024.

Government Funders

The City of Ottawa
The Government of Canada
The Ministry of Children, Community and Social Services (MCCSS)
The Ministry of Education, Government of Ontario
The Ministry of Infrastructure, Government of Canada

Foundations, Grants, and Corporate Donors

Abiona Centre (formerly Massey Centre)
Amazon.ca
Andrew Fleck Child Care Centre
Arbor Memorial Foundation
Association of Financial Professionals Ottawa
Brenda Quinlan Foundation
Brighter Futures For ChildrenOfYng/Single Parents
Charities Aid Foundation of Canada
Ciena
Community Foundation of Ottawa
Congregation of Notre Dame Visitation Prov. Centre.
Dominion Chalmers United Church Women
Eastern Ont. & Western Que. Christmas

Cheer Foundation
Famous 5 Ottawa
Farm Credit Canada
Filles D'Isabelle, Cercle Notre-Dame du Rosaire, #1093
Gloucester High School
Godzspeed Communications
Good Shepherd
Grey Sisters of the Immaculate Conception
Hammer & Associates Inc., Brokerage
Harmil Group
Hope & Aspire Fund
Immaculate Heart of Mary Catholic Women's League
IODE Memorial Silver Cross Chapter
Kiwanis Club Of Nepean
Knights of Columbus - St. John The Apostle #10470
Knights of Columbus Council #5558
Knights of Columbus Council 16005
Knights of Columbus St. Edith Stein #13049
Knights of Columbus, Divine Infant Council #7873
Knights of Columbus, Good Shepherd Council 9005
Knights of Columbus, Holy Redeemer Council #9544

Knights of Columbus,Council 8092,Our Lady of Visitation
Knights of Columbus-Canon John Burke Council #6217
M.F. McHugh Education Centre
Manotick Tree Movers Inc.
Mary Berthe Fund
Ottawa Doll And Collectors Guild
Ottawa Women's Canadian Club
P.E.O. Chapter J
PCL Constructors Canada Inc.
Rotary Club of Nepean-Kanata
Rotary Club of West Ottawa
Shepherd's Fashions
Sisters of Holy Cross
St. Clare-Dwyer Hill, CWL
St. Mary's Home/St. Mary's Outreach Centre
St. Philip Ladies Auxilary
Sue Martin & Paul Bush Charitable Foundation
TELUS
The George & Susan Neilson Family Foundation
The Ottawa Food Bank
United Way Centraide

It Takes a Village

We would also like to express our sincere thanks to the many individual donors including those who supported the following events:

Christmas – Financial and in-kind donations

Mother's Day Giving Campaign – Donors

Spring Online Auction – Donors/Participants

Graduation – Bursary donors and in-kind donors

Third Party Fundraisers:

- Ottawa Doll Club Show/Sale
- Knights of Columbus Council 7873 Italian Dinner
- Knights of Columbus Council 9544 Golf Tournament
- Ottawa Women's BodyBuilding Community Event
- Bridal Shower Fundraiser

Thank you to our Supporters:



Amal from St Elias dropping off a donation in Spring 2024



Staff Karen and Diana attending the 2023 Christmas Cheer Breakfast



Youville Angel Gavin dropping off 2023 Holiday Donations

It Takes a Village



2023 Holiday Ways to Give donor Ava (Only Takes One) dropping of donations with Amazon YOW3 and Lionheart staff



Farm Credit Canada Donation Cheque Presentation Feb 2024



Lionhearts staff Lee-Anne dropping off a donation of breast pumps



Arbor Memorial Foundation Cheque Presentation



Knights of Columbus Council 9544 Golf Tournament 2024 Donation Presentation



St Monica School Group Holiday Collection Donation Drop Off



PCL Construction 2023 Holiday Donation Cheque Presentation



St FX High School Students Dropping off a Collected Donation



Youville Angels Marg and Deb dropping of a 2023 Holiday Donation for every Client

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

Instagram: HumansOfYouville