



YOUVILLE CENTRE

Fall 2025 Updates

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Youville Centre is pleased to announce the Board's appointment of our next

EXECUTIVE DIRECTOR

NATASHA MCBREARTY

NOV.03.2025

“It's an incredible honour to step into this role. Youville Centre has a long and proud history of supporting two generations at once – empowering young mothers, birthing parents and their children to thrive. I'm inspired every day by the resilience of our clients and the dedication of our team, and I look forward to continuing to build on Youville's legacy of compassion, innovation and impact.

Natasha McBrearty, MA, MPNL, RP
Youville Centre Executive Director

Youville Centre's Board of Directors would like to share that, after leading the Centre for the past three years, Peter Embleton stepped down as Executive Director of Youville Centre on October 31st. The Board has appointed Natasha McBrearty, previously in the role of Clinical Supervisor at the Centre, and is pleased to welcome Natasha as our new Executive Director as of November 3rd. To read more about this transition, please visit our website blog here: <https://www.youvillecentre.org/blog/executive-director-transition-2025/>

Executive Director Message

NATASHA MCBREARTY, EXECUTIVE DIRECTOR

As I step into this new role at Youville Centre, I am looking forward to supporting our staff and program participants to thrive, fostering an environment where young people can pursue their education while having their basic needs, mental health, and child development supported, and where strong parent-child attachments can be nurtured to create meaningful impact across two generations.

This newsletter issue highlights the dedication of our staff, the generosity of our supporters, and the inspiring journeys of our clients. Together, we continue to create opportunities for growth, education, and empowerment—ensuring that every young mother and birthing parent has the tools needed to build a brighter future for themselves and their children.

Thank you for being part of our mission to inspire, educate and nurture. Your ongoing support makes a profound difference, and I invite you to enjoy this newsletter as a window into the impact we are making together.

Thank you to our dedicated team of staff, board, partners, volunteers and clients for their participation in our Canadian Centre for Accreditation 2025 review. Staff, volunteers and clients had the opportunity to provide feedback during surveys and onsite interviews. The one theme that resounded through all interviews was the commitment of staff and the connection created between clients and staff to help develop a sense of community and belonging. We look forward to receiving the review team's final report before the end of the year.

Child Development Program (CDP) Updates

We welcomed the return of 70 infants and toddlers after our annual summer break. The Child Development Program continues to operate at full capacity as childcare remains in high demand within our City. The Fall programming focused on creating connections and a sense of belonging as we welcomed many new families and children returning from an extended break.

We are excited to share that Ontario has successfully negotiated a one year extension of the federal child care program. This will increase access to affordable quality early learning and care for families and highlights the essential work of our Child Development Team.



Thanksgiving

The staff and students collaborated on preparing a turkey luncheon complete with all the fixings to share in a community luncheon. The gym was decorated and filled with clients and their children, as we shared a meal together to express our gratitude.

Thank you Volunteers!



We are so grateful for our volunteers who help and support our staff in SWAP and CDP. CDP volunteers care for babies and assist with tasks like laundry. SWAP volunteers help sort and organize second hand donations for our clients to access. CDP Volunteer Yolande is pictured above.

Activities & Events

Tuesday, October 21, 2025 was the 25th annual Child Care Worker and Early Childhood Educator Appreciation Day. We recognized the commitment, skills and hard work of Early Childhood Educators (ECEs) and staff who work with young children.

The Child Development Program Team was celebrated with monogrammed tumblers, a visual appreciation display from families and a special lunch shared with all staff and clients.



Field Trip to Proulx Farm

On October 28, 17 students, 19 children and 10 staff travelled by school bus to Proulx Farm to explore the pumpkin patch, tractor rides, animals and play structures. It was a huge success with students learning skills needed to plan for outings with young children, while also peer supporting each other by supervising each other's children when needed, sharing snacks and resources. All staff, students and children returned to the centre for the afternoon tired but with full hearts, warm smiles and mini pumpkins.



Halloween

Staff, students and children used the opportunity to show their spooky spirit with many team costumes and matching parent / child. Students had an opportunity to carve pumpkins, bake cookies and treats and decorate tote bags.

Families were invited to a special Halloween event to engage in art and sensory stations prepared by the CDP Team. The annual "Baby In Pumpkin" photos remained the party hit!



Peter Embleton (aka Cookie Monster) pictured with a goodbye collage from the Centre on his last day as Youville's ED.



Intensive Treatment Support Program (ITSP) Updates

This Fall, we welcomed new and returning clients along with a new Case Coordinator. The ITSP Team prioritized completion of service plan reviews to establish goals and supports. When evaluating programs and services, client engagement and feedback is sought after in their own service delivery but also as a review of all services. The clients may voluntarily choose to help inform decisions regarding activities, services, speakers, menu planning and help provide first hand experiences during new student tours.

Parent/Child Drop In

The parent-child circle time drop ins continue with a large interest from the students. The circle times provide an opportunity for the students to learn simple rhymes and songs to engage with their little one. These songs and rhymes lead to foundations in early literacy and language development while promoting connection and attachment as we learn to respond to our children's cues

Thank you to our Community Partners

Dialectical Behaviour Therapy (DBT) Skills Group

We are excited to expand our partnership with Westboro Psychology to provide an evidence-based ongoing DBT skills group along with individual counseling opportunities. The goal of the DBT skills group is to help support students in developing emotion regulation skills to manage life and parenting stresses, relationships and intense emotions.



We are grateful for our partnership with **Wabano Centre for Aboriginal Health** as their Youth Outreach Worker led a discussion and reflection on the origins of the National Day for Truth and Reconciliation. Our partners at Wabano continue to facilitate small group activities, based on the needs and interests of the clients, with an ongoing collaboration and referrals to culturally responsive services.



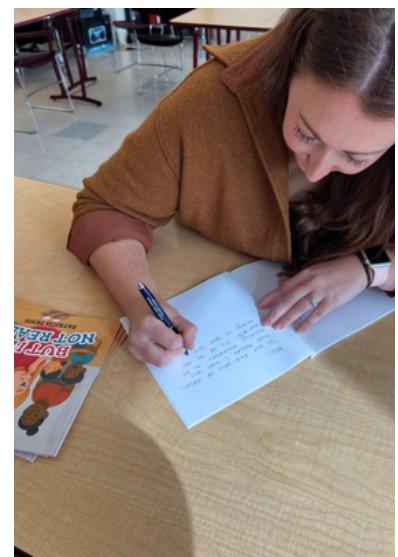
Pictured above: Clients and staff on an outdoor reflection walk in honour of National Day for Truth and Reconciliation

Lunch and Learn

Thanks to funding through Famous 5 Ottawa and TD Bank, we offer a monthly Lunch & Learn program. Community members are invited to share information based on career paths, life skills, entrepreneurship, and other subjects identified as an interest or need by clients.

October's Lunch & Learn guest was Patricia Denis, who shared her journey as a self-published author and talked about her book "But I'm Not Ready". Each participant received a signed copy of the book for themselves or their little one. Thank you Patricia!

Pictured right: Lunch & Learn guest speaker Patricia Denis with McHugh Lead Teacher Kaethe and signing her books



Graduation Update

On June 19th, Youville Centre celebrated the graduating Class of 2025; honouring 17 high school graduates for their strength and determination to achieve this milestone. Read more about our 2025 Graduation on our website blog here: <https://www.youvillecentre.org/blog/youville-centre-graduation-2025/>.



Summer School 2025

Youville Centre, partnered with the Ottawa Catholic School Board, to provide in-person summer school courses throughout July. Two elective courses, **Art** and **Leadership**, were offered to support students in advancing their educational journey to move closer to their goal of earning the high school diploma (OSSD). The courses were engaging and accessible, with hands-on activities that supported the diverse learning styles and practical needs of our students. Highlights included four field trips: bowling, an escape room, a visit to the art gallery and a final outing to the Canada Agricultural and Food Museum, where students were invited to bring their children. These shared experiences added connection, joy and real-life context to the learning process and skill building.



Education Partner Updates

MF MCHUGH EDUCATION CENTRE & ST.NICHOLAS ADULT HIGH SCHOOL

Fall is always an exciting time at Youville Centre! We're so happy to welcome our new students and see our returning ones settling back into routines. Our M.F. McHugh Education Centre and St.Nicholas Adult HS classrooms, we have been focusing on learning goals and course selections to match interests and pathways. Our students are remarkable, managing their present responsibilities while looking ahead to a bright future in college, the workforce, or specialized training.

November has hit and literacy preparation sessions are underway, giving students a chance to strengthen their skills and build confidence for the upcoming Ontario Secondary School Literacy Test (OSSLT). We're also looking forward to our upcoming visit to Algonquin College where students can explore programs, meet staff, and start imagining what's next after graduation.

One of our favourite parts of each semester is hearing from our alumnae! Their updates – about new jobs, post-secondary adventures, and personal milestones – remind us just how far Youville graduates go. We're so proud of them and can't wait to see where this year's students will go next!

Equine Assisted Learning

After a successful pilot and client feedback we were excited to continue the Equine Assisted Learning, in collaboration with Angel Rock Farms in the Fall of 2025. The sessions focused on skill building and self-regulation through horse handling. The participants learned how to care for the animals while developing practical skills around communication, assertiveness and problem solving. The program will be offered again in the Spring of 2026.



Thanks for the support Youville Centre Community!



Knights of Columbus Council #7873
cheque presentation for a donation of
the proceeds from the Spring 2025
Italian Dinner Fundraiser.
Save the 2026 Date: **April 26th**



Giving Grammas and Youville Angels,
Marg and Debbie pictured dropping off
a donation in the spring for all of our
clients and their children. Thank you for
your thoughtful spring gifts.



Knights of Columbus Council #9544
cheque presentation of funds raised
from the May 2025 Golf Tournament.
Youville is grateful to be a charity
recipient of this event in 2026.
Save the 2026 Date: **May 20th**

On our website... 

2025 Holidays Ways to Give

Visit our website
now to read about
Madjem's Story
and for our
2025 Holiday Ways
to Give Campaign
details



2024-2025 Annual Report



Youville Centre's
Annual General
Meeting was held
virtually on
Sept. 23, 2025.
You can view our
audited financial
statements and
read more about
our current Board
of Directors on
our website.

Please find our **2024-2025 Annual Report**
on our website:

<https://www.youvillecentre.org/about-us/annual-report-and-funding-model/>

To request a print copy, please email
info@youvillecentre.org

Holiday Ways to Give Campaign

Visit our website page here for more information:
<https://www.youvillecentre.org/ways-to-give/holiday-giving/>



YOVILLE CENTRE 2025
HOLIDAY WAYS TO GIVE

Provide a financial contribution to support our innovative programs and services. Visit our website at <https://www.youvillecentre.org/ways-to-give/holiday-giving/> or scan QR code below to visit our secure Canada Helps page

You can donate a gift card to empower our clients to purchase gifts and necessities for themselves and their children. *Email us for best options

You can provide special new unwrapped gifts, for our young mothers and birthing parents and/or their children (aged 0-3)
**Please email us to request our client wishlist for ideas

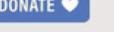
Ask us how we can set up an online fundraising page on your behalf with a link that you can share with your family, friends & coworkers

Drop offs can be scheduled (150 Mann Ave) by emailing info@youvillecentre.org. Our last day to receive in-kind donations is Dec. 10th, so we can set up for our clients to "shop" for the holidays!

However you decide to focus your support, your contribution will impact two generations, and ensure our young families know their community cares

SCAN ME 

THANK YOU 

DONATE 

Youville Centre

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If you wish to update your contact information, or be removed from our mailing list, simply contact us at:
communications@youvillecentre.org



All are
Welcome
here!