



YOUVILLE CENTRE

SPRING 2026 UPDATES

IN THIS ISSUE:

Executive Director
Message

PAGE 1

Centre Updates

PAGE 2

Child Development
Program Update

PAGE 3

Intensive Treatment
Support Program Update

PAGE 4

Education Partner Update

PAGE 5

Community, Website & 2026
Mother's Day Campaign

PAGE 6



Executive Director Message

NATASHA MCBREARTY, EXECUTIVE DIRECTOR

This is my first spring at Youville, and I've been struck by the strong sense of community that shapes daily life here.

Education is central to our work. Each day, I see students taking steps toward their futures—sometimes big ones, sometimes smaller ones—but always meaningful. Progress at Youville often happens day by day, through persistence, encouragement, and the support students offer one another along the way.

That peer connection is strengthened by the coordinated network of services that surround each young family and by the dedication of the staff team who work alongside students as they balance school and parenting. Together, they create the conditions that make it possible for students to keep moving forward.

At the same time, their children are growing and thriving in our Child Development Program, where early learning and attachment-focused care, support strong beginnings for the next generation. Supporting two generations at once continues to guide everything we do.

These steady steps forward are possible because of the community that stands behind our students and their children. Your support helps create a place where young parents can continue their education while caring for their children and building stronger futures for their families.

Thank you for being part of the Youville community. With gratitude, Natasha



ACCREDITATION UPDATE

Accredited by Canadian Centre for Accreditation / Agréé par Centre canadien de l'agrément

Youville Centre is proud to be accredited through the Canadian Centre for Accreditation (CCA), an independent review based on leading practices that promote ongoing quality improvement and responsive, effective community services.

CONGRATULATIONS YOUVILLE TEAM!

Andre Potvin, Chair of Youville's Board of Directors, wishes to thank the Board, Staff, Volunteers and Clients who participated in the review process and interviews and compiled the quality assurance evidence. Well done Youville Team!

To be CCA Accredited is a reassurance to our clients and funders that we have undergone an extensive internal and external quality assurance review process, and this positive acknowledgement of our work demonstrates that we are providing responsive and high quality services to the young families we support

Natasha McBrearty, Executive Director

ACCREDITATION UPDATE

CONGRATULATIONS YOUVILLE TEAM!

Of course we celebrated with pizza and cake!

Professional Development - December 5

Thanks to grant funding provided by the City of Ottawa, Youville Centre was able to close for a full day of professional learning. The day started with a net-



working breakfast, followed by engaging team-building activities and board games. We were joined by our community partners, Westboro Psychology for a morning group presentation on capacity building and regulation. After a team lunch, staff engaged in mindfulness exercises and the afternoon was dedicated to smaller team meetings, providing an opportunity for more focused discussions, collaboration and meaningful connection within each group.

Thank You Volunteers!

We love our volunteers at Youville Centre! From our volunteer Board of Directors, those onsite regularly to support our staff by sorting second hand donations & organizing our SWAP space, to our CDP volunteers who care for babies and assist with tasks like laundry - we appreciate you all! Thank you for believing in our mission and joining us to support the young families that benefit from Youville Centre's programs and services!



Youville Staff Reflection

My name is Rita Ross and 2026 marks my 30th year working for Youville Centre. During my years at Youville Centre, I have grown to become a confident, warm, nurturing and compassionate lead educator and mother. I have watched Youville grow from a two building infant/toddler & preschool setting to the current infant/toddler Centre. I began under the guidance of Sister Maco Cassetta and Sister Betty Ann Kinsella and I have had the pleasure of working with many great supervisors and coordinators since then. As the leadership changed over the years, the philosophy of our program grew and evolved to what it is now.

I am so proud to be part of a wonderful trauma informed mental health agency that appreciates and supports professional growth and development. Professionally, I could not have asked for a better place to spend my career. Every day when I walk through the doors I am greeted by the most wonderful people anyone could be privileged to work with. Some wise person once said *"If you love your job you never really work a day in your life"*. When I talk about my years here, this is exactly how I feel.



Rita Ross, Registered Early Childhood Educator (RECE), a Youville Centre Child Development Program (CDP) Team Member of 30 years.
Thank you for sharing Rita!

Child Development Program (CDP) Updates

Early Childhood Education plays a critical role in a child's development. The early years and experiences will have an impact on our brain development. Connections with caregivers and educators are fundamental to children's health and wellbeing.

All 6 of our programs are full of busy little learners, and everyone has been spending lots of time outdoors enjoying fresh air, movement, and the transition to spring, with the children showing great curiosity and engagement. It is wonderful to watch all 70 infants & toddlers, grow, explore and build relationships each day.



Ottawa Public Health (OPH) Dental Screening

This year we hosted our first dental screening in partnership with Ottawa Public Health. A dental hygienist conducted an initial screening of children's oral health and provided parents with a report and any next steps and resources. Early identification and introduction to dental care is a vital step in ensuring oral health in young children.



Special Activities



2025 Holidays

December was a very busy time at the Centre, and Youville Centre's families were very grateful for the generous support from our donor community. Our clients were able to access our Holiday YouStore filled with wishlist items and toys, participate in special activities such as a family breakfast, a holiday party, a turkey lunch with all the fixings, and more.

We were also able to send all our families home for the holiday break with practical donations such as diapers, snacks for children, treats and gift cards. Please visit our [Facebook page](#) to view our donor appreciation photos/posts.

Each year, we typically host CDP holiday celebrations in the gym, bringing together our onsite clients, children and community families. This year, our Youville clients expressed an interest in a smaller experience, requesting dedicated time to engage in one-on-one holiday activities with their children in a quieter, more relaxed setting.

Our CDP team thoughtfully organized a variety of seasonal activities to celebrate Winter/Holidays, Valentine's Day, Family Day and Easter. These smaller, meaningful moments provided a calm, welcoming space for families to connect, create special memories, and enjoy quality time together. It was a wonderful opportunity for both clients & children to slow down, bond, and take home cherished memories.



YOUVILLE CENTRE 2025 HOLIDAY WAYS TO GIVE

thank you!

In Client's Words...

Hello I'm Kayla and on behalf of the students and young mothers at Youville Centre I would like to thank you for your generous donation. Your kindness and support means more to us than words can express. As young mothers working hard to continue our education while caring for our children, gestures like yours make us really happy and we appreciate it very much. Your generosity not only provides support but also reminds us that our community believes in us and our future and we are truly grateful for that thank you.

Thank you for everything, truly. The impact your donations have on the quality of my daughter and I's life can't be expressed in words. The gift cards allow me to provide the toys and clothes she genuinely wants. The diapers and wipes are honestly the biggest help. I'm deeply appreciative of everything you do, you change our lives everyday.

Thank you for making the holiday special for us. God Bless You.
XOX Lorelei & Afiaa

Thank you so much, everything has been helpful especially the gift cards and diapers & wipes. Very appreciated. Emma

Thank you for the holiday support this year, I am so grateful for the gift cards to buy food



Staff have heard so many comments of appreciation from our clients - they are so grateful for the support providing necessities & gifts for their families this year. THANK YOU!



Intensive Treatment Support Program (ITSP) Updates

Ministry of Children, Community and Social Services (MCCSS) Program Advisor Visit

The ITSP Team welcomed our MCCSS Program Advisor onsite for a tour & program visit in March. The MCCSS is a valued program funder.

Fairy Godmother

Our graduating students visited the Fairy Godmother in April with ITSP staff to search for a magical dress to celebrate their accomplishments on graduation day.

Parenting Groups

The Spring will welcome back our parenting groups: **Make The Connection, and Circle of Security**. Make the Connection promotes secure attachment and brain development, giving parents the tools to support emotional growth and healthy parent-child relationships. Circle of Security is focused on helping caregivers reflect upon children's attachment needs in order to promote secure attachment.



Student Potluck

With the support of the teaching team, the students coordinated, planned and prepared a potluck lunch to be enjoyed by staff and students. Some students chose to prepare their meals on site where some others prepared meals at home or together at friends' houses. The lunch was filled with delicious aromas and the sounds of conversation and connection as we shared a special meal together.



Children's Hospital of Eastern Ontario (CHEO) Medical Clinic

We are grateful to our ongoing partnership and twice monthly visits with CHEO's Dr. Megan Harrison and Debbie Davidson, RN. Having an onsite clinic helps ensure that all children continue to meet routine vaccine requirements, are able to consult on health and developmental questions and establish trusting relationships with medical professionals all while minimizing disruption to their academic day or their child's learning in childcare.

Counselling

We have begun our third and final Dialectical Behaviour Therapy (DBT) Skills Group for this academic year. As students build on the skills and relationships developed through the group, there has been an increase in students continuing their therapeutic journey with available individual counselling, all of this in partnership with Westboro Psychology.

Education Partner Updates

MF MCHUGH EDUCATION CENTRE & ST.NICHOLAS ADULT HIGH SCHOOL

As we approach the final stretch of the school year, there's so much to celebrate here at M.F. McHugh Education Centre and St. Nicholas Adult High School! With only a few months left before summer, our students at Youville Centre are pushing forward with determination and enthusiasm.

Dual Credit

There are 5 students completing the dual credit program in partnership with Algonquin College.

The Dual Credit program is an exciting opportunity to come to college while you are in high school and earn a credit at both institutions. You will be completing a real College course that counts towards a certificate, diploma or degree program. This program exists to help discover the various educational or career pathways and help get closer to the goal of graduating high school.

Graduation Goals in Sight

We are thrilled to announce that several of our students are on track to graduate with their Ontario Secondary School Diploma by the end of June! Their hard work and dedication are truly inspiring, and we can't wait to celebrate their achievements at graduation.



Looking Ahead

With spring on the horizon, our students are looking forward to resuming our visits to Angel Rock Farm and engaging in the equine assisted learning program. The program will focus on building social and other life skills.

Students are also brainstorming with staff to plan the remainder of the school year and related field trips. Bowling, escape rooms, pottery painting and farm visits with their children are the current top priorities!



Thanks for the support Youville Centre Community!



A big thank you to **Youville Angels Margie and Deb** for collecting and donating an assortment of spring gifts for all the CDP children & our Youville clients. A much appreciated treat for all!



Thank you to **100 Men Who Care** for the generous donation following their November 2025 fundraising event. Ron Smith and Dean Trudeau are pictured above for a cheque presentation.



Thank you to the **Ottawa Police Purse Project** for the collection and donation of essential toiletries and health & beauty items for our clients leading up to the holidays.

On our website...

Now accepting Alumnae & Second Generation Bursary Applications

Fundraiser Golf Tournament 2026

Visit our website for more details and the link to register:
<https://www.youvillecentre.org/ways-to-give/fundraising-for-youville-centre/>
Thanks for the support Knights of Columbus 9544!

May 2026 Mother's Day Campaign

Visit our website page here for more information:
www.youvillecentre.org/ways-to-give/help-us-grow/

Do you know someone who would consider supporting Youville for the first time?
Share Julie's Story and help us spread the word - together we can make a difference!

We are grateful to be a recipient of Hobin Architecture's 2026 "You Give, We Give" campaign *thank you!*

During the months of May and June 2026: First Time Donations will be matched by Hobin Architecture**

**up to \$45,000 - More details at <https://www.hobinarc.com/giving/>

Youville Centre

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