

ROSE GARDEN

Rose of Durham
YOUNG PARENTS SUPPORT SERVICES



On May 31, 2014 over 200 people celebrated family at the Rose of Durham Community Picnic. The day featured a BBQ, musical entertainment, a visit from the Cookie Monster, face painting, carnival games, bouncy castles, and exotic animals. A great time was had by all! See page 4 for a list of event sponsors.

Rose Garden is a quarterly publication produced by Rose of Durham.

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To enquire about board nominations please contact the Executive Director

Rose of Durham is funded through the generous support of individuals and organizations. Major contributors include:

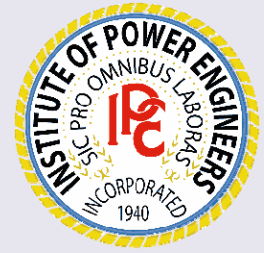


Our Vision

A community that accepts, encourages, and empowers young parents.



The Power of Partnerships



In 2012 Rose of Durham was asked to be the Charity of Choice for the Institute of Power Engineers' annual golf tournament.

What does this mean?

It means we provide assistance by supplying staff to help the day of the tournament and in exchange we are provided with the opportunity to host certain events the day of, such as the sale of passports for entry into the contests, and 50/50 tickets.

In 2013 the Institute of Power Engineers began a custom of matching the money raised.

In 2014, Ralf Klopff, Ontario Director presented us with a cheque for \$2,020. Add to this the generous donation from Frank Farley, the 50/50 winner who donated all but \$10 of his winnings, and the Rose of Durham received a total of \$4,350 for 2014.

We are sincerely grateful for this partnership and look forward to continuing to nurture it in the years to come.



Ralf Klopff, Ontario Director of the Institute of Power Engineers presenting Executive Director, Janet Chappelle with a cheque for \$2,020

The staff and Board of Directors of Rose of Durham Young Parents Support Services participated in the Oshawa Chamber of Commerce's annual Chamber Challenge on March 5, 2014. This is an event where teams compete at various events (bowling, go-karting, basketball) and attempt to score the highest combined points. The winning team is awarded money for their charity of choice. While neither of our teams won the prize, a great time was had by all, resulting in a fantastic team building event.



Deneen Nolte, Melissa Pringle, Janelle Small, Janet Chappelle and Bill Jesty



Stacey Daigle & Denise Nickerson



Asha Newman & Alan Malkin

EARLY CONNECTIONS

PROMOTING OPTIMUM INFANT MENTAL HEALTH AND ATTACHMENT IN UTERO

Early Connections is a seven week prenatal attachment group focusing on relationship-based interventions during pregnancy.

The group is offered to prenatal mothers by Rose of Durham counsellors, many of whom have completed their infant mental health certificates from York University.

This program originates from the belief that supporting the mother from the very beginning, to become self-aware of her journey through pregnancy, on all levels (physical, relational, psychological and emotional) is the best predictor for the positive life trajectory for both the child and mother.

Early Connections is based on material from the Nursing Child Assessment Satellite Training material "Promoting Maternal Mental Health During Pregnancy".

Staff obtained the material and adapted it to fit within the Rose of Durham's environment and attachment theory.

Each week interactive sessions are offered to explore new concepts, allowing participants to begin the bonding process with their unborn child.

Themes that are explored include:

Week 1: Entering motherhood

Motherhood is celebrated with a baby shower for all participants. Participants are also given memory boxes, which they can use to collect memories of their pregnancy journey.

Week 2: Connecting with baby

Each mom writes a letter to her baby and the Rose of Durham videotapes the mother reading her letter. The mothers are also encouraged to participate in an imagery exercise which encourages her to relax and visualize her baby.

Week 3: Attachment is addressed

Participants have an opportunity to explore everyday baby care activities and learn ways to make these tasks into optimal attachment moments. Participants will also look at how they were parented and its effects.

Week 4: Relaxation and Well-being

The importance of relaxation and healthy well-being is discussed. Participants have the opportunity to participate in exercises that teach skills such as meditation and deep breathing.

Week 5: Honouring the Woman

Participants are encouraged to assert themselves in regards to their needs and relationships. Themes covered include: a saying no exercise, looking at healthy sexuality and exploring "ghosts from the past". Women are encouraged to begin inner healing.

Week 6: Making Space for child

Participants are provided with the opportunity to begin the process of allowing the child into their lives; interventions include making space for baby mentally, emotionally and physically.

Week 7: Baby's brain development

Education on baby's brain development is provided. Interventions focus on learning about the critical role the mother plays in optimal brain development for her child.

Session 8: Celebration

Certificates are awarded and the content and learning objectives of the group are reviewed.

This is the only pre-natal attachment promoting group in Ontario.

To obtain further information about the Early Connections program please visit:

www.roseofdurham.com

(click on "Programs & Services" - "Early Connections")

To inquire about supporting this initiative please contact Janet Chappelle at:

jchappelle@roseofdurham.com
(905) 432-3622 Ext 228

A very special thank you to Community Picnic Sponsors:

Bowmanville Zoo, CN Tower, Durham Parent Relief, Enbridge, Frank Faniciulli, GM Centre, Halenda's, , KX 96, Lori Anne Turner, Maple Leaf Sports and Entertainment, Mariposa Cruises, Marsha Nesbitt, Oshawa Centre, Ontario Science Centre, Sunflower the Clown, Swiss Chalet Whitby (Consumers Road), The Leggo Trio, The City of Oshawa, Vandemere Nursery, Veridian Connections Inc., Walmart (Stevenson Rd, Oshawa), Wild Water Kingdom.

In addition, the following Knights of Columbus Council's were generous supporters of this year's Community Picnic: Conseil Notre Dame, Father John T. Bolger, St. Jude, St. Gertrudes, St. Gregory the Great, St. Francis of Assisi and St. John the Evangelist.

TICKETS ON SALE NOW!

Victorian Tea & Gift Basket Draw
November 18, 2014

Doors Open at 6 PM
Event Begins Promptly at 7 PM
LVIV Hall
St. George's Ukr Catholic Hall
38 Lviv Blvd. Oshawa
(Simcoe & Bloor)

Call 905-432-3622 to Order Tickets
\$25 Each

Stories from the heart and many more like it are made possible due to the support of our community. Sincere thanks to Evelyn Hryciuk, The Little Grape that Could, Oshawa Charity Euchre, St. Gregory the Great CWL, St. Christopher School, Ryan and Linda Harlock, Caleb Smith, United Way of York Region, Kinsmen Club of Whitby, Dana Snedden CGA, Courtney Thorne, Carole MacLennan, North Oshawa Lions Club, Kingsview United Church, Veridian Connections, Mary Ann Mongeau, Telus Corporation, FlexoPartners Inc., St. Stephen's United Church, St. Therese Catholic Women's Connection, John Howard Society of Durham.



"It is only in the giving of oneself to others that we truly live" ~ Ethel Percy Andros



St. John the Evangelist 4895—\$200, St. Gregory 2671—\$400, St. Joseph's 6361—\$500, Father Leo J. Austin 2287—\$500, Father John T. Bolger 6161— \$200, St. Judes 6052—\$500, St. Gertrude 1926—\$200, Conseil Notre Dame 8549—\$500, St. Bernadette's 10236—\$500, St. Isaac Jogues 11098—\$1,000

We also gratefully recognize funding provided by:

- ⇒ The Community Foundation of Durham for funding our Free to be Me Self-Esteem program.
- ⇒ The Durham Child Nutrition Program for providing funds to support our Student Nutrition Program.
- ⇒ Thomas Cardinal Collins, Archbishop of Toronto for \$4,000 in proceeds from the 2013 Archbishop's Dinner.
- ⇒ Resources for Exceptional Children and Youth for funding a staff training event, "Unleashing Your Potential".
- ⇒ Durham Children's Aid Society for funding our Spring 2014 What a Difference a Dad Makes parenting program.

Please note that the summer newsletter acknowledges donations received from February to April 2014.

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