



In Their Own Words

1. Why did you start coming to Rose of Durham? I was pregnant and I ended up off work earlier than intended. I was looking for resources, support and a chance to connect with other moms.

2. How old were you when you found out you were expecting? I was 23 years old.

3. How did you feel? I was really nervous about the timing and if we

could afford it, but I was also very excited.

4. What supports did you have in place? My biggest supports were my husband and my mom.

5. How has your life changed? I am home more now. The way I think has changed as well as my priorities. What I thought I wanted in life and my career goals have also changed. Now, my main focus is teaching my son morals and how to be a good person.

6. What challenges have you faced? I felt I had a lack of support when I was pregnant, and not knowing what to expect was a challenge for me. My husband's work schedule is afternoons and evenings and that is when my son is most active and I'm the most tired, so it is difficult being alone and finding ways to keep him active. There was a season where my son would not nap and that was very tiring.

7. How do you think society views you as a parent? I believe that I am viewed as an adequate parent. I feel I was looked at positively for breastfeeding my son and I have nourished a healthy attachment with him.

8. What programs at Rose of Durham did you attend and why? I took the prenatal classes to learn what to expect during labor. I attended individual counselling, this was beneficial for me to use as a sounding board and for encouragement. I participated in Learning Through Play, crock pot cooking classes, the respite program and I accessed the donation room when needed. I also learned about a community program Food 4 Thought from the Rose and attended that program as well.

9. How did these programs help in your role as a parent? They helped me feel connected and prepared. I felt very supported with my breastfeeding. I was able to get connected with other resources and meet other moms and professionals.

10. How did your involvement with the Rose of Durham help you as an individual? Helped me to see what I wanted and set goals for myself. Helped me to recognize I wanted to give back to the community, I am applying to become a foster parent now. It helped me grow and taught me new skill sets.

11. In your view, what is your greatest success? Attachment with my son, successfully breastfeeding, and who I have become now, after the Rose.

12. Did Rose of Durham contribute to your success? Yes!

13. What are your future goals and how can Rose of Durham support you? I am hoping to open a foster home and be a resource family. I have a strong desire to work with adolescent moms. I am currently supporting a breastfeeding group which I was referred to by the Rose. I hope one day to volunteer at the Rose, and I always hope to stay connected because they are such an amazing agency! **UPDATE:** This former client has successfully opened a foster home and volunteers with the Rose of Durham.

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

I am an Executive Director, but I am also a Rotarian! Rotary is 1.2 million neighbours, friends, colleagues, and community leaders who come together to create positive, lasting change in our communities and around the world. The value system that a Rotarian holds are similar to that of this Agency. Since joining Rotary, I have made new friends, promoted our agency, and have seen the impact they can have on the community.

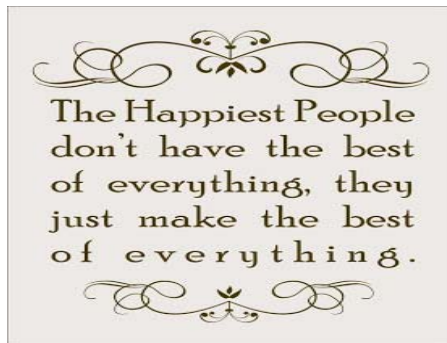
The Rotary Literacy Committee provides books to our Agency so that every child born to a Rose of Durham client has a book. The Literacy Committee donated a bookshelf and library of books (which is continually replenished) to be borrowed, returned, or kept. Also, through this partnership every family who spent their Christmas Holidays in the Neonatal Intensive Care Unit of Lakeridge Oshawa in 2013 & 2014 was visited by Mrs. Claus and received a copy of 'Twas the Night Before Christmas' along with other goodies, and we will be doing this again in 2015.

In addition, Rotary has shown support for our organization by sponsoring our Annual Victorian Tea, and working closely with us on a new fundraising endeavour the 'Polar Bear Plunge' which was launched in January of 2015.

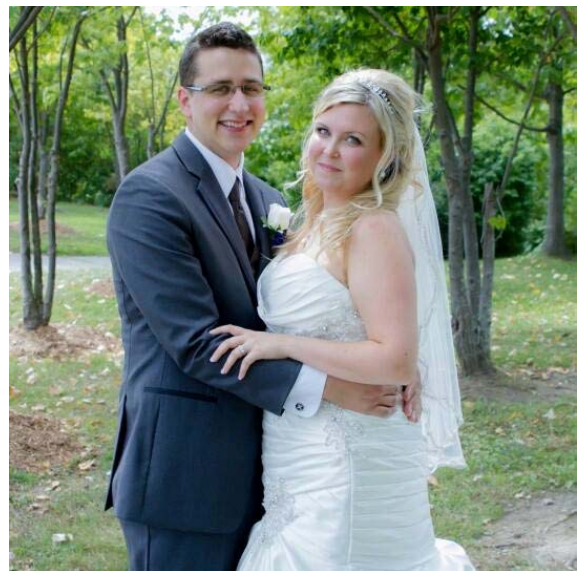
Rotary also supports other initiatives in the community such as the Eastveiw Boys and Girls Club, Grandview Children's Centre, Air Cadets, and sponsors families ever year through Simcoe Hall Settlement House.

Internationally, Rotary brings water and medical care to communities that otherwise would not have it and we are very close to completely eradicating polio from the world! That is something to be proud of.

I am a proud Rotarian, Janet Chappelle



Congratulations Corey and Sadie!
Thank you for allowing us to be part of another Rose of Durham Wedding! We wish you all the best!





Holiday Hope Hampers 2015!!!!



Yes, we know it's early, but it's never to early for HOPE! So it's time to start planning for the 2015 Holiday Hope Hampers.

In 2014 this program with the assistance of the community and Dear Santa Durham (more on that later). Rose of Durham and Santa's helpers were able to ensure that **73** families in need, had a Merry Christmas.

The toys, gift cards, groceries and other requested items provided by a caring community, along with an army of donors makes celebrating the Holidays a little less stressful when your biggest worries are related to living in poverty, obtaining your next meal, and where you are going to lay your head.

While the program will not formally begin until later this fall, please consider becoming, or returning as a donor.

If you are interested, please call the office at 905-432-3622 and put your name on the list.

You will be contacted in early November and provided with your family profile and wish list. *Please note that in order to protect the privacy of our clients, all hampers are delivered by our staff.* However the donor does receive a thank you card from the client, via the Agency.

How else can you support this great cause, and have fun? Why not



participate in the Dear Santa Holiday Hunt???

Last year teams of four scoured Durham Region, seeking out treasures for the holiday. It was a community scavenger hunt that found Christmas for plenty of families.

The teams visited various sponsoring locations across Durham, in a race against the clock, and partook in some wacky activities, from singing Christmas carols to strangers in a restaurant, to staging the nativity scene with 11 random strangers, all while helping to fill Santa's sack for families in need.

After 2 hours on the road everyone gathered at the Whitby Yacht Club, and enjoyed dinner, prizes, music and dancing, there was even a photo booth and a visit from the man in red! All in the support of **Rose of Durham.**

Planning for this year's hunt is already underway. This year's event will be held on **Saturday, December 12 at The Whitby Yacht Club.** watch our webpage

www.roseofdurham.com and of course join or visit the Dear Santa Durham Facebook page [https://www.facebook.com/](https://www.facebook.com/dearsantadurham)

[dearsantadurham](https://www.facebook.com/dearsantadurham) for more information and to take a peek at some of the fun we all had last year. Tickets are \$60 each. Tickets will be available for purchase online and in person.



Team Cupid - Durham College

Excitement is building as we plan this year's Victorian Tea, our 22nd Annual! Our goal is to raise \$23,000, while ensuring our guests have a memorable and fun evening. This is only possible through the generosity of our private and corporate donors and the support of our Victorian Tea guests.

You can Christmas shop among the available baskets while enjoying handmade sandwiches, sweets and some delectable teas. Back by popular demand Honey & Tea Café and our wine bar!

Who knew giving back could be so much fun? HOPE TO SEE YOU THERE!

TICKETS ON SALE NOW!

Victorian Tea & Gift Basket Draw
November 17, 2015

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

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

The essential services we provide are made possible due to the support of our community. Sincere thanks to; The Rotary Club of Oshawa, Kenneth and Mariafe Graves, The Institute of Power Engineers, Nu Alpha Sorority, Peter and Eileen Robertson, Ladies Auxiliary Royal Canadian Legion Branch 43, Maureen Haan, Brian Reel, Ontario Power Generation, Linda Young Barrett, Christine Kicinko, Paul Chamois, Michael and Josephine Geraghty, Joan Blair, Immaculate Conception Catholic School, St. Mary Catholic Secondary School, and Trojanone Ltd. for prize money in the amount of \$2500 won at the OLG Pan Am Games challenge!



"We make a living by what we get, we make a life by what we give" ~ Sir Winston Churchill



Holy Redeemer Council 11729—\$625
St. Leo's Council 11528—\$1,400

St. Francis of Assisi Council 11268—\$175
St. Isaac Jogues Council 11098—\$772.86

We also gratefully recognize funding provided by:

- ⇒ Government of Ontario—Employee Development for their support in assisting one of our counsellors in furthering her education
- ⇒ The Regional Municipality of Durham for their support of our Young Parent Resource Room
- ⇒ HRDSC for funding our Resource Development Coordinator position that is instrumental in the success of our Victorian Tea
- ⇒ The Ontario Trillium Foundation for funding our Group Worker position.

Please note that the Fall newsletter acknowledges donations received from May to July 2015.

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Rose of Durham
YOUNG PARENTS SUPPORT SERVICES