

ROSE GARDEN

Rose of Durham
YOUNG PARENTS SUPPORT SERVICES

Holiday Open House

On November 22, 2015, the Rose of Durham hosted its first ever Holiday Open House! This event's conception occurred when a member of our Board brought the idea of a Scentsy Fundraiser to one of our meetings: "Once I took the idea to the board, we thought we could expand on it. We could make it a bigger event involving the community and help spread awareness". The seed was planted!

Soon we had designed a day full of shopping and goodies and we were ready to open our doors to the public. Together staff, board members, vendors and volunteers assembled an absolutely stunning array of products to touch, sniff and nibble—all in support of The Rose!

Over fifty people walked through our doors that day including members of the Knights of Columbus, Catholic Women's League, 2 Scoops 4X4, and members of St. Evangelist's Church. When we asked some of our visitors why they had decided to come out that afternoon, we were humbled by their responses:

"Places like the Rose are important because raising kids is the most challenging job in the world, no matter your age."

"It's not only for the child, but the parents that raise them as well."

"I like that they also have a large focus on the fathers, and the couple's relationship."

One of our guests in particular understood how important agencies like the Rose are to young parents.

At age 19, Megan had recently moved to Oshawa, only to find that she was pregnant and without support. The Rose of Durham became an integral part of her journey forward as she quickly took advantage of any and all supports available. Megan joked that after making use of our services through all three of her pregnancies over the past 6 years that she has been a part of every single group and service the Rose offers. Megan expressed such appreciation for the knowledge and guidance she received that she even invited our Executive Director to her wedding (which Janet happily attended with her husband Dave our male counsellor).

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:



Breastfeeding in Durham

When a woman becomes a mother she gets to choose whether breastfeeding is right for her. Unfortunately there is a pretty negative stigma around breastfeeding in public. Durham Region is working on changing that stigma, and helping empower women who breastfeed in public.

In a September article by Moya Dillon, she sheds light on a new public health campaign promoting breastfeeding. Around Durham you may see life-size cardboard cut-outs of woman breastfeeding, bus ads, and other advertisements raising awareness. Durham's health department also has window stickers that read "breastfeeding welcome here" that businesses can use to show support. The Ontario Human Rights code actually protects the right to breastfeed anytime, anywhere.

Not just Durham is getting involved; breastfeeding is getting attention online too. The hashtags #normalizebreastfeeding and #breastfeedingselfie have been trending. People all around the world are using these hashtags, working towards normalizing breastfeeding, because awareness is half the battle.

Together we can end the negativity that surrounds breastfeeding and provide a safe, stress-free environment for all moms. Contact The Rose of Durham today for more information on the breastfeeding support we offer.

Feel free to keep this conversation going, add your thoughts on our facebook page!



November 17th was this years annual Victorian Tea hosted at LVIV Hall. The night was filled with fun and laughter, and we raised more money this year then we have in over 5 years **\$24,000!!!!**

The Victorian Tea is possible because of the countless volunteers that work to make it a success. We thank all of you.

Lastly, thank-you to all of those who attended the event. The Rose Of Durham appreciates you and your support.

A list of businesses and individuals who donated to this event can be found on our website.

6 Ways to Beat the Winter Blues



1. Make your environment brighter! Lack of vitamin D is known to be a huge factor in bringing you down in the winter. 30 mins a day of light exposure can have large, positive affect on your mood. Open blinds and curtains, go for a stroll in the park, or sit by a light box if you have one.

2. Eat mood boosting foods. Certain foods like dark chocolate, salmon, beans, and leafy greens can help to enhance your mood, and help relieve anxiety.

3. Exercise. Try to get 30 minutes of exercise 5 times a week, or 60 minutes 3 times a week. Not only will it help with mental health, but your all around health.

4. Jam out to your favourite songs. Listening to upbeat and cheerful songs can improve mood short and long term.

5. Help others. Volunteer with us, with a soup kitchen, or at a local church. Volunteering leads to improved mental health and overall life satisfaction!

6. Get outside. Not only does this help with getting more sun, but it gives you fresh air. Bundle when it's cold, and remember time outside leads to improved focus and lower stress levels.

**WE'VE GOT
BIG EXCITING
NEWS!**
(can't hold it anymore)

The Durham Catholic District School Board has asked us to present a 40 minute workshop at their upcoming Parent Mental Health conference on Thursday, February 25, 2016.

Rose of Durham's Executive Director, Janet Chappelle and Clinical Supervisor, Anna Aitchison will be presenting a workshop titled:

Connecting Infant Mental Health to Long-Term Development

Research from many sources provides evidence of decreased behavioural concerns, improved school performance and increased mental health benefits for children who have a solid attachment built from birth to 24 months.

To register for the event www.dcdsbmentalhealth.eventbrite.ca



The essential services we provide are made possible due to the support of our community. Sincere thanks to: Mrs. Michele Faux, Ontario Power Generation, Petley-Hare Limited, Joan Blair, North Oshawa Lions Club, Enbridge Pipelines Inc., Lori Anne Turner, Ladies Auxiliary Royal Canadian Legion Branch 43, The Rotary Club of Oshawa, Staff at Sir Wilfrid Catholic School



**“We make a living by what we get,
we make a life by what we give”**

St. John the Evangelist Council—4895—\$300



CHRISTMAS CHEER!

We also want to gratefully acknowledge everyone who helped make Christmas special for our families, as a result of so many groups, individuals, and schools, we sponsored **65** families with Christmas Hampers.



Family Sponsors: RCM Technologies (Pickering), Peter and Jacqueline Bocking (Dear Santa), Organization 4 Peace, O'Neill Collegiate and Vocational Institute, Power Yoga Canada, Jill Harrison and Family,

Kaitlen Hollyoak and friends, Jen Smith and family, Whitby Wolves, Ian Huycke and Son, Maureen Mosey, Engage Partners, Barb Power, Bernadette Sims, Tara Astbury, Alexis Macilwain, Service Ontario, Traditions of Durham, Ellen Duerden, Hourglass Workout, Kathey Herbert and Family, Durham Occasional Teachers, Walnut Street Junior School, OLG Ajax, Region of Durham, Ontario Power Generation, Father Leo J. Austin School, and Partners in Community Nursing.

Toy Donations: Toronto Fire House, Durham Regional Police, Chum CP24 Christmas Wish, Hillsdale Terraces, Barb Wiseberg, Darrel N. Hotz Barrister and Solicitor, Vandenbos School.

A special thank you to 2 Scoops 4X4 groups for providing two turkey dinners with roasters!

Finally, thanks to all who supported our annual layette drive, due to your generosity we will be able to continue celebrating every birth in 2016 with a Layette.



Please note that the Winter newsletter acknowledges donations received from August to October 2015.

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