



Our staff room full of sponsorships from the community.

Christmas Miracles

Christmas can be a very difficult time of year for a lot of people. Think about having to choose between rent and food, or buying your child a present. No one should have to feel like that. At the Rose of Durham we sponsored 105 families this Christmas and we want you to know the impact that has on a family. Below is a letter received from the mom of one of our clients whom we helped.

To the staff at Rose of Durham:

When my daughter arrived at my house in the middle of the night this summer, I welcomed her and her infant son with open arms, never once letting on that supporting them through this time was going to be difficult.

As a family we have struggled through, as she dealt with not having any of her or her sons belongings, court issues, and the emotional ones that come with leaving her relationship. We have provided food, shelter and emotional support on a very tight budget and advised her on places and organizations where she might be able to find additional support.

We have watched her begin to realize that there will be life after this. She is starting to find herself again. She has been enrolled in school part time for several months now, and though it has often been a struggle she continues, and is doing well. She has applied to go back to school full time in the fall for her Bachelor of Education.

We have watched our grandson thrive despite the upheaval and turmoil.

A lot of this has been made easier for me as a mom (and grandma) because of the programs and support provided by your agency, and I wanted to say "Thank You". Most especially I would like to thank you and all your supporters for the care packages. Particularly the Christmas hamper. We have been able to provide food and shelter, but there was not a lot left in the budget for the extras of the holidays. I smile every time I see the presents under the Christmas tree that would not be there without you.

From the counselling, the programs, and right through to the care packages, you have profoundly affected all of my family in ways you cannot know. Thank you for all you have done. Have a wonderful holiday.

Sincerely,

Mom, Grandma, Future Donor

Thank you to all our donors and supporters who made Christmas possible!

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

Content may not be reprinted without permission. Permission for reprint, as well as suggestions and comments can be sent to:

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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

Encouraging and empowering young parents and their children towards a future built on positive mental health



Victorian Tea

November 15, 2016 was the annual Victorian Tea, held at our new location the Jubilee Pavilion. The night was filled with fun and laughter, and we raised **\$24,000!!**

The location was not the only change this year, we also changed how we served the food and we want you to know that we love your feedback, and yes we do read every single comment card left for us. Next year we plan to go back to having food at the tables, with the buffet available for refills. We feel this minor change will bring back what you missed about past events.

This event is run by staff and volunteers and it is not possible without a lot of hard work. We thank all of you, and we especially thank our donors, without their support, there would be no baskets.

Lastly, thank-you to everyone who attended the event. We appreciate you and your support. **Mark your calendars for the 2017 event on Tuesday, November 14, 2017.**



Maple Baked Oatmeal

Ingredients

- | | |
|------------------------------|----------------------------------|
| 1 1/2 cups large flaked oats | 1/4 cup slivered almonds |
| 2 tablespoons maple syrup | 2 tablespoons packed brown sugar |
| 3 cups milk | Pinch salt |

Instructions

1. Set oven to 350°F and prepare 8 inch square glass baking dish with butter or spray
2. In baking dish combine oats, almonds, maple syrup, brown sugar, and salt.
3. Stir in milk
4. Bake until oats are softened and milk is absorbed, about 40 minutes.
5. Sprinkle with cinnamon to taste. Serve hot.

Infant Mental Health



earlier is better and easier. In the early years of development the brain is most plastic creating an exciting opportunity to support a child's development.

Serve and return experiences are essential to early learning, health, and well-being over the lifespan.

Babies are born relationship ready and in fact, their development depends on the immediate relationships in their world. We now understand how these daily interactions influence gene expression and the wiring of the brain in the early years. Positive interactions support positive development. Unreliable and inconsistent interactions are more likely to lead to poor brain development and poor developmental outcomes for a child.

Toxic stress derails development in young children. Toxic stress is triggered when an infant, toddler, or preschooler experiences prolonged activation of the stress response system in the absence of a protective relationship that can buffer the stress

and the negative impact it can have on a child's development. Neglect, abuse, unresponsive and inconsistent care are just some of the experiences that can lead to toxic stress in young children.

Social, emotional, and cognitive development are connected with each other and cannot be pulled apart. Social and emotional development together provides the foundation for cognitive development. Collectively, they will influence developmental outcomes over the life of a child including school achievement.

**Infant Mental Health Promotion Durham Region Report*

“The attention & environment you provide shapes your child's brain development for life.”

In 2017 the Rose of Durham will begin preparing for the formal accreditation process that will lead to the agency being an accredited Children's Mental Health Organization. We decided to seek this accreditation when we shifted our focus of programs and services towards the infant mental health science. Why? What does science tell us?

Brains are built over time in a bottom up sequence. The brain begins to develop before birth and continues to develop into adulthood. Simple circuits are formed first with every level of circuitry that follows taking on more complex tasks.

The brain's capacity to change decreases over time. While it is never too late to influence brain development, we know now that

Rose of Durham provides over 15 free programs and a multitude of services including counselling and community referral all at no charge. Our goal is to provide young parents with the tools needed to build secure relationships with their children, which leads to optimal infant mental health, that secures positive development in all areas of life from mental health, physical health, emotional stability, resilience, school performance and their own ability to form secure, safe, and lasting relationships.

Did you know that 50% of our funding is provided by our main supporter Catholic Charities via money raised during ShareLife campaigns? Why is this relevant to you the donor? Well that funding covers our overhead and salaries, sometimes referred to as administrative costs. Therefore, every dollar raised through fundraising and private donations is used to provide direct service to our clients.

We know that the integrity of our agency and our financial responsibility is important to you the donor, and we want you to know how serious we take that. Our audited financial statements are available upon request.

Thank you for your continued support and we can't wait to see what 2017 has in store for us.

The essential services we provide are made possible due to the support of our community. Sincere thanks to: Ontario Power Generation Inc. , Sherry Corbitt, Joan Blair, Brian Reel, Mark Smegal, Lisa Salomone, North Oshawa Lions Club, Rotary Club of Ajax, St. Leo the Great Catholic Women's League, Auxiliary No. 27, Ladies Auxiliary Royal Canadian Legion Branch 43, Faith United Church Women, C&C Motor Sales, Catherine Duncan, Patricia Jardin, Heidi Croot, Nicole Skinner, Lori Anne Turner.



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



St. Gertrude Parish Council 1926—\$300
Conseil Notre Dame 8549—\$250

St. Therese Council 11079—\$1,410
St. Jude Council 06052—\$500

We also gratefully recognize funding provided by:

- ⇒ The Regional Municipality of Durham for their annual support of our Resource Room
- ⇒ HRDSC for funding to hire a student in the summer that supports our Victorian Tea
- ⇒ Durham Child Nutrition Program for continuing to allow us to provide breakfast and lunch to all the young women and children in our teen mom school program.

“If a community values its children it will cherish their mothers” ~ Bowlby

Please note that the Winter newsletter acknowledges donations received from August to October 2016.



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Rose of Durham
YOUNG PARENTS SUPPORT SERVICES