

My Life My Voice: The Experience of Young Parents In Durham Region – Part 3

Relationship Realities for Young Parents.

Family—For many young parents the relationship with family is strained, in some cases the new baby helped to repair relationships but in others it had the opposite effect.

Friends—Many young parents have a strong circle of friends while pregnant but once the baby arrived childless friends have difficulty understanding the constraints that parenthood places on the ability to engage in normal young adult activities.

“A lot of my friends now are the people I met through programs.”

Partners—Conflict within partner relationships was a recurring theme. However, when participants were asked to describe their ‘perfect’ life, they placed great importance on stability, even marriage, with a loving partner.

Imagine the normal stresses of a relationship and then compound those factors with poverty, unsafe and unstable housing, high unemployment, and food

insecurity, **how can you work on your relationship when it takes all your effort just to survive.**

The Community—Young parents are often stigmatized by stereotypes such as they are irresponsible and incompetent parents. Social stigma and feeling judged was a common theme, participants felt they were constantly being evaluated on their ability to parent. Some even reported they actually avoided going out to elude the stares and judgement.

“I’m a mother, treat me exactly as you would any other mother, you may be 40, I may be 17, but the only difference between us is age”

Mental Health

While we did not specifically ask our participants about their mental health concerns, 30% self identified as having symptoms of anxiety and/or depression.

The implications of living with these symptoms included isolation and difficulty accomplishing goals and daily activities. **Imagine how stigma by the public can enhance these**

feelings.

Many young mothers live with economic or social disadvantage. On average teenage mothers had experienced 5 or more traumatic events in their lifetime.

Impact on Child

When children experience strong, frequent, or prolonged adversity the result can be toxic stress, healthy development can be derailed by excessive stress.

Isolation

Connecting with others is beneficial to maintaining good mental health. 36% of our participants spoke of feeling isolated or lonely. Underlying causes related to lack of transportation, difficulties getting out, inclement weather and mental health.

To download a copy of the full report visit www.durham.ca/mylifemyvoice
Stay tuned for our final issue covering this report where we will share with you the community supports available to young parents and participants hopes and dreams

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

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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

ROSE
GARDEN

Victorian Tea & Gift Basket Draw

Excitement is building as we are planning the 24th annual Victorian Tea.

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 all our guests.

WE HEARD YOU: we know many of you did not enjoy our buffet style sandwiches last year so we are happy to share that sandwiches will be back on every table.

Enjoy a night out with your friends, Christmas shop, enjoy handmade sandwiches, sweets, and coffee and tea at our hot beverage station. There will be a cash bar selling both alcoholic and non alcoholic beverages.



Who knew giving back could be so much fun?

When: November 21, 2017

Where: The Jubilee Pavilion

55 Lakeview Park Avenue

Doors open at 6 PM—Event begins at 7PM

Tickets are \$25 call 905-432-3622 to reserve yours!

Congratulations Rich and Kasey!

Thank you for not only allowing us to be a part of another Rose of Durham wedding, but for the honor bestowed upon our Dads Group Facilitator Dave Chappelle who through the relationship built with Rich (a program steward in the What a Difference a Dad Makes group since 2010) was asked to officiate this joining of two lives.

Wishing two great people, and really amazing life!



hope 🌹 promise 🌹 new life



Holiday Hope Hampers 2017!



Yes, we know it's early, but it's never too early to give someone HOPE! So it's time to start planning for the 2017 Holiday Hope Hampers.

In 2016 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 **100 (up from 75 in 2015)** 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.

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?



If your wondering what exactly Dear Santa is, think scavenger hunt, meets holiday party, meets awesome charity event. Your team will race (safely of course) across town to participate in whacky activities while helping fill Santa's sack for families in need. After the scavenger hunt there will be great prizes. Great food, drinks, music and dancing. All in the name of a good cause.

The older we get the easier it is to stop believing in Santa. Dear Santa Durham is gathering proof to but

that belief and joy back in all our hearts. What started with holiday magic for 5 families in 2013 has grown to 22 .

This year's event will be held on **Saturday, December 9 at The Heydenshore Pavilion.**

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 www.dearsantadurham.com and in person.





Join us for our 3rd annual Open House!

Saturday, November 25, 2017 from 1:00 to 4:00 PM

The open house provides an opportunity for members of the public to visit the Agency and receive a guided tour of the facilities with details on the programs and services provided.

In addition we allow vendors to set up throughout the Agency in an effort to raise much needed funds to support the work of the Agency. All vendors donate a percentage of sales back to the Agency.

The essential services we provide are made possible due to the support of our community. Sincere thanks to: Brian Reel, Siobhan OConnor, St. Therese Catholic Women's Connection, Institute of Power Engineers, Tracey & David Lear, Joan Blair, Ontario Power Generation, Holy Cross and St. Phillip Parish Rose Sunday, Durham 4X4, Jason Fleishmann, Jody Shaddick, Jane King, Notre Dame Catholic Secondary School, Sylvia & Arthur Deveaux, Ahimsa Yoga Centre, Durham Alternative Secondary School, Jimi and Carol Hooper, OECTA Durham Secondary, K.S. Pike, St. Mary Catholic Secondary School, Paul Dwyer Catholic School, Margaret & Michael Bak, North Oshawa Lions Club.



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



St. Joseph Council 10017—\$500

St. Leo's Council 11528—\$500

St. Mary of the People Council 8611—\$1000

Holy Redeemer Council 11729—\$650

Sacred Heart Council 15593—\$125

We also gratefully recognize funding provided by:

- ⇒ 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.
- ⇒ The Regional Municipality of Durham for funding our Young Parent Resource Room

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

Please note that the Fall newsletter acknowledges donations received from May to July 2017.

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