

ROSE GARDEN

Rose of Durham
YOUNG PARENTS SUPPORT SERVICES



On May 27, 2017 over 200 people celebrated at the Rose of Durham Community Picnic. The day featured a BBQ, musical entertainment, costumed characters, face painting, games, balloon animals, glitter tattoos, exotic animals, a bouncy castle, crafts, and cupcakes. A great time was had by all!

A list of all sponsors and donors who helped make this event a success can be found on our website.

Visit our Facebook Page for all the pictures from the day. Just search Rose of Durham on Facebook.



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

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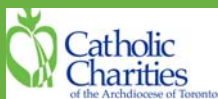
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To enquire about board nominations please contact the Executive Director.

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

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, a partnership that is still going strong today.

We provide assistance for the event by providing staff to help the day of the tournament, and we promote the tournament to our supporters. In exchange we are provided with the opportunity to host revenue generating events, such as the sale of passports that provide players with entry into multiple contests on the field, and a 50/50 draw,

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

In 2017, Don Purser, President of the Toronto Chapter presented us with a cheque for \$2,000, helping the Rose of Durham raise \$3,485.



In our last issue, and for the remaining issues this year we will continue to feature the 'My Life, My Voice' report. At our media launch for this report a young mom was interviewed and featured in the Oshawa This Week article, she then wrote a poem and we are compelled to share it with you.

For our Kids—by Kendra—Mother of two with one on the way

Yes we may be young, yes we may be different, but we all want one thing.
The best for our kids.

Do not yell or shout, we aren't listening, our minds are busy.

Thinking of our kids.

Se next time, stop, think about what I've said, we are young and a bit different.

We only want the best for our kids.

My Life, My Voice: The Experience of Young Parents in Durham Region – Part 2

In our Spring 2017 edition we introduced you to the report, the reason for writing it, and the key findings that came out of it.

We will now share over the next three issues more information about the key findings. You can download and view the full report at www.durham.ca/mylifemyvoice

Pregnancy and the Birth Experience

Many participants reported they felt nervous and uncomfortable about sharing the news of their pregnancy and that it was not well received by family and friends.

"I got an ultrasound at six weeks and the heartbeat was so strong, so I'm like 'she's a person. She's a living person. I can't terminate, so I didn't"

Participants described becoming pregnant as a positive experience, as it motivated them to do more or to become a better person. For some, it motivated them to stop self-destructive behavior.

Participants found accessing prenatal care to be difficult. Others reported not discovering their pregnancies until later in the pregnancy and as a result felt they had little time to adjust and prepare for the birth.

When it came to the delivery experience they felt often they were

treated disrespectfully and communication was not pleasant, many would delay asking questions or expressing concerns until a shift change so they could speak with a different staff member.

"My doctor was not so great to me. She was grumpy ... I had a lot of questions and she did not answer them. She rushed me a lot."

Those participants who received care from a midwife reported a positive experience.

Breastfeeding

Breastfeeding is recognized internationally to be the optimal feeding method to meet an infant's nutritional requirements.

The hospital experience plays a crucial role in the success of breastfeeding.

Many participants felt the information they received from the hospital was conflicting and as a result contributed to feelings of incompetence, confusion and lowered confidence in their abilities.

Parenting

"I got so much conflicting advice around the breastfeeding, it was so confusing. The nurses were good, but they need to all say the same thing."

Participants when asked what they enjoyed about parenthood, described a sense of joy, wonder and awe. Many also felt it was a wake-up call to be more responsible.

When it came to the challenges, they

"I created you, and now you're in my world and you are my world, and I love it."

were very common to all parents regardless of age. The more serious issues that they felt had an impact on their ability to parent included mental health issues, feelings of being judged by others, and isolation.

"I feel I need to do extra just to show people I'm at the same level as them. Just because I'm younger doesn't mean I'm incapable."

Fathers specifically discussed confusion about the court and custody process, and fear of losing access to their children. There was also a perceived lack of services for fathers.

"I'm just trying to make a better connection with my son and it doesn't just affect me. It affects him too because he's thinking where's daddy?"

Another big issue identified was the relationship piece covered in the next section to appear in our Fall issue.

TICKETS ON SALE NOW!!!!



VICTORIAN TEA & GIFT BASKET DRAW
TUESDAY, NOVEMBER 21, 2017



DOORS OPEN AT 6 PM, EVENT BEGINS PROMPTLY AT 7
THE JUBILEE PAVILION

CALL 905-432-3622 TO ORDER TICKETS \$25 EACH

*** Food will be served to Table, with refills available via buffet style ***

The essential services we provide are made possible due to the support of our community. Sincere thanks to:

St. Stephen's United Church, FlexoPartners Inc., Ontario Power Generation, John Howard Society of Durham Region, Ms. Renee Robitaille, Ladies Auxiliary Royal Canadian Legion Branch 43, St. Leo the Great Catholic Women's League, Archbishop of Toronto Cardinal Thomas Collins, Mark Creedon, Unifor Local 222, Ontario Social Stars, Veridian Connections, St. Joseph's Catholic Women's League, L. Alley, Monsignor John Pereyema Catholic Secondary School.



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



St. Francis De Sales—Council 6161—\$250.00
St. Francis of Assisi—Council 11268—\$175.00
Port Perry—Council 8951—\$500.00
St. Bernadette's- Council 10236—\$500.00

St. Joseph's—Council 6361—\$400.00
St. Isaac Jogues—Council 11098—\$500.00
Conseil Notre Dame—Council 8549—\$500.00
St. Gertrude—Council 1926—\$150.00

We also gratefully recognize funding provided by:

- ⇒ Resources for Exceptional Children and Youth for supporting the attendance of our Executive Director and Clinical Supervisor at the 2017 Infant Mental Health Conference
- ⇒ Durham Child Nutrition Program for funding the school program breakfast and lunch.
- ⇒ Ontario Trillium Foundation for funding our group worker position
- ⇒ Durham Children's Aid Society for continuing to financially support 'What a Difference a DAD Makes'

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

Please note that the Summer newsletter acknowledges donations received from February to April 2017.



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