



Christmas for many can be a difficult time of year. Mental health issues are on the rise, and the holidays can invoke anxiety, depression, and enhance feelings of isolation and helplessness. Imagine having to choose between paying your rent or having food to eat.

The Grinch reminds us that the real magic of Christmas isn't found in the material items under the tree, it is found in the generosity of the hearts of the community.

Christmas holds a certain amount of magic for a child, the promise that when they go to sleep on Christmas Eve, Santa will visit.

Through the incredible support of many families, businesses, and groups the Rose of Durham

## Christmas Comes to the Rose

sponsored 105 families for Christmas and provided Christmas Dinner to 50 families.

In order to protect the identity and respect of those we serve, the sponsorships are dropped off at the office and staff ensure delivery to the families. When a hamper is delivered or picked up, the recipient fills out a Christmas card to be mailed to the donor.



Once such card that crossed my desk was from a single dad named Gage and this is what his card said.

*"I would like to take the time to say thank you to Dave Chappelle (my counsellor), along with the Rose of Durham and the families that have been generous enough to donate Christmas gifts this season.*

*Together, you have all helped me give*

*my son the Christmas he deserves and you cannot understand how good that has made me feel.*

*A major sense of relief came over me when Dave had told me he would like to nominate my family.*

*You have all played a role in relieving the pressure that Christmas normally brings.*

*Many thanks for helping me make this Christmas the best it can be for my son.*

On behalf of the families you helped, the Board of Directors, myself, and the team at Rose of Durham. Thank you for being the 'little bit more'.

Your gifts truly do continue to change lives, two at a time!

Merry Christmas and a happy and prosperous New Year.

*Janet Chappelle*

Janet Chappelle  
Executive Director

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

## 2018 Victorian Tea

November 20, 2018 was the 25th Annual Victorian Tea. The night was filled with fun and laughter and we raised over \$20,000.00.

This result is only possible through the support of our private and corporate donors and the support of all our guests.

Who knew that giving back could be so much fun? Thank you again to everyone who attended, we appreciate you, and your continued support. Mark your calendars for next year!

**When: November 19, 2019**  
**Where: The Jubilee Pavilion**  
**55 Lakeview Park Avenue**  
**Doors open at 6 PM**  
**Event begins at 7PM**



### Mrs. Claus visits the NICU

Imagine the excitement of the arrival of your new little one, then the disappointment of knowing your first Christmas is to be spent in the NICU. No picture with Santa, no Christmas morning, but instead tireless nights filled with worry and trips back and forth to the hospital.

About five years ago I began visiting the NICU dressed as Mrs. Claus to deliver gift bags to the families. The gift bags contain items such as a copy of 'twas the night before Christmas', a Tim Horton's gift card, a notebook and pen, a word search, a soft blanket, little hats, adult coloring books with pencil crayons, and a \$25 gift card for Subway (which is available in the hospital). Just a simple gesture to bring a little Christmas Cheer.



hope 🌹 promise 🌹 new life



## Salon Day at the Rose



The ladies at Expression the salon in Brooklin contacted us wanting to give back. They brought their team to provide the girls with a day of pampering. They even brought extra help to provide child minding while the girls had their hair, cut, styled, and curled!

One brave little guy (shown below) even had his first ever haircut.

It's the little things that make a difference, and the girls really appreciated the spoiling they were treated to.



## Donor Promise

Rose of Durham provides over 15 free programs and a multitude of services including counselling. Our goal is to provide young parents with the tools needed to build secure relationships with their children, which in turn leads to optimal infant mental health.

Every dollar raised through fundraising and private donations is used to provide direct service to our clients as our primary funder covers our administrative costs. We know that the integrity of an agency and its financial responsibility to its mission is important to donors and we want you to know how serious we take that.

Last year we told you that with our planned co-location we were hoping to save enough money on rent to add another counsellor to our team, and we are excited to report that in January of 2019 we will be adding another counsellor, providing direct service, to our team.

**The essential services we provide are made possible due to the support of our community. Sincere thanks to:** Westminster United Church Women, Ontario Power Generation Inc., Christopher Simpson, Theresa Baron, United Way of Greater Toronto, North Oshawa Lions Club, Auto Workers Community Credit Union, Annamaria De Filippis, Olufunke Majebi, Lidia and Richard Walwyn, Mrs. Beryl Forster, Christine and Mile Valentini, Joan Blair, Ladies Auxiliary Royal Canadian Legion Branch 43, Brenda Culham, Lori Anne Turner.



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



St. Jude's Council No. 6052—\$1,000

We also gratefully recognize funding provided by:

- ⇒ The Greygates Foundation for supporting our Early Years Programing.
- ⇒ Buffalo Wild Wing for supporting our summer program year end trip
- ⇒ Peterborough Child and Family Centres for supporting our school breakfast and lunch program
- ⇒ Resources for Exceptional Children and Youth for supporting two counsellors to attend the Children's Mental Health Conference
- ⇒ Durham Children's Aid Society for supporting What a Difference a Dad Makes and Basic Connections

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

**Please note that the Fall newsletter acknowledges donations received from August to October 2018**

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*Rose of Durham*  
YOUNG PARENTS SUPPORT SERVICES