

Planting Seeds, Raising Hope, Inspiring growth



Show some kindness – kindness goes a long way. It doesn't take a lot to smile at a stranger, help someone you see struggling or share some words of encouragement, but it does pay itself forward and can be powerful enough to change a community.

Our hope at Rose of Durham is that through our own caring, empathy, and welcoming environment, parents will continue to seek out the support they need.

Pass kindness forward, it can travel a long way, and make a difference in someone's day.

At the Rose of Durham we believe that everyone has a story to tell and every story is significant and worth listening to.

Families are drawn to Rose of Durham because they feel valued, respected and heard.

Each one of us has had experiences that have shaped our lives in one way or another, for better or worse.

We consider it a privilege to be able to walk alongside the young families accessing our services listening to them, encouraging and supporting them, and maybe even becoming a small part of their success story.

Because, no matter what when they obtain success it is their achievement and their win. We only provided assistance at a time when it was needed.

Some parents come to us pregnant with their first child and fearful of what lies ahead. Some find us later when they are feeling isolated and in need of support. Some come to us because they are lacking external family or community support. Some parents are single and juggling the demands of parenting, relationships, working, finishing school and keeping themselves afloat, we are the life preserver.

No two stories are the same, but they are all equally important.

As we build relationships with families through individual counselling, parent education groups, or peer support groups we are often struck by the strength, resilience and perseverance of the parents and children we work with.

Many face barriers in their day to day lives:

slowly finishing high school credits, finding transportation to appointments, finding safe and affordable housing, managing finances on a low income, dealing with challenging family dynamics, or challenging relationships.

In spite of these many obstacles, these families rise up and keep going. They put their children at the centre of what they do and forge ahead. They are eager to learn, and open to help.

This is the story of being a counsellor in our agency, listening to stories and playing a part in futures.

Our message to these families is this:

*You are doing amazing!
You are an inspiration to us! Keep up the good work.*

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

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Janet Chappelle, Editor
jchappelle@roseofdurham.com

Executive Director:
Janet Chappelle
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Deneen Nolte

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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



At Rose of Durham we believe it takes a village to raise a child and our partnerships and collaborations demonstrate that. Our most recent collaboration with Family & Community Action Plan and Early ON brings two early childhood educators (meet them below) on site on Tuesdays, Thursdays, and Fridays to help facilitate our play based social groups. The ECE's have also started our new cooking class and co-facilitate certificate based parent programs. Having their support allows our counsellors much needed time to focus on the one to one work which is at the heart of what we do.

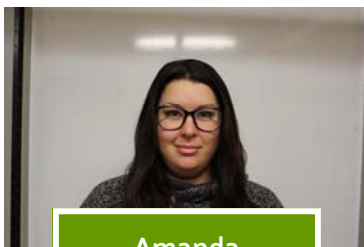
Family & Community Action Program



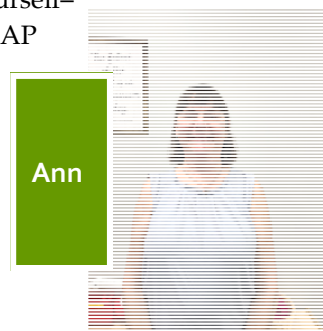
"Helping Children Grow in Durham"



You are you, and that is awesome! Never be afraid to be yourself- and never let anyone try to tell you who you are. - Ann, FCAP



Amanda



Ann

"Our recent partnership with the Rose of Durham has allowed us to bring together the knowledge, skills and resources needed to promote an atmosphere of community and learning. It has allowed for flexible, optimum program opportunities that will help to support the needs and strengths of young parents and their children."

- Amanda, Early On

hope 🌹 promise 🌹 new life



Volunteers are individuals who reach out beyond the confines of paid employment and normal responsibilities to contribute time and service to a non-profit cause in the belief that their activity is beneficial to others. As well as satisfying to themselves. Being a volunteer means that you are offering something – something that is not required nor an obligation. What makes a good volunteer? Strong leadership skills, someone who can set a good example for others. Someone who is organized and has the ability to work in a team setting. Most of all friendly! A lot of the time, to volunteer means that you are working side by side with others.

Why Volunteer?

Volunteering has more benefits than most realize. The right match can help you reduce stress, find friends, connect with the community, learn new skills, and even advance your career. Some other benefits of being a volunteer are that it helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering can also help with depression, it keeps you in contact with other people and helps you build a support system. Whatever your age or life situation, volunteering can help take your mind off your own worries, and keep you mentally stimulated.

At Rose of Durham we have the following amazing volunteer opportunities:

- ⇒ School Lunch volunteers: Plan menus, prepare, serve, and clean up from the lunch that we provide to the students of our teen parent school program. Using the full kitchen upstairs. (Monday and Wednesday from 10:30 am to 1:30 pm)
- ⇒ Share and Care room volunteers: Accept, sort, and put away our weekly food order from Feed the Need. This position also accepts and sorts donations of baby clothing and baby items from the community. Our Share and Care room provides the people we serve with access to non-perishable food and other items such as clothing, toys, personal hygiene and laundry, removing financial stress. (Monday to Friday during regular hours of operation)
- ⇒ Child-minders: Provide safe, loving care for children so that their parents can access programs and services. (Time and dates vary with program schedule, evening available)

For more information, or to apply to volunteer with Rose of Durham, please contact Deneen Nolte, Volunteer Coordinator at 905-432-3622.

Volunteers are part of the Rose of Durham team and along with staff work towards fulfilling the mission of Rose of Durham

The essential services we provide are made possible due to the support of our community. Sincere thanks to: Jennifer Valdemar, Rich Thomas, Corinne Johnson, Matthew Parish, St Leo The Great CWL, Brian Reel, Andrea May, Kim Davidson, Deneen Nolte, Sonia Pitre, Mark Gomes, Nancy Pope, OPG Employee and Pensioners Charity Trust, District 28 Retired Teachers of Ontario, LuLulemon Athletic Canada Inc., IBM, Mavis Naughton, L2 Consulting Inc., Fostering Family Relations Inc, William & Wilhelmina Van Boxtel, Noel & Judy Carey, St Mary Of The People CWL, Auto Lux Ltd, Danielle Van Alstine, Robert Weindorfer, Faith United Church Women, Ronald & Lillian Dancey, Holy Trinity Secondary School, Kevin McLennan, The Willowool Foundation, St Joseph's CWL, Frederick & Stacia Cacciotti, Janice Ormiston, Total Tire Pickering Inc, Jonathan & Anne Mitchell, Joscelyn Axler, Charles & Virginia Bacon, Ontario Motor Sales, Betty Larouque—BL Assistant Services, Clair Vandam & Friends, Flo Boxing, Marie Gowdy, Natividad Nash, Flexo Partners Inc, Roberto Alfaro, Ontario English Catholic teachers Association—Durham Secondary Unit, Diane Meldrum—Merdian Credit Union, Patricia Jardin, St. Mary of the People Parish, Denise Gilbert, Tanzel Picard, and Orthodont Ltd.

A special thank you to the Knights of Columbus Father T. Bolger Council 6161 for raising \$1,642.61 by running a baby bottle boomerang on our behalf. If your group would like to know more, call 905-432-3622 and ask for Deneen.

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



Monsignor Gerard Breen Council 8309—\$1,000
Sacred Heart Council 15593—\$400
St. Therese Council 11709—\$510
St. Leo's Council 11528—\$500

We also gratefully recognize funding provided by:

- ⇒ Deer Creek Cares Charitable Foundation who provided \$12,500 to support our early years intervention and prevention work.
- ⇒ William F. Hayball Charitable Foundation for continuing to fund our Mommy and Me peer support group
- ⇒ Durham Community Foundations Walk for a Cause that helped us raise \$705
- ⇒ Durham Community Foundation for funding our cooking classes in our new location which contains a full kitchen.

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

Please note that the Spring newsletter acknowledges donations received from November 2018 to January 2019

707 Simcoe Street South, Oshawa, ON L1H 4K5 PHONE: 905-432-3622 FAX: 905-432-3974
SATELLITE OFFICES: Durham North: 905-410-3622 • Ajax - Pickering: 289.385.1160
EMAIL: roseofdurham@roseofdurham.com • WEBSITE: www.roseofdurham.com

Rose of Durham
YOUNG PARENTS SUPPORT SERVICES