

Adverse Childhood Experiences

The Adverse childhood experiences (ACE) study (Felitti, Anda, Nordenberg, Williamson, Spitz, Koss, & Marks, 1998) is a longitudinal study analyzing the impact of adverse early life experiences on the lifespan. The study focussed on three main categories of adversity:

- Abuse—including emotional, sexual, and physical abuse
- Family Dysfunction—including having an incarcerated relative, witnessing mother/step mother being treated violently, mental illness in the family, divorce, and substance abuse.
- Neglect—both physical and emotional neglect.

Participants in the ACE study were given a score between 1 and 10, reflecting the number of types of adverse experiences they were exposed to in childhood (Felitti, Anda, Nordenberg, Williamson, Spitz, Koss, & Marks, 1998). In short,

the study found that the more adversities a child faces, the more likely they are to develop mental and physical illnesses in adulthood.

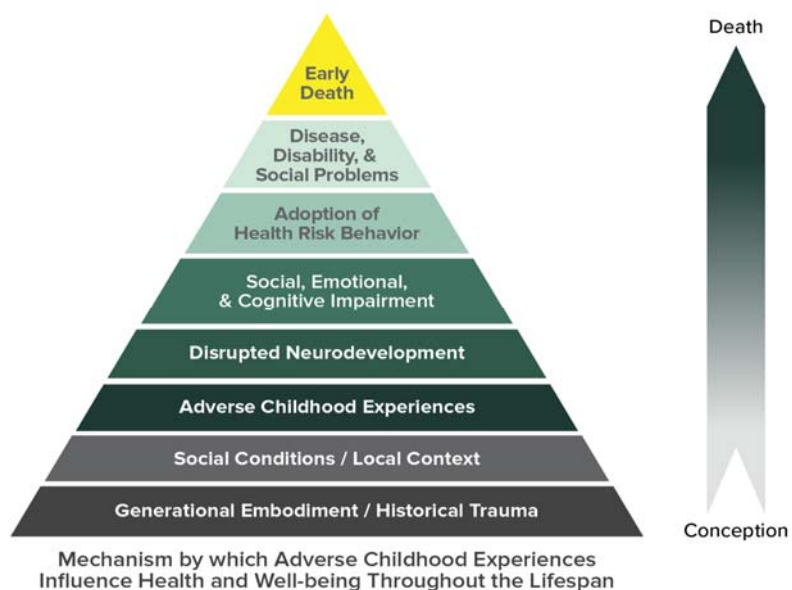
The average ACE score for young moms is 4.6.

Children exposed to environments of abuse and neglect before birth and in the first years of life warrant the greatest concern for early brain development. In the absence of supportive and consistent caregiving (our service focus), these children are likely to suffer the

inescapable pressures of neglect, toxic stress, and trauma.

When designing and implementing programs and services at Rose of Durham the ACE study has greatly impacted the work that we do. In respect to building and teaching resiliency in our young parents to buffer the toxic stress that their children may experience.

We offer educational attachment programs that expose our parents to the importance of healthy attachment in the children's lives.



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:

Janet Chappelle, Editor
jchappelle@roseofdurham.com

Executive Director:
Janet Chappelle
Office Manager:
Deneen Nolte

Board of Directors
Tina Komel, President
Christina Moore, Vice President
Andrew Wismer Treasurer
Lyndal McDonnell, Secretary
Directors
Corrine Johnson
Katrina Pearson
Rich Thomas
Matthew Parish
Natalie Albrecht

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

STRONGER FAMILIES
BRIGHTER FUTURES

Victorian Tea & Gift Basket Draw

Excitement is building as we plan the 26th annual Victorian Tea!

Our goal is to raise over \$20,000 to support our programs and services, 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 the guests who attend.

Enjoy a night out with your friends, Christmas shop (for yourself or others), enjoy handmade sandwiches, sweets, and coffee and tea at our hot beverage station.

There will also be a cash bar selling both alcoholic and non-alcoholic beverages.

Who knew giving back could be fun too?



When: November 19, 2019
Where: The Jubilee Pavilion
55 Lakeview Park Avenue
Doors open at 5:30 PM
Event begins at 7:00 PM

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

Welcome, Amanda!



Amanda Leonard started at our front desk this September. Amanda and her husband James are very devoted pet parents to their two Australian Shepherds Ryker and Kevin. And she is a talented young lady with photography and baking skills..

We are fortunate to have the wealth of experience that Amanda brings to Rose of Durham.

COMMUNITY PARTNERSHIPS

Community partnerships are the best way for agencies to come together to provide the highest level of service for the community they serve

In August 2013, Rose of Durham entered into a partnership with the Oshawa Public Libraries to offer story time at the Rose which began on Friday afternoons. Six years later the relationship remains strong with the Library staff integrated into our most popular program Mommy and Me on Tuesday afternoons.

As part of the Library's Early Literacy strategy, the partnership is set to expand again! Starting October, Oshawa Public Libraries will be offering a monthly pop-up mobile library on site with membership card options, reader's advisory and access to many adult and children's books all available to sign out in addition to their weekly story time programming during Mommy and Me.

Engaging your child with books and early literacy helps to set them up for school success. Join us on Tuesday afternoons at the Rose to meet your Library representatives and have fun.



For more information contact Jennifer Clark at the Oshawa Public Libraries at (905) 579-6111 extension 5260 or visit their website at oshlib.ca



HOLIDAY VENDOR MARKET

(replacing our open house)

SATURDAY, NOVEMBER 23, 2019

1:00 to 4:00 PM

This event will feature crafters as well as vendors all of whom will be donating a portion of their sales back to the agency, so come out and visit us, get some Christmas Shopping done.

The essential services we provide are made possible due to the support of our community. Sincere thanks to: William and Lillian Jesty, St. Leo Catholic School, Investors Group Financial Services Inc. (International Women's Day), The Ontario Power Generators Employee and Pensioners' Charity Trust, Mark Davis, Jeremy Storry, Jody Shaddick, Ladies Auxiliary Royal Canadian Legion Branch 43, St. Leo the Great Catholic Women's League, Garry King, Holy Redeemer, Rotary Club of Whitby Sunrise, Brooklin Highschool Bake Sale, Linda Young Barrett, Durham District School Board Staff Association, Wild Wing, Harley G, Catherine Hass, Paul and Nicole Chamois.

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



St. Francis of Assisi Council 11268—\$100
Holy Redeemer Council 11729—\$750
St. Isaac Jogues Council 11098—\$1,000
St. Joseph Council 9989—\$433
St. Judes Council 6052—\$2,000
Immaculate Conception Council 8951—\$200

St. John the Evangelist Council 4895—\$500
St. Joseph's Council 6361—\$300
Conseil Notre Dame Council 8549—\$200
St. Mary of the People Council 8611—\$1,100
St. Leo's Council 11528—\$500

We also gratefully recognize funding provided by:

- ⇒ Institute of Power Engineers for the proceeds from their annual golf tournament.
- ⇒ Toronto Council of Knights of Columbus Council 1388 for their generous support of our infant mental health programming.
- ⇒ Durham Children's Aid Society for continuing to support our What a Difference a Dad Makes program
- ⇒ 100 Women who Care Bowmanville for their support in the plan to revamp our playground at our new location
- ⇒ Durham Region for their social investment in the work we do.
- ⇒ The Oshawa Children's Community Fair
- ⇒ Youth and Philanthropy Initiative Canada

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

Please note that the Spring newsletter acknowledges donations received from May 2019 to July 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