

## Did you know?

Rose of Sharon has been dedicated to helping young mothers from across York Region for over 30 years.

There are no program fees for young mothers. We can help only with the kind support of our community and our funding partners.

All of our services are geared to women under age 25 who are prenatal or parenting.

Each year, hundreds of young women access our day programs and services.

After coming to Rose of Sharon, over 90% of young mothers have increased hope for the future for themselves and their child.



## Get In Touch!

Email: [information@roseofsharon.com](mailto:information@roseofsharon.com)  
Website: [www.roseofsharon.com](http://www.roseofsharon.com)

Rose of Sharon Services for Young Mothers  
361 Eagle Street  
Newmarket, Ontario L3Y 1K5

Telephone: 905-853-5514  
Toll Free: 1-877-516-3715  
Fax: 905-853-5949

 [roseofsharonservicesforyoungmothers](https://www.facebook.com/roseofsharonservicesforyoungmothers)

 [@RoseofSharon\\_85](https://twitter.com/RoseofSharon_85)

Charitable Registration  
No. 13323 5903 RR0001



# Rose of Sharon

SERVICES FOR YOUNG MOTHERS



## ANNUALLY HELPING OVER 300 YOUNG MOTHERS & THEIR BABIES



## Mission Statement

Rose of Sharon is dedicated to providing counselling, education and parenting resources to prenatal and parenting young mothers and their families throughout York Region, supporting their social, emotional and spiritual wellbeing.

## Story

Alicia became pregnant at 16 and knew she would keep her baby. Her parents and boyfriend were so angry with her. She heard cruel words at school. Terrified and feeling abandoned, Alicia bravely made a call to Rose of Sharon, a call that changed the course of her life.

At Rose of Sharon, Alicia felt welcomed, hopeful, and not alone. Alicia began to meet with a counsellor. She enrolled in a prenatal health and wellness program. She entered the on-site high school program and realized that she didn't have to choose between being a mom and a student. She made friends with other young mothers who she could identify with. She felt supported every step of the way.

Today, Alicia is a high school graduate and dedicated mom of 18 month old Lainie. She is planning for post secondary education to become a Social Worker so that one day she can be there to provide hope and guidance to others.

To hear more stories like Alicia's, follow us on Facebook and Twitter.

 [roseofsharonservicesforyoungmothers](https://www.facebook.com/roseofsharonservicesforyoungmothers)

 [@RoseofSharon\\_85](https://twitter.com/RoseofSharon_85)

## How We Help

### Individual Support

Counsellors work one on one with young mothers on site or in the community providing emotional support and guidance, advocacy and connections to community resources, helping mothers overcome barriers and achieve their personal goals.

### Groups

Through Group Programs and Workshops, young mothers strengthen their parenting skills, continue to build their life skills and enhance personal development in a safe welcoming setting among their peers.

### Education

In the High School program, prenatal and parenting young mothers under the age of 21, with children up to 18 months old, can work toward completing their high school education while gaining essential parenting skills alongside supportive peers they can relate to.

### Practical Supports

While young mothers learn and grow, support through basic necessities like diapers and formula, nutritious food and clothing help stretch young families' budgets. Transportation is available when travel is a barrier to accessing programs.

### Childminding

On-site childminding in our Child Development Centre allows mothers to attend programs, knowing their children are being safely taken care of in a stimulating environment just a few steps away.

If you would like to learn more about our programs and services for prenatal and parenting mothers up to age 25, please call our office at **905-853-5514** or visit [www.roseofsharon.com](http://www.roseofsharon.com)

## How To Get Involved

### Make a Donation

Rose of Sharon requires support from the community to maintain quality programs and services for young mothers and their children. To make a charitable donation, call our office or visit us online at [www.roseofsharon.com](http://www.roseofsharon.com)

### Volunteer

Rose of Sharon relies on volunteers to help with programs, administrative tasks, fundraising, and so much more. Please contact our office or visit [www.roseofsharon.com](http://www.roseofsharon.com) for current openings.

### Community Education

Call to book a presentation to share information about Rose of Sharon with your community group.

**Rose of Sharon, a charitable organization, relies on the generosity of private donors and organizations, and community fundraising to help fulfill our mission.**

We gratefully acknowledge the support of the following:



Rose of Sharon welcomes people from all ethnic, religious, cultural and racial backgrounds regardless of marital status or sexual orientation.

