



## In the Words of Our Moms

Rose of Sharon is the best support I've had since getting pregnant.

Without our teacher who is there to give us a gentle but firm push to get our school work done, I don't think as many of us would be as successful as we are!

Over the years that I have been nurtured by The Rose, I am overwhelmed by all that you do for young moms like me and our kids.

I love these people at Rose of Sharon. It's been a life changing experience.

I always look forward to therapeutic meetings with my counsellor just to vent and work towards my goals and moving forward.

If it wasn't for the Rose, I would not be able to follow my dreams.

My counsellor is there whenever I need her.

Thank you Rose of Sharon. You have helped me and my kids so much. Best program ever!

## How Rose of Sharon Helps Young Moms and Their Families in York Region

We recently asked our moms about their experiences at Rose of Sharon and the ways in which our programs and services have enhanced their lives as parents and women. Here are the results from our survey:



**90% feel that their family life has become more stable since attending Rose of Sharon**

Our moms are better able to create an emotionally safe and stable environment for themselves and their children

**96% have improved decision making skills for themselves and their children**

Our moms feel they know more about what steps they need to take to make good decisions for themselves and their children

**93% experience an improved sense of self-worth**

Our moms feel satisfied with themselves and believe that they are worthy of respect and love



# Why We Do What We Do

## From the Desk of Anna Pavan, Rose of Sharon's Executive Director

Welcome to the Spring 2017 Newsletter! In some ways it's hard to believe that Spring is already upon us and yet we have accomplished so many amazing things here at Rose of Sharon in the first few months of the year. As the Executive Director of Rose of Sharon, I am pleased to share with you some achievements of the past few months in the pages of this Newsletter.

With a new season upon us, it feels like the perfect time to reflect on why we do what we do here at Rose of Sharon. Reading the words of our young mothers on the front cover, I am reminded of the impact our programs have on the lives of hundreds of mothers and their children each year. Each and every day I witness how Rose of Sharon transforms the lives of prenatal and parenting young women. I see it in their smiles, in the loving way they hold their babies, in their growing confidence and in the friendships made in this safe space. From our



high school program to workshops to individual counselling, Rose of Sharon staff work closely with each young mom to improve the stability of her young family, increase her capacity to parent successfully and help her to pursue her hopes and dreams.

Thank you to all the individuals, families, companies, faith commu-

nities, schools, service clubs and other groups who have supported Rose of Sharon over the past few months. We rely on our community to ensure that we are here and able to support a young mother when she reaches out to us for help.

With the early signs of Spring appearing, many of us think of hope and new beginnings. If you are thinking of beginning something new, consider supporting Rose of Sharon by becoming a monthly donor. Our moms need our support all the months of the year and we can only do it with the generosity of our community. On the back page of this newsletter, we have included a donation form with the option to become a monthly donor.

It is my hope that Spring brings warmth and light into your lives!

A handwritten signature in black ink that reads "Anna Pavan". The signature is fluid and cursive.

Anna Pavan  
Executive Director

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## Therapy Dogs Improve Mental Health at The Rose

If you have a dog or have spent some time around a dog then you'll know that these animals have a special way of making humans feel really good. You're probably very familiar with the concept of service dogs but what about therapy dogs?



Therapy dogs, along with their owners, are specially trained to help individuals experiencing mental health issues. At Rose of Sharon, many of our young moms experi-

ence anxiety, post-partum depression and/or stress. These furry therapeutic friends have been lovingly embraced by our youngest and most vulnerable moms in the Care and Treatment Program.

Daisy (pictured left with Susan Shaw) and Stella (pictured right) and their owners are volunteers with the St. John's Ambulance Therapy Dog Program. These sweet dogs visit Rose of Sharon every week to help moms manage stress before spending their day in class and programs. Affection and the gentle presence of the dogs allow young moms and their children to feel at ease. As a result, our moms are more likely to talk to other moms, participate more fully

in programs and feel an overall sense of calm. Stella and Daisy are quickly becoming important (and very cuddly) members of the Rose of Sharon family who improve the mental health of moms and babies.



# Home Depot Renovates Rosie's Pantry

*Before - Doing our best with broken shelves and boxes to store food*



*Amazing Home Depot volunteers working their magic in Rosie's*



*After - We have much more space to serve young families with dignity*



*With their generous donation of materials, time and talent, Ed Camilleri, the Assistant Store Manager at Home Depot Newmarket and his team of Home Depot volunteers completely transformed Rosie's Pantry in February. We are happy to report that Rosie's Pantry is now a much more safe and efficient space which can store even more food, allowing us to feed more young families with respect and dignity. This small team of volunteers made a HUGE impact! Thank you Newmarket Home Depot for your hard work and donation of building materials.*

## TELUS Supports Young Mothers in York Region

On November 29, 2016 — International "Giving Tuesday" — Steve Leslie, Senior Vice President Business Solutions at TELUS, presented Rose of Sharon with a \$20,000 cheque. This generous donation is being used to fund our parenting and personal development programs and workshops for our young mothers and babies. **Thank you TELUS for investing in youth at Rose of Sharon!**

*L-R: Bob Interbartolo (Board Member), Steve Leslie (TELUS Senior VP Business Solutions) and Anna Pavan (Executive Director)*



## Mindful Moments for Moms — Finger Labyrinth

The lights were turned down and beautiful, relaxing music played as we were welcomed into what is, during the day, the Rose of Sharon classroom. On a cold Wednesday evening in February, Jacqueline Stewart and Jacque Dawe — our Young Mothers Outreach Program facilitators — transformed the space into a calming sanctuary for our young moms to learn about mindfulness and create their very own Finger Labyrinth. A Finger Labyrinth is a mindfulness tool that allows its user to relax, concentrate, feel better when they are sad or scared and deal with situations when they feel ashamed or embarrassed. As we worked with our hands to create our own unique Finger Labyrinths, I could feel all tension and stress leave the room. Jacqueline and Jacque



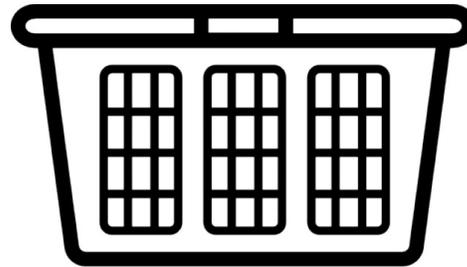
talked to the moms about the importance of being present in the moment when parenting. They explained how the Finger Labyrinth could help bring a mom's attention to the "here and now" by tracing the pattern of the labyrinth with their finger, focusing on following the path they created. Moms left the workshop with another important tool in mindful parenting that will lead to greater resiliency and confidence. Like all workshops at Rose of Sharon, moms develop the skills they need in order to become the parents they hope to be.

*Caitlin Gladney-Hatcher  
Fund Development Coordinator*

# Help at the Holidays: Build A Basket, Build A Future 2016 Thank You!



135 families received a basket filled with  
**HOLIDAY WISHES**



and **\$111,186** was raised at the holidays  
that will help us to build **BRIGHTER FUTURES**  
for young mothers and their families beyond the  
holiday season.

During the months of November and December, our amazing community of supporters came together to help 135 young families in need through Rose of Sharon's Build A Basket, Build A Future Campaign. With financial donations totaling over \$111,000, we are able to provide over 2,200 Hours of Care which includes parenting workshops, education, nutritious meals, counselling and childminding for vulnerable moms across York Region. The success of our 2016 Build A Basket, Build A Future Campaign demonstrates the extent to which our community believes that we need to be here to help young families at the holidays and everyday of the year. Thank you to everyone who made this possible!

**Get Social with Us! Receive the latest updates from Rose of Sharon on social media**

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**Yes, I would like to invest in the lives of young women and their children through Rose of Sharon!**

\$30  \$50  \$100  \$\_\_\_\_\_ (Other amount)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**I prefer to use my credit card.**

Visa / MasterCard #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name of Cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please charge my credit card monthly for the above amount.**  
**OR Visit <https://www.roseofsharon.com/online-giving/> to make a monthly or one-time donation online.**

Please make cheques payable to: **Rose of Sharon Services for Young Mothers**  
Official receipts for income tax purposes will be supplied for all donations over \$20.00. Charitable Registration # 13325903 RR0001  
Your privacy is important to us, therefore we do not rent, sell or trade our donor lists.