

Spring/Summer 2008

Lets Connect

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On Wednesday, March 26th, the Kanata, Goulbourn and West Carleton Chamber of Commerce once again hosted the 9th Annual People's Choice award. For the second straight year, the WOCRC was named as the people's choice for Non-Profit Community Organization in Kanata.

The award once again shows that the community we work in recognizes and cares about the great work that each of us does to make our community a better place to live.

Thank you for making our organization #1 in Kanata.



In this Issue:

Page 2

Are you interested in attending a computer Workshop?
WOCRC gives children 'Best Start'

Page 3

A 'Skills of Success' Success Story
Green Committee

Page 4

Program evaluation at the WOCRC
Ambassadors for the WOCRC

Page 5

Whiten your smile.... Brighten a child's life

Page 6

Thank you

Are you interested in attending a Computer Workshop?

The WOCRC continues to offer free one-on-one computer workshops including Computer Basics, requiring no pre-requisite courses. The Computer Basics lesson helps individuals use Microsoft Windows, mouse and keyboard functions as well as understand basic computer concepts.

Other lessons being offered are Internet Basics, Email Basics, Microsoft Word and Excel, including topics such as how to browse the internet and create web-based email accounts as well as various types of word documents and excel worksheets.

We have had a great response from the public and many clients feel comfortable to go home and work on their own computers.

If you are interested in learning computers skills, call at 591-3686 ext.273 to set up an appointment with one of our MLC volunteers.



WOCRC gives children 'Best Start'

The Best Start program is a provincial initiative directed toward families and children from pre-natal through to age six. It is a comprehensive early learning and care strategy that requires partnerships among the municipal government, local schools, faith communities, family resource programs as well as other community services and organizations.

On Tuesday, January 22nd, representatives from each partnership participated in an exciting process to explore how communities, including Kanata, Stittsville and West Carleton, could improve services for families.

"We have a lot of work ahead of us as a community," says Christine DeSouza, Western Ottawa Community Resource Centre Children and Youth manager "We look forward to continued collaboration amongst organizations as well as exploring ways to engage parents to become actively involved in the future of their children."

Best Start will ensure that children in the community are prepared and eager to achieve success in school by the time they start Grade One. Research has shown that children who have early learning opportunities have higher levels of academic success.

A 'Skills of Success' Success Story:

In 2006, a Violence Against Women counsellor from Western Ottawa Community Resource Centre was invited to a special reunion. The ladies, once involved in the Skills of Success program, have kept in touch over the years and continue to be a great support to one another. Each woman, who could once never see themselves in a healthy relationship, is now not only doing that, they look terrific, glowing and very happy.

They agreed that they are now very aware of the 'red flags' in unhealthy relationships, and remember all the long discussions concerning assertiveness and goal-setting in the Skills of Success group. Determined to go forward, the ladies are ready to follow their passions and love themselves first. The motto of the group, 'It's All About Me!', is something they had never considered before, as they were so busy looking after everyone else's needs above their own.

The VAW counsellor feels that this is a huge reward for the VAW team, as well as the WOCRC, to see that women and their children can go through horrendous trials, to come out at the other end eventually, with confidence and a love of life, all the stronger for what they have survived.



Green Committee

Over the last year, the WOCRC has been making some changes in the hopes of reducing waste and increasing environmental awareness.

This month, the environmental committee is focusing on a "Take It Back" Campaign. As we can recycle more items from our home recycling boxes, we have provided lists of those items in the hopes that people will bring them home, instead of throwing them out. We hope this measure will reduce our waste output, and contribute to a healthier community.

Want to Help the WOCRC Grow Green?

If you have any other waste reduction tips, or if you have any questions about the environmental committee please feel free to contact Annie Muldoon at muldoon@communityresourcecentre.ca. We are also looking for community volunteers to join our committee! If you have an interest in green issues and want to contribute to the WOCRC, please contact Kim Meechan at meechan@communityresourcecentre.ca or call 613-591-3686.

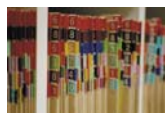
**Program evaluation at the WOCRC:
An important and necessary
part of service delivery**

About one year ago, the WOCRC began developing a program evaluation framework which outlines the major activities of the centre's programs as well as the desired outcomes or results of these activities. Results of programs may be changed in clients' behaviours, feelings, perceptions, knowledge, beliefs or attitudes. As such, our clients can provide an invaluable and unique perspective on the impact of the programs we offer.

Since last summer, the centre staff and managers have been working hard to develop the tools and mechanisms by which the program results can be measured. Questionnaires, surveys, and focus groups are some of the methods used to collect information from program participants. The information collected will help staff in many ways, namely:

- to make changes or improvements to the programs,
- to plan future programming,
- to support applications for further funding,
- to make decisions around staffing, etc.

We would like to thank our clients and volunteers who have already participated in this evaluation process, and those who may participate in the future. As programs change and grow so will the need for program evaluation. It remains an important and necessary part of service delivery.



Ambassadors for the WOCRC

Having just started as the Coordinator of Volunteer Resources in December 2007 I am still getting to know all the programs at the Centre and the role that volunteers can play in service delivery. It's been a pleasure meeting new volunteers and I've come to realize that these individuals are the ambassadors for the Centre. It is their enthusiasm and interest in the programs we deliver that provide the best advertisement in the community. They encourage others to become volunteers and spread the word to people in need about the many resources we offer. We value our volunteers for their help and commitment but also celebrate their role as community ambassadors!

If you are interested in volunteering with us please contact me, Kim Meechan, Coordinator of Volunteer Resources at 613-591-3686 ext. 262 (Tuesdays – Thursdays).



**Whiten your smile...
Brighten a child's life!**

It's not often that people get the chance to help others while helping themselves. But for four months each year a select group of dentists across North America present everyone with a unique opportunity to have their teeth professionally whitened while donating all the proceeds to children's charities.

Dr. Kersta Peterson of Kanata is participating in this unique "Smiles for Life" program. She is offering to do professional teeth whitening now through the end of June 2008 in exchange for the patients' personal donation to the Smiles for Life Foundation. Fifty percent of the funds will go to the Western Ottawa Community Resource Centre and the remainder to national children's charities through the Garth Brooks' Teammates for Kids Foundation.

"It's a great way to give back to the community," says Dr. Kersta Peterson, "In the

Thank you to Dr. Kersta Peterson who gave a cheque for \$3006.25, from the 2007 "Smiles for Life" campaign, to Melanie McCool of the Western Ottawa Community Resource Centre's Early Years Centre for their A-OK for JK, school readiness program.

end; it really is a win, win situation. The patient's get their teeth whitened while giving something back to charity."

Thanks to Dr. Kersta Peterson's donation, the WOCRC is able to offer the A-OK for JK Program. This is a school readiness program for children entering elementary school for the first time. Children participate in many activities including printing their name, number, shapes and letters, taking turns, following directions, understanding the calendar and being independent.

"The A-OK for JK program has been a great success at the centre" says Melanie McCool, Family Resource Worker at the WOCRC, "We've seen the shiest, quietest students graduate with confidence and new friends."

To whiten your smile and brighten the life of a child visit www.smilesforlife.org or call Dr. Kersta Peterson at (613) 592-5105 and book your teeth whitening appointment today!



Diggin' his way to happiness!

Kevin Upper is star worker in Community Support Home Maintenance Program. Kevin has been digging his way into the hearts of seniors and people with disabilities all over Kanata, Stittsville and West Carleton this winter. This quiet unassuming man has had the phone ringing off the hook with compliments and gratitude abounding.

Between runs as a bus driver, Kevin finds meaning in the small things with this job. He likes to meet people, so he takes the time to make the visit count. He chats and really cares about his clients well being.

"You get to meet people that really appreciate the job you do.", says Kevin "I like how happy they are when I come. Many seniors just like the visit. I wish I could stay and talk more."

"Kevin is not just a snow remover or a handy man. He comes to your house, looks around and if he sees your wood needs to be brought in he does it.", says Leah MacQuarrie, Home Help/Home Maintenance Coordinator. "He cares about you and that you're are doing well. He makes life easier and you don't even have to ask."

The WOCRC would like to thank Kevin for making a difference; we appreciate your kindness and commitment to our program!

If you'd like to work flexible hours and improve the life of a senior in your neighbourhood call Leah, Home Help/Home Maintenance Coordinator at 613 591 3686 ext. 275 and make a difference today.



Thank you to General Motors of Canada and United Way Ottawa for organizing an amazing GM SENS night at Scotiabank Place. Clients of the WOCRC, as well as other charities with a GM Community Wheels van had an amazing time at the game. We even had a chance to meet Spartacat!



Thank you to the Kanata Singles Club who generously donated \$3,500 to Chrysalis House & WOCRC.

Help us save money on postage. Sign-up to receive Let's Connect via e-mail!

Visit http://www.communityresourcecentre.ca/events_newsletter-e.php for more information or contact Lindsay Hayes 613-591-3686 (hayes@communityresourcecentre.ca)

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Aidez-nous à économiser sur les frais postaux. Abonnez-vous pour recevoir les bulletins Entre-Nous par courriel !

Visitez http://www.communityresourcecentre.ca/events_newsletter-f.php pour plus amples informations ou contactez Lindsay Hayes 613-591-3686 (hayes@communityresourcecentre.ca)

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