

# Let's Connect

FALL 2006

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE

## WOCRC Celebrating 20 years of Bringing Care and Community Together

On May 5th 1986 the Kanata Inter-Church Council held a public meeting with over 100 people in attendance and the idea of a Community Resource Centre was born. A steering committee was set up to seek Provincial and Regional funding. On September 26, 1986 the Kanata Community Resource Centre was incorporated and submitted a request to become a registered charitable organization. Here's a look of a few other milestone we celebrated throughout the years.

**1986** ~ Kanata Community Resource Centre established through the commitment of a volunteer steering committee. Election of the First Board of Directors.

**1986-1987** ~ AY Jackson student won logo contest. Hired first coordinator. Kanata Community Resource Centre officially opened on 93 Abbeyhill Dr. Children's Aid Society became first collaborative agency.

**1987-1988** ~ Name changed to Community Resource Centre of Goulbourn, Kanata and West Carleton. Programs included: crisis outreach, volunteers, youth & families services, and the West Carleton Children's Mobile Service.

**1988-1989** ~ Moved to Kanata Town Centre. Volunteer Coordinator was hired. Backstairs Attic opened.

**1989-1990** ~ Meals on Wheels and Violence Against Women (VAW) programs funded. West Carleton Child Care Resources funded for pilot project.

**1990-1991** ~ Peer Support program developed. Seniors transportation program funded.

**1991-1992** ~ First major special event, Calypso Carnival, headed by MDS Nordion Inc.

**1992-1993** ~ Developed Let's Connect. VAW seconded to Pinecrest-Queensway. Lions Club

donated van for transportation program. First Champagne on Ice gala.

**1993-1994** ~ Computer network implemented. Trained Ontario Provincial Police on wife abuse. First MDS Nordion celebrity golf classic.

**1994-1995** ~ Held Community Forum on youth suicide. Proposal presented to become a Community Health Centre.

**1995-1996** ~ Goulbourn children & youth programs funded.

**1996-1997** ~ Depression/Manic Depression mutual support group began.

**1997-1998** ~ Brady Burnette Teen Assistance Fund (BBTAF) established.

**1998-1999** ~ Offered children's programs. Adult Day Program, Diners' Club, Friendly Visiting and Home Maintenance programs funded. Managed development of Victim Assistance Services.

**1999-2000** ~ Offered groups for GLBTQ clients. Bully Prevention Program funded.

**2000-2001** ~ Children Who Witness Violence Program funded. BBTAF received Award of excellence from the Foundation for Rural Living. Secured land for new building. Community Helpers program funded.

**2001-2002** ~ Capital Campaign began. Community Helpers program received Donner Foundation Award. Millennium Learning Centre opened.

**2002-2003** ~ Name changed to Western Ottawa Community Resource Centre. Moved into our new building. Ontario Early Years Centre received funding. Ottawa Children's Treatment Centre satellite site at WOCRC. Site selected and site plans prepared for the women's shelter.

**2003-2004** ~ French Bully Prevention Program implemented.

**2004-2005** ~ Chrysalis House - Shelter for Women and Children Fleeing Abuse - opened July 2004. Transitional Support and Housing Program funded. Managed funding for the Community Support Coalition of Ottawa.

**2005-2006** ~ Bilingual website. Centre-wide client database. Introduced Focus on Families Homework club & parent support. Submitted French Language Designation request.

**2006-2007** ~ Celebrating 20th Anniversary

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## How to help a child who has been exposed to violence in the home

by Diane Kroeker

Mothers, have you been abused? Has your child seen, heard or felt the tension of violence? Are you interested in talking with others about how the abuse has impacted your children? Would your children benefit from a children's group to help them express their feelings?

If so, you'll be glad to know, there is support for you and your children.

It's natural for your children to have mixed feelings towards their dad and it is still okay to love him but not what he is doing. You can help your child to identify his/her

feelings and find safe ways to express those feelings. It takes extra patience to cope with children who may be acting out because of witnessing abuse. You can also get support for yourself. Fall is a busy time for you as you organize your children's schedules for school and leisure. By now you may be catching your breath and looking for some added resources or support. If so, the Western Ottawa Community Resource Centre offers a group for children who have witnessed women abuse, between the ages of 6-11 year olds,

and a group for mothers at the same time. Register early! Groups will begin mid-September.

If you would like to register or get more information you can call a counsellor at:

- Western Ottawa Community Resource Centre at 613-591-3686
- Pinecrest-Queensway Health and Community Services at 613-820-4922
- Nepean, Rideau and Osgoode Community Resource Centre at 613-596-5626

## Confident Children's Program by Diane Kroeker

New this year in the Confident Children's Program – a group called "Take A Stand". This group will address issues of making and keeping friends, assertiveness skills, staying safe, and bullying issues. The group will be offered to two age groups, 6-8 year olds and 9-11 year olds and both groups have parents groups at the same

time. This fall we are also presenting "Getting Along with Others" where children will improve on social skills and learn to deal with anger. Groups start October, 2006 and are from 6-7:30 pm. Please call a counsellor at 613-591-3686 to get more information or to register.



## Focus on Families: Parent Support & Homework Club by Sandra Leblanc

The Parent Support Group of Western Ottawa Community Resource Centre is for parents of children 6—12 years old who need support with the challenges of everyday parenting issues such as:

- Daily chores and routines
- Homework
- Behavioural Problems (i.e. aggression, lying, stealing)
- Sibling rivalry
- School issues

The group provides an opportunity for parents to share

their experiences in a non-judgmental environment. There are no fees for this program.

1st & 3rd Wed. of each month from 7:00 - 8:00 p.m. at the Western Ottawa Community Resource Centre, 2 MacNeil Court, Kanata. For more information contact Sandra Leblanc at 613-591-3686 x241

### HOMework CLUB

The WOCRC offers a homework club staffed by tutors and volunteers to help children twice a week.

Location: Hazeldean Branch Ottawa Public Library, (50 Castlefrank rd.)

Times: Wed & Thurs 4:30 to 6:30 p.m.

To register please contact Sandra Leblanc at 613-591-2686 x241

*These programs are made available through Focus on Families project funding from the City of Ottawa.*

## Ontario Early Years Centre—Carleton Volunteer Opportunity

by Christine DeSouza



The Ontario Early Years Centre - Carleton is looking for volunteers community members with a interest in participating in an Advisory Committee.

The goal of the Advisory Committee is to engage community members interested in early year's programs and services

that can provide knowledge and expertise in this area, either as a service provider, parent or caregiver.

As we move into our 5th year, we look forward to having input, support and direction from our community.

The Committee will meet four times a year fro 2-3 hours each time. Child care can be provided if necessary. If you are interested in

participating please contact Christine DeSouza, Program Manager at 613-591-3686 x238.

**THE OEYC-CARLETON  
CALENDAR AND WORKSHOP  
INFORMATION ARE NOW  
AVAILABLE ONLINE AT:  
[www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca)**

## School's Cool Graduation by Colleen A. Taylor

Twelve students graduated from the School's Cool program and are now ready to begin school in September. School's Cool is a school readiness program for children entering elementary school for the first time. Children participate in many activities including printing their name, numbers, shapes, letters, taking turns, following directions, functioning as a group member, understanding the calendar and being independent. Outdoor play and community visitors are also a big part of the program.

Lisa, a hygienist from Dr. Peterson's office, talked to the children about choices for healthy snacks, as well as proper tooth brushing and gum care. They practiced their new skills on Lucy the dinosaur and other "friends" too.

This program was available thanks to the generous donation of Dr. Kersta Peterson's Smiles for Life campaign.

We would like to give a great big smile and thank you to Dr. Peterson, from all us at the Western Ottawa CRC.



For more information about WOCRC's programs and services for children please visit [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca) or call 613-591-3686.

## In Memoriam ~ Gordon A. Brown by Colleen A. Taylor

Gordon A Brown, a dear and devoted volunteer for the Early Years Program passed away June 19, 2006 in his 69<sup>th</sup> year. Gord had been involved with the program for 13 years, playing Santa at Christmas time and clowning around (a devoted Shrine Klown) at the annual summer picnics. He was a resident of Arnprior, retired school teacher after 35 years,

captain of the fire department for 25 years and active in the Arnprior McNab Pipes and Drums. As Hayseed the Clown he made children laugh and giggle at his quacking duck, silly bag pipe music and funny balloon creations. Our holiday parties will not be the same without him, how do you replace Santa? Our condolences go out to his family and community. A man

truly devoted to helping others and to making people feel happy.



## Volunteers Needed *by Shelley Evelyn*

Many of the services at the WOCRC are dependant on the invaluable work provided by our volunteers. These volunteers strengthen our community. For this, we say "Thank You".

### Community Support Transportation Program

Do you enjoy driving? Do you

have extra time and are looking for something fulfilling to do? If so,

**There is an immediate need for Meals on Wheels and transportation volunteers in West Carleton. Reimbursement for mileage costs is available. Call 613-591-3686.**

you may be an ideal candidate to volunteer in our Transportation Program.

If you are interested in finding out more about this or other volunteer opportunities at the WOCRC, please contact Shelley at 613-591-3686 x222, or [evelyn@communityresourcecentre.ca](mailto:evelyn@communityresourcecentre.ca).

## Peer Support Program - Volunteer Opportunity *by Shelley Evelyn*

Women volunteers are trained to offer support to women who are or have been in an abusive relationship. Support provided includes one-to-one support, accompaniment to appointments, and support to the residents of Chrysalis House (a shelter for women and

children fleeing abuse). Volunteers are also responsible for public education initiatives that work towards ending violence against women. If you are interested in learning more about this opportunity, please contact Shelley at 613-591-3686 x222, or [evelyn@communityresourcecentre.ca](mailto:evelyn@communityresourcecentre.ca)

### November is Women Abuse Awareness Month

Violence against women is a serious social problem that cuts across all segments of society. The Violence Against Women Services of the WOCRC, recognizes November as Woman Abuse Awareness Month, as proclaimed by the provincial government in 1986. As part of our efforts in working towards ending violence against women, the WOCRC will be distributing **VAW Community Surveys** to as many local residents as possible. Please keep your eyes open for this survey, and take the time to complete it.

## Summer at Chrysalis House *by Jessica Sauv -Griffin*

As the back to school season arrives, Chrysalis House reflects on the Summer Recreation Program that kept the children engaged in educational, active and fun activities throughout this past summer.

At the end of June, Leyla Jeyte was hired to facilitate the children's summer recreation program. From June - August, Leyla's energy, creativeness and personality translated into many of the activities the children enjoyed. The children and their mothers visited Logosland, Storyland, the Lynx stadium, AMC Kanata, the

Hazeldean Library, local parks and outdoor pools, the Kanata Leisure Centre, the Aviation Museum, the Museum of Nature, the Museum of Science and Technology, the Museum of Civilization, Parliament Hill, and the Papanack Zoo. Chrysalis House was also fortunate to have some activities provided to us onsite. Mad Science, Little Ray's Reptiles, and the Ottawa Storytellers visited us this summer and offered their services as a donation to the



children at the shelter.

In between the outings, onsite activities, crafts, games, movies, and cooking, this summer was filled with lots of laughter. Chrysalis House expresses a sincere thank you to Leyla for adding joy to the summer of the mothers and children who have experienced and/or been exposed to violence in the home.

*Chrysalis House* 

Business line: 613-591-5991  
Crisis Line: 613-591-5901

## "Take a Hike" Program a Success in West Carleton

by Heather Wilson

We are pleased to announce the recent successful completion of the *Take A Hike* program in West Carleton. *Take a Hike!* was an 8 week program run by CHEO's Youth Net/Réseau Ado. The program served 10 youth from West Carleton between the ages of 13-18. The program is designed to help provide youth with an opportunity to explore and develop healthy strategies for coping with stress through outdoor activity. "You can use exercise to improve your mood," wrote one youth his program

evaluation from. "During Take a Hike I learned that you can push yourself to your limit. When you achieve something you thought you couldn't, it boosts your self-esteem," commented another.

Some of the outings program included canoeing in Constance Bay, hikes in Fitzroy Harbour, Baxter conservation area, and Eagles Nest in Calabogie.

The program was made possible by the funds raised by the Brady Burnette Teen Assistance Fund and is offered through a

partnership between the Western Ottawa Community Resource Centre and CHEO's Youth Net/Réseau Ado.

Thank you to everyone who participated in the West Carleton Charity Golf Tournament. Your generosity enables us to continue to provide services to youth in West Carleton. A special thanks to Councillor Eli El-Chaniry and the team at Saturn Communications for assistance with the planning. We couldn't have done it without you!

## Strategic Plan updates

### Increase Mental Health / Counselling Services

The youth team conducted a 6 month Youth Mental Health Counselling Pilot Project to determine the mental health needs of youth and families in our community. We have heard from schools, youth, families, police and other service providers that there is significant need for this service. We developed a pilot project to offer youth and families support with short-term counselling. Participants were referred to the project from our intake department and local schools. We were able to serve over 50 youth and 50 parents during this 6 month period.

Based on the number of youth and families we served during the pilot project we know that youth mental health services are needed. Mental health services for youth in our community is lacking and we hope to work on securing funding for more resources to support youth mental health counselling at our centre.

### Continued expansion of access to Francophone services

We are committed to ensuring access to permanent and quality French language services and continue to work towards our partial French Language Designation. Our website is now fully bilingual, check it out at [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca). We conducted our first annual FLS evaluation and were pleased with how we are ensuring quality, accessible and permanent French language services to our francophone community.

### Develop Service Evaluation and Accountability System

In April, we began the implementation of a new Centre-wide client database system. We are now able to keep client records accurate and provide our funders with detailed statistics.

### Increase Accessibility and Inclusiveness of All WOCRC Programs

Board and staff development focused on social diversity & inclusion, racism & oppression, and gender equality.

### 2006-2007 Board of Directors



Michele Hynes  
Eileen Winterwerb  
Matthew Crosier  
Cindy McGann  
Jean-Pierre Beaulne  
Alberta Aboud  
Marc Rollin  
Julia Hill  
Ricardo Gomez  
Darryl Kicul (Chair)  
(Missing from photo:  
Liz Jackson  
Fred Boyd)