

Winter 2007

# Lets Connect

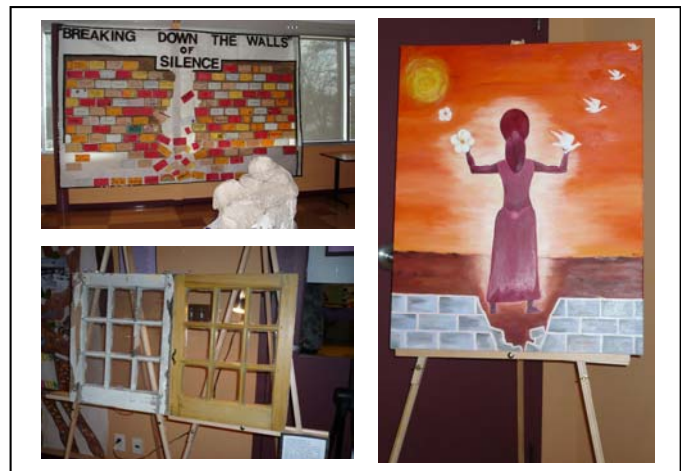
Western Ottawa Community Resource Centre  
2 McNeil Court, Kanata, Ontario, K2L 4H7  
Tel.: 613-591-3686 TTY: 613-591-0484  
Fax: 613-591-2501  
Email: [info@communityresourcecentre.ca](mailto:info@communityresourcecentre.ca)  
[www.communityresourcecentre.ca](http://www.communityresourcecentre.ca)

B.N. 12821 9201 RR 0001

## WOCRC Gives Clients an Opportunity to be Heard

On the evening of November 7, the Violence Against Women and Child Witness Programs hosted, Breaking Down the Walls of Silence, a creative art exhibition marking the beginning of Woman Abuse Awareness Month. The idea for the exhibit came out of a need recognized by program counsellors to heighten awareness around the issue of partner abuse as well as honour the voices of the women and children who have been affected. Victims were invited to submit creative expressions of their experiences living with violence and their journeys of healing towards breaking down their own walls of silence. Over one hundred people attended the exhibition and the feedback received was overwhelmingly positive.

“Many people who attended were touched by the diverse pieces of artwork and the powerful impact presented by children who have witness partner abuse in the home,” saying Cathy Jordan, Executive Director of the WOCRC, “The impact of children witnessing their mother’s being harmed emotionally, verbally or physically, is often overlooked, and this event gave them an opportunity to give their own experiences a voice.”



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### Volunteer & Community Education Program

The Chrysalis House Volunteer & Community Education Program is a new program that started October 15, 2007. The program aims to increase the community's knowledge of violence against women issues through outreach, consultations, presentations, and trainings. Another goal of the program is increase volunteer opportunities in the shelter to support the growing and diverse needs of the shelter and the women we serve.

Volunteers are appropriately trained to be involved in a variety of roles at Chrysalis House. There will be volunteer opportunities for a day or special event as well as with household maintenance, yard work, helping in the kitchen, and assisting with the organizing of the donations. Additionally, through coordination with our Peer Support Program, there will be opportunities to accompany women to various appointments and assist them in moving to their new community. Opportunities may include direct or indirect client or program involvement or assisting with community education activities to raise awareness of violence against women and their children.

Active recruiting for volunteers will be taking place in the New Year.



### News from the Adult Day Program

On Friday, November 5<sup>th</sup>, staff and volunteers said good-bye to Keitha Mitchell. Keitha started her time at the WOCRC in November 1998, working in the Community Support Team. For the most part, Keitha has worked in the Diner's Club but recently moved to the Adult Day Program replacing Emily Moses, who was on maternity leave. While we were sad to see Keitha leave, we know that we will soon see her back in her new role as back-up worker to the Community Support Team.

At the same time, we are very glad to welcome the return of Emily Moses to the Adult Day Program. Emily had a busy and enjoyable year at home with her new son Thomas, but is now back at work and busily immersed in holiday preparations.

A special thank you goes out to three of our very talented Tuesday volunteers: Ineke Wissing, Claudette Keats and Yvonne ChinQuee have been busy this Fall making crafts for our Annual "Shopping Extravaganza." Proceeds of this sale are distributed between the Day Program and Chrysalis House.

We also want to thank volunteer Dave Anderson for a donation through his volunteer commitment as a retired Bell Canada employee. Thanks to Dave the WOCRC has benefited from 7 grants totaling \$3,500.00.

**Children and Youth  
Team Continues to Grow**

We are excited to announce that two new positions have been created within our Children and Youth Team to increase our ability to support children, youth and their families. Since September of this year, the community, including: schools, service providers and families can access the services of our Child and Youth Counsellor. This service is available both at the Western Ottawa Community Resource Centre and in the community and hours of service are flexible to meet the needs of children, youth and their families. Anyone interested in accessing this service is asked to contact our Intake Office at 613-591-3686. In addition, we have created a new position, School-based Community Educator to support schools with social skills and Bully Prevention programs in the classroom. Evening groups are also being offered at the WOCRC, for both parents and children needing support with Social Skills and supports for their children.

The Ontario Early Years Centre—Carleton is very excited to announce that our services will be coming to the Kanata north communities in early 2008.

In the fall, our staff trained over 15 school representatives with the French Catholic School Board on our Bully Prevention program and how to integrate it into their schools and classrooms.

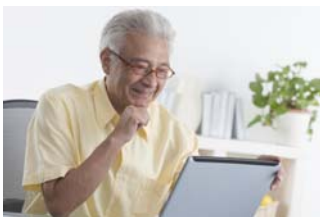


**Parent-Child  
Mother Goose Program**

One of the most popular workshops at the Ontario Early Years Centre – Carleton is the Parent-Child Mother Goose Program®. This workshop series (6-8 weeks in length) helps parents and caregivers nurture their relationships with babies, giving them the opportunity to build on their strengths and learn new skills.

Adults learn songs, rhymes, lullabies, bounces and tickles which they can use throughout their day—to ease diaper changes, dressing, and other transition times, as well as to have fun with baby.

The session includes snack time, an important component that allows time for the parents to get to know each other and share parenting information. A story is told weekly to the adults, chosen to give them the same kind of pleasure in language and images that the rhymes give to the children.



**Are you interested in attending a Computer Workshop?**

The WOCRC is currently hosting a number of free one-on-one computer workshops including Computer Basics, requiring no pre-requisite courses. The Computer Basics lessons help individuals use MS 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.

If you are interested in learning computers skills, call at 613- 591- 3686 ext.273 to set up an appointment with one of our Millennium Learning Centre volunteers.



**Looking for Home Maintenance Workers**

The Home Maintenance Program at the Western Ottawa Community Resource Centre is looking for workers in West Carleton, Kanata and Goulbourn. This program matches screened workers with seniors and people with physical disabilities to help with snow removal. The WOCRC acts as a referral service with the client paying \$14/hour directly to the worker. Time requirements vary according to need. For more information or to register as



a worker for the Home Maintenance Program please call 613-591-3686 or pick up an application form at the WOCRC, 2 MacNeil Court, Kanata.

**Gift Wrap**

Each year the Kanata Seniors Council partners with the WOCRC to conduct a Christmas wrapping service fundraiser at the Hazeldean Mall. This year, the event will run everyday from Monday December 10 through Monday December 24.

For a minimal donation, volunteers from each organization will be available to wrap your Christmas gift. Proceeds from the service will be divided between the two agencies and will be used to benefit seniors in our community.

