

Let's Connect

WINTER 2005

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE

Bringing care and community together

Champagne on Ice 2006

The Western Ottawa Community Resource Centre (WOCRC) is pleased to announce Scotiabank – Kanata Community as the Title Sponsor for Champagne on Ice 2006. Join us on Friday, February 24 at Scotiabank Place for this premier Western Ottawa gala which raises much-needed funds for services to support abused women and their children in our community.

Champagne on Ice, proudly presented by Scotiabank, features an exquisite meal served by local celebrities, entertainment by The Johnny Vegas All-Star Band, silent and live auctions, dancing and as a highlight of the evening, an opportunity to skate where our very own Ottawa Senators skate.

“This event supports our neighbours and friends, women and children who have experienced the nightmare of violence and abuse,” says Peggy Feltmate, Councillor for Kanata and Champagne on Ice’s Honourary Chair. “I would like to invite you to and purchase your

tickets to help abused women in your community.”

All proceeds from Champagne on Ice benefit additional services for Chrysalis House and the Program Against Abuse at the WOCRC. Chrysalis House is a 25-bed emergency shelter for abused women and their children that opened its doors in Kanata in 2004 and has been full ever since. Some may believe that violence against women does not occur in Western Ottawa since our community is considered affluent. The harsh reality is that workers at Chrysalis House must turn away an average of three women each day because the shelter is full.

“Scotiabank is delighted to be title sponsor of Champagne on Ice,” says Alice Holst, Scotiabank Branch Manager and Community Manager in Kanata. “The funds raised from this event go to support

a very important and much needed service in our community.”

“One in three women living in our community has been or will be victims of abuse. One of these women could be your sister, mother friend, co-worker or next-door neighbour,” says Cathy Jordan, WOCRC Executive Director. “This year we need to raise \$27,000. We cannot do this without your help. By purchasing tickets to Champagne on Ice you can be part of the solution by helping us provide assistance to these women.”

Reserve your tickets today by calling Laurie Macdonald at the WOCRC at 591-3686 x242 or to discuss sponsorship opportunities call Chris Meyer at 591-3686 x 240.



2 MacNeil Court
Kanata, ON K2L 4H7
Phone: (613) 591-3686
Fax: (613) 591-2501
info@communityresourcecentre.ca

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Thank you to all the volunteers and generous donors who participated in our **Christmas Wrap** service at the Hazeldean Mall. \$2,676 was raised for the WOCRC and the Kanata Seniors Council!

Holiday Boxes by Keitha Mitchell

Dorothy Boone, one of our generous volunteers, made table favours for all the Diners' Club attendees during the holiday season. She makes beautiful little boxes out of recycled Christmas cards. This year, Dorothy made more than 400 boxes! Thank you so much, Dorothy, for adding some cheer to the holidays.



Skating With The Sens! *by Jessica Sauvé*

We would like to say thank you to the United Way Ottawa for their amazing thoughtfulness! Thanks to their generous donation, the staff and children of Chrysalis House were able to Skate with the Sens on the Corel Centre (now Scotiabank Place) ice. A nine year old boy exclaimed excitedly "Awesome! Rad! And very, very exciting!" There were many activities planned for the children including face painting, amusement activities, and many other things. Meeting Mike

Fisher was a highlight of the day for both children and staff. He was available to take pictures and sign autographs.

Skating at Scotiabank Place is an experience of a lifetime for these children. Although some had never skated before, nothing could stop them from trying. They walked away with big smiles and bruised knees! Falling is just part of learning to skate after all. All our children had the

opportunity to skate and did very well! Stuntman Stu was also on the ice and skated around with many of the children and available for autographs. We would like to thank him for his dedication to ensuring all the children had a great experience.



Business line: 591-5991
Crisis Line 591-5901

The Peer Support Program *by Shelley Evelyn*

The Peer Support Program is a unique volunteer program that draws on the experiences of women living in our community. The Program was developed to offer women, especially survivors of abuse, a supportive network from which they could get resources and skills they feel they need to enable them to help other women. Their work entails one-to-one support, as well as public education on the issue of violence against women. Presently, the Peer Supporters are developing a *Healthy Relationships Project*, which targets students in grades 6–8 to help

them identify healthy ways of behaving in pre-dating and dating relationships. For more information on this project, or on the Peer Support Program, please contact Shelley at 591-3686.

Peer Supporters would like to thank Mary Miller from Adam & Miller & Kelly Barristers for the excellent presentation of family law issues. It was truly beneficial and will greatly help them continue to provide support to abused women and their children.

**MARCH 8 IS
INTERNATIONAL
WOMEN'S DAY AND
UNITED NATIONS DAY
FOR WOMEN'S RIGHTS
AND INTERNATIONAL
PEACE**

LunchAbility *by Stephanie Emmonds and Lisa Bornn*

LunchAbility keeps you in touch with new friends and keeps you busy with activity all season long. LunchAbility Out and About offers outings on a monthly basis for adults (18-59) with physical disabilities. The winter session is packed with great program ideas: gallery tour, movie night, special guests, dance, music

and exercise. The city-wide program provides an activity, a nutritious meal or snack, accessible locations, attendant care, and volunteer support for a minimal cost.

Registration is required—call Stephanie Emmonds at 737-5115 ext. 336. Upcoming dates to remember: February 1 and March 1, 2006.

Interested in volunteering? LunchAbility has a variety of opportunities for your skills! Contact Lisa Bornn at 737-5115 for more information. Make this winter season full of friends, food and fun! Get ready, get out, and get active with LunchAbility!

Ontario Early Years Centre—Carleton *by Colleen A. Taylor*



The OEYC invited many community agencies and services into an Open House on November 22. The Open House provided an opportunity for local services to find out what the Centre has to offer, and the families that they serve. Day care centres, nursery schools, health care professionals and child care

information agencies all enjoyed a wide variety of displays and were introduced to the Mini Mind Masters training. Mini Mind Masters is a program designed to assist young children to develop positive life skills. The program was created in partnerships between the Child and Youth Health Network of Eastern Ontario, CHEO and the Ontario Early Years programs. The training will allow participants to take the information back to their own agency

and to provide their families with the skills used in the program to help enhance the lives of young children and their families.

The OEYC-Carleton calendar and workshop information are available online at the following address:

www.ontarioearlyyears.ca

Focus On Fathering *by Colleen A. Taylor*

On November 18, in partnership with the Family Support Network of Ottawa, a one-day conference was held at the Holiday Inn Select, Kanata. People came to hear about innovative programs and services for fathers and their young children. Brian Russell, from Ontario Early Years Centre-LAMP (Toronto), presented his program “Dads on the Edge”. This program focuses on understanding the father’s experience in the life of a family and community. It also provides information on how an organization can become more father-friendly, how to market to fathers and how to sustain their involvement. The group looked at the history of the

fathering movement, the uniqueness of a father’s role in the family, perceptions and expressions of masculinity and how the mystique affects fathers.

Tim Paquette presented “My Daddy Matters Because...”, a program funded by the Public Health Agency of Canada (PHAC). He has recently completed a comprehensive resource book on the “how-to’s” of involving fathers, the **Father’s Toolkit**. It contains practical information on becoming more father-friendly, developing activities, services, resources and programs for fathers. Tim also presented recent research data from two local professors.

The Ontario Early Years Centre-Carleton has a program called “I’m With Him”. They have had great success in offering fathers many different activities, such as the Sweetheart Skate, Home Depot mornings, Saturday drop-ins, infant massage, Playing with Baby and Holiday baking. Look for new programs starting January 2006.

“THE EARLY YEARS CENTRE HAS A PROGRAM CALLED, ‘I’M WITH HIM’.

Smiles for Life Donation *by Chris Meyer*

Dr. Kersta Peterson (right) of Beaverbrook Dental Health Clinic presents a cheque for \$3,190.00 to Christine DeSouza (left) and Colleen A. Taylor (bottom) of Western Ottawa Community Resource Centre. Over a four month period Dr. Peterson participated in the ‘Smiles for Life’ campaign in which dentists offer tooth whitening at a discounted rate and donate 100 percent of the proceeds to

children’s charities. The money is being used to help the WOCRC’s ‘School’s Cool’ program, a program intended for children ages 2-5 who are entering school for the first time. Thank you Dr. Peterson!



Bully Prevention Program *by Chris Meyer and Angela Lorusso-Stewart*

The Western Ottawa Community Resource Centre and MDS Nordion are pleased to announce a new partnership that will enable the WOCRC to expand its Bully Prevention Program to include a pre-school program, secondary school program and a presentation aimed at adults in the workplace.

“We would not be able to move forward on this initiative without the support of MDS Nordion,” says Cathy Jordan, WOCRC Executive Director. “It is through generous donations from community groups, individuals and businesses that we are able to make a difference in our community. MDS Nordion is a community leader in Western Ottawa and with their tremendous support we are able to expand our Bully Prevention Program.”

“Bullying affects the entire community and companies are part of that community,” says Steve West, President of MDS Nordion. “The partnership between MDS Nordion and the WOCRC will support the Centre in the important role they have in bully prevention.”

This collaborative partnership creates stronger community relationships,

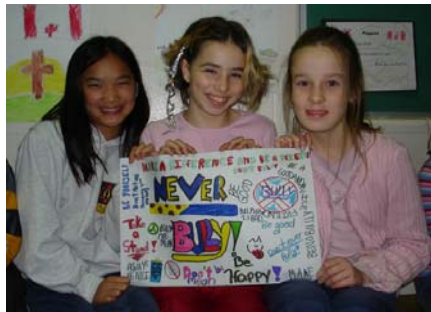
enhances the ability for community members to share ideas, identify assets and take positive actions, working together to keep our children safe.

“We are extremely excited about this new partnership,” says Angela Lorusso, Bully Prevention Program Coordinator. “Schools are the prime location of bullying and expanding our program will increase awareness on bullying among children, families, service providers and businesses throughout our community. Bullying is a community issue and the more people are informed the better we can support children and their families.”

The Bully Prevention Program brings together the entire community, including parents, police, resource centres, business leaders, school personnel, and most importantly young people. The goal is to reduce

the level of physical and emotional aggression within our schools by implementing a comprehensive community-wide approach to increase knowledge, skills, and resources. As part of the program, the key components include the establishment of a safe school committee that engages administrators, teachers, parents, students and the community, extensive training and workshops on the topic of bullying and victimization and ongoing support and evaluation. This WOCRC program also offers an in-school curriculum for grades JK to grade 8. In addition, WOCRC provides community talks to address the issue with both community members (parents/care providers) and service providers. Training is offered to service providers who are interested in our program and wish to make the program available in their organization.

The program currently offers services to school-aged children residing in the Goulbourn, Kanata and West Carleton areas. This program is now also available in French. For more information, please contact Angela Lorusso, Bully Prevention Program Coordinator at 591-3686 ext. 245.



Community To Go *by Colleen Caldwell*

The Western Ottawa Community Resource Centre is now offering a service to seniors and adults with physical disabilities who need **transportation to non-medical** appointments such as shopping, banking and hair appointments. A nominal fee is charged to offset the cost of mileage. If you would like to join our van service, please call us at **591-3686!**

A new website is available to help you find all the community support services in your area, quickly and easily. The bilingual, one-stop website lists services such as Meals on Wheels, Diners' Clubs, Friendly Visiting, Caregiver Support, Foot Care, and Homemaking, available in your neighbourhood, by type of service, location and agency. This site is great for clients, families, health professionals and caregivers who depend on these resources to help seniors and adults with physical disabilities live in their homes for as long as possible.

www.communitysupportottawa.ca is an initiative of the 20-member Ottawa Community Support Coalition.

Our Partnerships *by Chris Meyer*

Addictions and Problem Gambling Services of Ottawa

Works in partnerships to improve the well-being of individuals, family and community. They provide a confidential and supportive environment to help you make choices about gambling, drug and/or alcohol use. Goals may include harm reductions, moderation or abstinence. They are located at the Sandy Hill Community Health Centre. A counsellor is at the Western Ottawa Community Resource Centre once a week by appointment only. Call (613) 789-8941 or e-mail info@apgso-stjpo.ca for more information.

Diabetes Education Program

A program for adults with type 2 (adult onset) diabetes. Small group sessions are held in sites across the City of Ottawa, including the Western Ottawa CRC. The benefits of this program are to stay healthy, prevent or delay complications of diabetes, learn how to make the best choice for yourself and meet other people with type 2 diabetes. To register call call 233-4443 x2122. Sponsored by Centretown Community Health Centre on behalf of the Coalition of Community Health and Resource Centres of Ottawa. Funded by the Ontario Ministry of Health.

Aphasia Centre Services

Aphasia is the loss of the ability to communicate and may involve change in the ability to speak, write, read and/or understand spoken words. The tragedy of aphasia is that while one's thoughts are usually 'okay', you know what you want to say, the ability to express those thoughts has been compromised by the stroke. The Aphasia Centre combines the expertise of a Speech Language Therapist and a Social Worker/Psychotherapist to provide treatment and on going support. When possible family members are included in programs. Programs are offered on Wednesday afternoon and evening to accommodate working family members. For those unable to attend the WOCRC programs, home outreach is available thanks to the support of The OutCare Foundation of Ottawa. The Aphasia Centre is a not-for-profit organization and a sliding scale fee is charged to cover program costs. For more information please contact Karen at 567-1119.

Parkinson Society Ottawa, Support Groups

Support groups meet once each month for about 90 minutes. Anyone who feels they may benefit from participation is welcomed. We gladly

receive new participants and hope these groups will continue to flourish and grow. Please register before attending.

Kanata & Stittsville Support Group - 10am, 2nd Thursday of the month, 2 MacNeil Court, Kanata. Dates and times may vary; please call Parkinson Society Ottawa at 722-9238 for information and registration.

DMD Group

A place where people living with depression or bipolar disorder can come and talk about the 'ups and downs' of dealing with this on a daily basis. It is a very relaxed, confidential, and non judgmental group where you can come and share or just listen to what others have to say. Many who come to the DMD Group say that they need the additional support especially from people who understand. We discuss topics (but aren't limited to) such as family, diagnosis, stigmas, holidays, medications, routines, motivation, self esteem and any other personal subjects that arise. We know the first group is always the toughest to attend. We've been there too! Give us a try. You will be glad you did! Call Intake at 591-3686 for more information.

Nos partenariats *par Chris Meyer*

Les Services en toxicomanie et en jeu problématique d'Ottawa

travaillent en partenariat avec la communauté afin de voir au bien-être des personnes, des familles et de la collectivité. Dans le cadre d'un milieu accueillant et confidentiel, nous vous aidons à faire des choix en ce qui concerne vos habitudes de jeu ou de consommation de substances (alcool et/ou drogue). L'objectif recherché peut être la réduction des méfaits, la modération ou l'abstinence. Ils se trouvent au Centre de santé

communautaire Côte de sable. Un conseiller est disponible une fois par semaine au Centre de ressources communautaires d'Ottawa ouest par rendez-vous seulement. Composez le (613) 789-8941 ou courriel info@apgso-stjpo.ca.

Programme communautaire d'information sur le diabète

Un programme pour les adultes ayant le diabète de type 2 (diabète de la maturité). Des séances en petits groupes, tenues à différents endroits

de la ville d'Ottawa. Pourquoi suivre ce programme? Pour demeurer en santé, prévenir ou retarder les complications liées au diabète, faire des choix personnels éclairés et rencontrer d'autres personnes qui vivent avec le diabète. Composez le (613) 233-4443 x 2122 pour s'inscrire. Parrainé par le Centre de santé communautaire du Centre-ville pour la Coalition des centres de santé et de ressources communautaires de la ville d'Ottawa. Financé par le ministère de la Santé de l'Ontario.