

## Meeting the Needs of Young Mothers



An illustration of “Maslow’s Hierarchy of Needs” featuring the services offered at Rose of Sharon. The base tier of Maslow’s Hierarchy is physiological well-being (including the need to eat, drink and sleep), followed by the need for safety, belonging and love, self-esteem, and finally, at the peak of the pyramid, self-actualization. Illustration donated by Ally Jaye Reeves [www.allyjaye.com](http://www.allyjaye.com).

Each young mother is at a different point in her journey when she arrives at Rose of Sharon. We work to meet each young mom where she is. Our programs and services strive to address the needs in Maslow’s Hierarchy outlined above including physiological well-being, safety, belonging and love, self-esteem and self-actualization. We believe that these needs are fluid, not fixed, and that with help and compassion all are attainable and equally essential to a young mother’s success. When a young mom comes to Rose of Sharon, we ensure that a

satisfying meal for herself and baby is readily available; Rosie’s Closet offers take-home food, diapers and clothing to satisfy the physiological needs of a young mom and her baby. In terms of the need for safety, Rose of Sharon serves as a safe and welcoming space for a young mother who has often been ostracized for her decision to keep her baby. Time and time again we hear moms say that Rose of Sharon is a second home or, in some cases, a first home where they experience belonging and love. At Rose of Sharon, a young mom receives individual counselling which

allows her to work toward building self-esteem, something that so many of our moms struggle with. Programs such as Healthy Relationships and Feelings Matter help a young mom realize her worth. Self-actualization is the uppermost point in Maslow’s Hierarchy of Needs and, at Rose of Sharon, it is our ultimate goal as an agency to help a young mother realize her talents and fullest potential—as a woman and mother. Two generations of our community’s most vulnerable rely on us for support and guidance as they work to achieve their goals, hopes and dreams.

# Your Support Changes Lives

## *From the Desk of Anna Pavan, Executive Director*

In this newsletter you will read about some of the ways we support young women in reaching their self-determined goals and moving toward self-empowerment. At Rose of Sharon, we are mindful in ensuring that we are always meeting these young women where they are... no matter where they have been.

To achieve all of this we look to our community to support us in any way they can.

Thank you to all of our volunteers who have taken the extra step in supporting Rose of Sharon through Community Events and fundraising. Your generosity allows us to continue the great work we do with our young mothers and their little ones. A special thank you to Ally Jaye Reeves who donated her artistic talent on this newsletter's cover page, illustrating how Rose of Sharon responds to our clients' complex needs.

Thank you to our many community partners and affiliates who respect the journey these young women are on and are willing to contribute their services to support them.

Thank you to our generous donors. Through your monthly and yearly donations we are able to ensure barriers are diminished and hope is amplified.

Thank you finally to our Board of Directors, both those returning and those who have recently joined us. We are particularly excited to welcome our newest members – Amber May Smith and Marco Lofranco – whose passion and dedication will truly make a difference in the lives of our mothers and children.

We are truly grateful to each of you who have played a role in contributing to the empowerment of all of our young mothers and their children. Because of your support, we can ensure that we are always ready to meet and help a young mother, no matter where she is on her journey.



Anna Pavan  
Executive Director



## MOBYSS Visits Rose of Sharon

In July, Rose of Sharon received a special visit from MOBYSS (Mobile York South Simcoe) - Ontario's first mobile health clinic for youth. Our young moms were able to access the many health services available for free on the travelling health clinic. MOBYSS



makes health services available to youth who face barriers due to travel

and/or stigma. Having MOBYSS on site allowed moms to receive medical and mental health care in a safe and trusted environment. MOBYSS is staffed with a nurse practitioner, youth counsellor and peer support specialist, providing holistic, compassionate and youth-centered mental health services such as counselling, support and referrals. MOBYSS staff are skilled in assisting youth with issues around depression and anxiety, substance use, suicide risk, bullying, harm and risk reduction, issues unique to LGBTQ youth, as well as many other aspects around mental health and illness. This was a wonderful



partnership that benefitted many of our young moms and we look forward to having MOBYSS back again soon.



# Breaking Out of Society's Boxes

*Boys like sports and girls like Barbies...* how do these pervasive stereotypes come to be? In August, Rose of Sharon held a Media Awareness Workshop where young moms discussed the many ways that social and mass media shape self-perception and self-esteem. Social media is directly linked to mental health, specifically loneliness, envy and depression. Participants learned that their self-esteem is their legacy to their children and how to be critical of the images and messages received



through the media. There was a lively discussion about the limitations

placed on boys and girls through the media and young moms participated in an activity where they literally broke down the boxes that confine them as young women and mothers. Finally, participants learned about the power of language by exploring the history of words and phrases like “that’s so crazy” so as to understand the impact that language has on ourselves, others and their children. At Rose of Sharon, *knowledge is power!*

## Celebration Night 2017—Congratulations Students!

At our annual Celebration Night on the evening of June 15, we welcomed all the young mothers who attended high school at Rose of Sharon. This year we had 7 graduates who received their Ontario Secondary School Diploma through our on-site high school. The Rose of Sharon teacher, Melene Popa, announced the graduates to a crowd of proud parents, partners and little ones. One of the many highlights of the night was hearing excited cheers from the child of one graduate – “that’s mommy!” Congratulations to all the graduates and students continuing toward completion in our high school program! Thank you to St. John Chrysostom for donating the Parish Hall for our use.



## We love our volunteers! And we are always looking for more!

As we transition into Fall, it’s the perfect time to consider joining our team of volunteers at Rose of Sharon. We have opportunities to suit many different schedules and interests. Pictured to the right are Miriam and Elly who are our awesome food prep volunteers. Miriam and Elly have been a tremendous help in ensuring that young moms and babies have a healthy home cooked meal before each program. Miriam and Elly work together to prepare food in their homes, then deliver it weekly so we can serve it before programs. Their delicious creations always receive rave reviews from our young families. *Thank you Miriam and Elly for all you do!*



### URGENT VOLUNTEER NEEDS

**Rosie's Drivers** – We are looking for volunteer drivers in Newmarket, Aurora, Richmond Hill, Vaughan and Markham. If you have a few hours to spare each week to help a young mom access programs at Rose of Sharon, consider helping out!

**Reception** – We need volunteers to cover front desk reception on weekday afternoons (1PM-5PM). If you are a people-person, this is the perfect role for you!

Visit [www.roseofsharon.com/help/volunteer](http://www.roseofsharon.com/help/volunteer) or contact Jill if you are interested in helping: [jjambor@roseofsharon.com](mailto:jjambor@roseofsharon.com) or call 905-853-5514 ext. 239

# Women Supporting Women

The phrase "when women support each other, incredible things happen" is a guiding mantra at Rose of Sharon. Over the past few months, a number of community members (mostly women but some men, too!) have come together to support young mothers by hosting Community Events for Rose of Sharon. Together these events have raised nearly \$10,000 in recent months – funds which help to ensure that we can answer the call when a young parenting or prenatal woman turns to us for support. From organizers to participants, thank you to everyone involved with these fantastic events!



**If you would like to host a Community Event in support of Rose of Sharon, contact Jill Jambor for more information: [jjambor@roseofsharon.com](mailto:jjambor@roseofsharon.com) or 905-853-5514 ext. 239**

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## Rose of Sharon Services for Young Mothers

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Charitable Registration # 133235903 RR0001



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

☐ \$35 ☐ \$50 ☐ \$100 ☐ \$\_\_\_\_\_ (Other amount)

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

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

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

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

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☐ **I prefer to use my credit card.**

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

Name on Card: \_\_\_\_\_

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

☐ **Please charge my credit card monthly for the above amount.**

☐ **Where possible, please communicate with me by email to: \_\_\_\_\_**

*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.*