



SERVICES FOR YOUNG MOTHERS

Community News

Spring 2019

New Mission & Values for Rose of Sharon

Rose of Sharon continues to lead the effort to support prenatal and parenting young mothers and their children in York Region. We strive to offer services and programming that address the evolving needs of young mothers in our community. Each young woman who reaches out to Rose of Sharon after making the decision to raise her child has a unique story, and it is our job to meet the diverse needs of each one of these young mothers. After receiving input and feedback from young mothers, volunteers, community members, staff and board members, it is with great excitement that we share Rose of Sharon's new mission and values statements, which will guide the important work we do today and in the future.

Empowering young mothers to embrace their strengths and support the future they envision for themselves and their children.

Courage

We honour courage by embodying acceptance, empathy and respect for every individual.

Belonging

We foster connections to create meaningful relationships and a culture of belonging for young mothers.

Responsiveness

We develop innovative practices to meet the evolving needs of our families.

Inclusivity

We embrace diversity by creating open and welcoming spaces and programs.

"Our new mission reflects our commitment to being responsive to the needs of our young moms and babies," says Executive Director, Anna Pavan. "The new values statements pay tribute to our Good Shepherd heritage while also providing direction for our future as an agency."

Rose of Sharon's vision statement, "Opening doors and empowering futures," has not changed, nor has our commitment to providing hope and direction for vulnerable prenatal and parenting young mothers in York Region. Since 1985, we have been the only organization dedicated to supporting two generations of society's most vulnerable individuals, and the need for our services continues. The new mission and values statements will inform Rose of Sharon's Strategic Plan for 2019-21. We are grateful to everyone who took part in the important conversations that helped to shape our new mission and values.

A Sip and Support Fundraiser



This January, our friends at The Meeting House and Cardinal Press Espresso Bar (on Main Street in Newmarket) launched a delicious fundraiser featuring a new, custom tea latte, *The Meeting House Fog*. With notes of blueberries and maple, this Fog is warming our cheeks and our hearts: \$1 from each latte sold over six months will be donated to Rose of Sharon. So far, The Meeting House and Cardinal Press have raised over \$500. *Amazing!*

If you're in the area, please visit, sip and support the effort.



Caitlin and Jill from Rose of Sharon with Simon Downey, Lead Pastor of The Meeting House Newmarket, and Tom Vegh, Newmarket Deputy Mayor.

A Small School with a Big Heart

In December, Rose of Sharon got a call from a student at St. James school in Tottenham. His class had chosen Rose of Sharon as the recipient of proceeds from their annual holiday market, and he invited a staff member to visit the school for a cheque presentation.

Every year, Mrs. Traverse has her Grade 8 students complete a project that helps them develop a wide variety of skills. Students design a product and create a business plan (which includes a profit margin analysis), and after making a prototype and presenting their case, they put their ideas into production.



The entire school community participates in the initiative, with children from all grades shopping for tree ornaments, gadgets or holiday treats so proceeds can be donated to a local charity.

St. James raised **\$2,530.10** for Rose of Sharon, making us all feel incredibly humbled by their generosity. This financial support, in addition to the support from all our donors throughout the year, will help provide services, create a sense of belonging and inspire hope for our young families.

1st Annual Mother's Day Classic

Friday, May 10th at Cardinal Golf Club *with proceeds supporting*

hosted by



Rose of Sharon

To register, visit:
bit.ly/MAY10CLASSIC
or call 416-895-3252

Program Spotlight: Relationship Remix

At Rose of Sharon, we know that unhealthy relationships are prevalent among young mothers. Approximately one-third of our young moms have experienced some form of abuse, such as intimate partner violence or family violence, and “Relationship Remix” seeks to help participants define what constitutes a healthy or unhealthy relationship.

The five-week program encourages participants to look at the different relationships in their lives and recognize the warning signs of unhealthy and violent behaviours while developing skills that help to build and maintain healthy interactions. Participants also discuss where their responsibility begins and ends when it comes to nurturing a relationship or identifying when and how to leave, if possible.

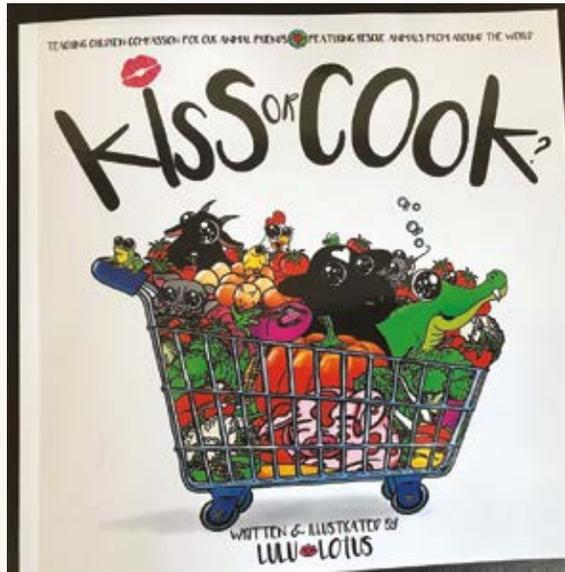
When a young mother is in a healthy relationship with her partner and/or family, she can model healthy relationships for her child. This is also likely to help her cope effectively with parenting stressors. As a result, a young mom can create a more secure attachment with her child which allows for healthier socioemotional development in her little one.

“I feel less alone knowing other moms have similar struggles in their relationships and Rose of Sharon is here to support me.”

A Rose of Sharon Success Story

Kiss or Cook? is a children’s book written and illustrated by former Rose of Sharon client, LuLu Lotus. The inspiration for the book came about during a difficult time in her life. A few years ago, as a young mother of two boys, LuLu fled to a women’s shelter to escape domestic violence. She also reached out to Rose of Sharon for individual counselling to support her transition to safety.

While staying at the shelter, LuLu spent many hours reading to her sons, and she decided to write her own book with a positive environmental message to inspire other children. LuLu has shared that writing the book was therapeutic and gave her a sense of accomplishment. *Kiss or Cook?* is available now for purchase on Chapters and Amazon.



Family Trip to Clearwater Farm!

As part of our Food Security Program, we took a group of moms and their little ones to ClearWater Farm in Georgina to spend quality time outside while learning about the importance of farming. There were smiles on everyone’s faces as children got their hands dirty for some education about Red Wiggler worms and their use in composting.

Our young families had the chance to cook outdoors over a fire, plant vegetable seeds and toboggan in the snow. This trip to ClearWater Farm allowed young moms and their children to have a meaningful outdoor experience, helping them build character, curiosity about food and a love of nature.



Save the Date:

A BENEFIT CONCERT
FOR ROSE OF SHARON

featuring



SATURDAY, OCTOBER 19, 2019 | RICHMOND HILL CENTRE FOR THE PERFORMING ARTS
TICKETS WILL BE AVAILABLE IN JUNE. STAY TUNED!



A Flower & an Hour for Mother's Day

One hour of life-changing support for a young mother and child costs about \$50

With your donation, you can:

- Remind a young mom that *she is worthy*
- Create a safe space so she can develop important friendships within a group of peers
- Provide a stimulating environment for babies and children in the Child Development Centre
- Help her build parenting and life skills so *Mom & Baby can have a bright future*

You can also support young families at Rose of Sharon as part of a group.
For more information about organizing a Mother's Day fundraiser, please
contact Jill at 905-853-5514 ext. 239 or jjambor@roseofsharon.com

Support a young mother & her baby this Mother's Day:



Yes, I would like to honour a young woman's strength and resiliency this Mother's Day by providing:

a flower & an hour of support \$50

Other: \$ _____

a flower & an hour of support for two young moms \$100

Name: _____

I would like to use my Visa / Mastercard:

Street address: _____

Card #: _____

City: _____ Province: _____

Expiry: _____ CVV: _____

Primary phone: _____ Alternate phone: _____

Name on card: _____

Email: _____

Signature: _____

Include your personal message to Mom & Baby here: _____