

# CENTRED

WOMEN'S CENTRE OF YORK REGION NEWSLETTER

Fall 2009

Volume 1, Issue 3

## Welcome

Welcome to the fall issue of **CENTRED**. Fall is considered the season of harvest – reaping the results of the seeds planted in the spring. At WCYR, we are seeing the results of work we started at the beginning of 2009, expanding our Bridging the Gap program, launching our Enterprising Careers program, and thanks to our new Program Manager Athanas Njerú, increasing access to our counselling programs.

The fall is also a time to give thanks. With that in mind, WCYR is launching a campaign called The Ripple Effect.

## Programs

### Holiday Hamper kicks off

by Milena Boden

It is hard to believe, but winter is fast approaching. Last year, 191 families participated in Women's Centre of York Region's Holiday Hamper Program that supports women and their families with gifts and vital winter warmth needs. Being sponsored means that a woman can focus on paying her essential bills, knowing the needs of her family will be covered by someone in the community and reducing her financial and emotional anxiety at this time of year.

We are anticipating even greater demand and have set our goal at 100% sponsorship. This is an exciting endeavour and to meet our goal, we will need your help.

What we mean by The Ripple Effect is that when we take small, meaningful, and conscious actions, the ripple effect can be seen and felt throughout a community. Our clients are mothers, friends, volunteers, co-workers and neighbours – all part of the community as a whole. Helping our clients has a ripple effect, making all our communities stronger and healthier places to live. This issue of **CENTRED** describes a number of ways you can make a ripple in your community.

*Kirsten Eastwood  
Executive Director*

This year we are asking for help in sponsoring a family, providing gift cards, lending your time, or making a financial donation. Based on feedback from last year, we know supporters of the Holiday Hamper Program find great joy in knowing their contributions brighten the holiday season for many women and children in our community.

If you are in need of support, or if you would like to make a ripple in your community this holiday season, please contact Milena Boden, Coordinator, Bridging the Gap at [btg@wcyr.ca](mailto:btg@wcyr.ca) or (905) 853-9270 x110.



### By the numbers

**130, 17**  
*Number of children and women respectively who received backpacks and school supplies this September (a 45% increase from 2008).*

**47%**  
*The increase in use of our Last-Week-of-the-Month food program from January to June.*

**200**  
*Number of women who annually participate in our Resource Workshops on topics like nutrition, women's health, and budgeting.*

*"Thank you for thinking of us when you are so busy. You gave me a good night's sleep with peace of mind, which I haven't had in a long time."*

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# Programs

## Launching Enterprising Careers

by Meaghan Weldon

We are launching our new Enterprising Careers program, which helps women become job ready. Over the past few months, we have researched available employment programs in York Region and found a lot of really wonderful employment services for people who are already job ready and just in need of resume or cover letter writing, networking and interview tips. The gap we found was for those returning to work who are not sure what field to enter, how to get started, or which community resource is appropriate for their needs. That is how Enterprising Careers can help.

Through partnerships with groups like Job Skills and York Region District School Board's Focus for Women program, we will provide support through individual assessment and small group discussions.

Here women can share experiences, celebrate successes, and gain the courage to embark on their own career path.

Enterprising Careers will help women identify the gaps in their skills and experiences, develop a plan to increase their chances of finding employment, and access a range of options for community programs and services to develop their employment skills and increase their chances of gaining meaningful and sustainable employment.

We will be developing on-line training modules and a web-based discussion forum to increase access for women across York Region. In addition, we are planning a community job posting board for employers. Enterprising Careers launches this October for current clients, and will expand to all women across York Region in January 2010. For more information, please contact Meaghan Weldon, Program Coordinator, Enterprising Careers at [ecareers@wcyf.ca](mailto:ecareers@wcyf.ca) or 905-853-9270 x 104.

**“Someone to work with you while you pursue job readiness.”**

# Found

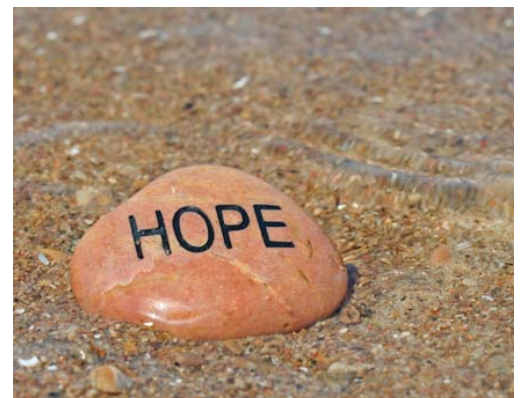
This poem by Henri Nouwen was found on [www.heartnsouls.com](http://www.heartnsouls.com)

## I Hope

*I hope that I will always be for each person  
what he or she needs me to be.  
I hope that each person's death will  
diminish me,  
but that fear of my own will never  
diminish my joy of life.  
I hope that my love for those whom I like  
will never lessen  
my love for those whom I do not.  
I hope that another person's love for me  
will never  
be a measure of my love for him or her.  
I hope that everybody will accept me as I  
am,  
but that I never will.*

*I hope that I will always ask for  
forgiveness from others,  
but will never need to be asked for my own  
I hope that I will always recognize my  
limitations,  
but that I will construct none.  
I hope that loving will always be my goal,  
but that love will never be my idol.*

***I hope that everyone will always have  
hope.***



# Volunteer

WCYR offers many creative, flexible, and fun volunteer positions if you are looking for a different way to help your community, support local families, and develop new skills.

One current need is for Event Committee Members to help us with the creation, organization, promotion, and implementation of our fundraising initiatives. This is a great way to express your artistic flair, hone your organizational skills, and expand your social network. It is a very meaningful way to make a ripple as events raise awareness of WCYR and funds to deliver our programs.

Volunteers come to us intentionally. One recent volunteer on our front desk found us on-line,

## Currently we are looking for:

[Volunteer drivers:](#) To help pick up food and clothing donations to be delivered to the Centre  
[Program Volunteers:](#) To greet clients, update registration lists and assist with food pick up

# Community

We are pleased to announce the launch of our new client-focused, interactive website this month. The new website ([www.wcyr.ca](http://www.wcyr.ca)) is designed with great input from our community: staff, clients, volunteers, funders and board members.

The new site features clear navigation, printer friendly pages, links to community resources, and WCYR program highlights. In the near future, we will be including an on-line forum and web-based training modules. The most exciting addition is the events section with an up-to-date calendar, which includes event and workshop details and on-line registration forms. The web design matches the newly painted interior of our Centre and includes new images and testimonials that better reflect the available programs and diversity of our clients. Overall, it makes us more accessible to our community.



"I am so glad to have the opportunity to be a part of a wonderful environment where women support other women."



having searched for different volunteer opportunities to complement her program in Women's Studies. She said, "My favourite part of volunteering here is being able to talk to and meet the women that come into the Centre."

The ripple effect of donating time and expertise is felt by our staff, our clients, and volunteers. To find out more about volunteering, please e-mail Shelley Chidlow at [volunteer@wcyr.ca](mailto:volunteer@wcyr.ca).

Thanks to all who made significant contributions to the realization of this new and improved website. We would like to thank Danielle Koren and Gerrit Twynstra who created the look and feel of the website.

Enjoy!



***"We are very excited about this new website and think the community – clients, volunteers and donors - are really going to enjoy checking out all the new features."***

## Thank you ♀ for making a difference

This column highlights examples of The Ripple Effect in action. We thank:

- Andrea McMullen ADM Design for her design ideas.
- Tim Hortons Markham for donating a brewer and coffee for our client café.
- The clients and supporters who spoke movingly of the impact of WCYR on their lives for the production of our video, The Ripple Effect.
- Hilda Chimienti for donating her esthetic services to make everyone on video look great!
- Rosemarie Lawless of YRDSB's Focus for Women program, who facilitated a creative and fun WCYR teambuilding day.

- Jennifer Mitchell-Emmerson of York Region for equipping us to deal with the media.
- Jennifer Ettinger of Fit Your Style for her interactive goddess presentation at Golf for Change.



## Upcoming events ♀

We would like to thank all the players, sponsors, and donors who supported our Golf for Change event at Pheasant's Run.

- Between September 21 and 28, if you buy a Smile cookie from the five Tim Hortons stores in Aurora, \$1 is donated to WCYR. A sweet way to make a ripple!
- We're holding a Winter Warmth drive for women and children. If you have winter coats, boots, hats or mitts to donate (gently used or new), please contact [btg@wcyr.ca](mailto:btg@wcyr.ca).

- On November 25, WCYR presents The Ripple Effect Forum. The event, at the Richmond Hill Centre for the Performing Arts, features keynote speaker Craig Kielburger, a panel of businesses owners sharing how they do business consciously, and a marketplace of food businesses that "do good" in a tasty way. Tickets are \$100. Please contact [events@wcyr.ca](mailto:events@wcyr.ca) to get involved.
- Starting September 30, WCYR has a regular bi-monthly segment on Roger's Daytime.

For enquiries about content, please contact [newsletter@wcyr.ca](mailto:newsletter@wcyr.ca)  
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120 Harry Walker Parkway North, Newmarket, ON L3Y 7B2 t.905-853-9270 f.905-853-9271 [www.wcyr.ca](http://www.wcyr.ca)  
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 **Women's Centre**  
OF YORK REGION  
Working together to improve lives.