

Community News

Fall 2018

Parenting Program: Anxiety, Fears & Phobias

This summer, Rose of Sharon offered a new parenting program, *Anxiety, Fears & Phobias*, which helped participants explore concepts and gain understanding of how young children experience anxiety and fear.

Developed by Jacqueline Stewart, Rose of Sharon's Program Facilitator who has a background in Early Intervention and Early Childhood Education, the program responded to questions and concerns participants expressed in surveys and past program evaluations. Moms wanted to understand where their children's anxiety and fears were coming from and how to help them work through these feelings. Jacqueline's participant-led curriculum evolved over the course of the six-week program, beginning with a look at defining concepts we often assume are interchangeable—fear and worry, for example—as well as the brain chemistry at

play when our bodies respond to stressors. From there, participants worked on finding ways to teach their children about their feelings through age-appropriate language, books and activities. Each week, they practiced a new calming strategy with their child at home, reflecting on what worked and what didn't work with the group.

Ultimately, the program focused on a mom's critical role in her child's physical, emotional and social development and how this begins with a secure attachment between mother and baby in infancy. Every time a mother or a primary caregiver responds to an infant's cues (like crying or cooing) they reinforce feelings of trust, safety and well-being. The relationship provides the child with a safe harbour and a belief that they are going to be ok no matter what challenge they are up against. ■ *(Illustration by Alex Lowe)*





Celebration Night 2018

At the end of every school year, Rose of Sharon hosts Celebration Night to honour high school participants for their amazing achievements as students and mothers. The night's theme was *Shine Bright Like a Diamond* and appropriately so: our high school moms were beaming as they received their diplomas with their children and families cheering them on.

Some very special guests attended this year. The women pictured here with our Executive Director, Anna Pavan, and high school teacher, Melene Popa, are a few of the Sisters of the Good Shepherd who helped establish Rose of Sharon over 33 years ago. We will always be grateful to the Sisters for their foresight and continued commitment to young mothers.



A Flower & an Hour for Mother's Day

Thank you to all of those who donated to our **Flower & an Hour Campaign** in the Spring! We provided young moms with beautiful flowers and notes from donors at our Mother's Day Celebration. Thank you for helping us celebrate the strength and resilience of our young moms.



Get involved! Become a volunteer driver:

www.roseofsharon.com/help/volunteer

Be Beautiful Fashion Show

With spring in the air and summer on everyone's minds, an intimate group of donors and community members gathered inside Oakridge's Fashion store on Yonge St. in Aurora for an evening of fun, fashion and philanthropy on May 2, 2018. With a portion of proceeds benefitting the young mothers at Rose of Sharon, guests were treated to a fashion show and shopping with CityLine Style Expert, Lynn Spence. Lynn offered invaluable tips and tricks as she put together chic ensembles with pieces from the Oakridge's shop.

Be Beautiful provided a great opportunity for new and familiar faces to mingle among racks of beautiful clothing while learning about how Rose of Sharon supports young mothers and their families across York Region. We are grateful to our event sponsors—Roadhouse & Rose Funeral Home and Knightingale Creations—and our generous event partner—Oakridge's Fashion—for making this night such a success. Thank you to everyone who came out in support of Rose of Sharon!



Lynn Spence during the fashion show.



The models. Thank you!

Aurora Fit Body Boot Camp Pushup Challenge

Participants completed 100 pushups a day for 30 days and shared their experience on social media. Thank you to all the strong and generous supporters of this fun challenge!



10 people
30 days
30,000 pushups
\$2,600 raised

Gardening & Food Security

Zucchini, cabbage, tomatoes and kale... oh my! The Rose of Sharon garden flourished this year with the help of volunteers and our Food Security Program Coordinator, Kim Kipp. With a focus on increasing food security and literacy, growing vegetables in our community garden plot nourishes the minds and bodies of our young families. In addition to our larger plot, the Child Development Centre staff planted their own garden to expose the little ones to nature and nutrition. Cherry tomatoes were a big hit among the kids—they loved watching them grow and enjoyed them right off the vine!



Do you have an idea for a fundraiser in support of Rose of Sharon? Contact Jill at 905-853-5514 ext. 239 or email jjambor@roseofsharon.com.



You're invited to join us!

Open House

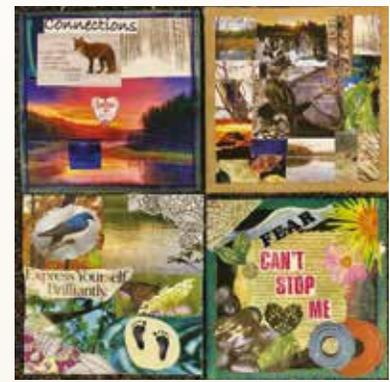
**Thursday, November 8, 2018
4:30 p.m. to 6:30 p.m.
361 Eagle Street, Newmarket**

Please RSVP to Jill at jjambor@roseofsharon.com or 905-853-5514 ext. 239 by November 2nd.

Workshop: Chill & Collage

At Rose of Sharon, our skilled and dedicated staff offer a wide array of programming for young moms. Over the summer, we ran a workshop giving moms the chance to *Chill and Collage*—to create without any concern for the final product.

Intuitive collage, or collage therapy, involves the free-associative choosing of imagery and words from old books and magazines. Because collage is a projective technique, when creating without any preconceived intentions, participants tend to choose imagery, colours and words that reflect their subconscious and unconscious thoughts and emotions. Participants enjoyed this immersive experience where any and all judgement was left at the door.



Make a gift to help a young mother & her baby



Yes, I would like to support a young woman and her child by providing a gift in the amount of:

\$35 \$55 \$100 Other: \$ _____

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: _____

Please make cheques payable to **Rose of Sharon Services for Young Mothers**. Charitable registration #133235903 RR0001.
Your privacy is important to us; therefore, we do not rent, trade or sell our donor lists.