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## Mark your calendar for May 11

One of Youville's most exciting events is coming up soon. The popular ***Ooh 'n Ahh fashion show and auction***, featuring fabulous fashions from **Shepherd's**, is slated for **Thursday, May 11**.

Those attending the last event at the Centre were bowled over by the delicious food, great atmosphere and fashions. This year's show will be hosted by **Majic 100's Kevin Nelson** and feature celebrity models, great auction items and glamorous door prizes.

Billed as a "*Girl's night out*", men are more than welcome.

Tickets are now available, but since they are going fast, call your friends now and plan for a great night out. Only \$60 each, with a tax receipt of \$45, they can be obtained by calling 231-5150 ext. 128 or 104 or by e-mailing: [info@youvillecentre.org](mailto:info@youvillecentre.org).

The Youville Centre is  
an innovative centre that

***motivates,  
educates  
& nurtures***

*young parents and their  
children to become  
self-sufficient contributing  
members of society.*





# Alumnae News

## Alumnae

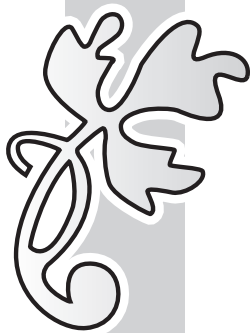
Date(s) to Remember

### Barbeque for new grads & alumnae

Children welcome!

June 22, 2006

4:00-6:00pm



### Moms' Night Out Feb. 06

Our last Alumnae gathering focused on self-care. **Rita Myers**, from **Tapestry House**, presented practical suggestions to our young mothers on relaxation, de-stressing, recharging and care for the care-giver.

Special thanks to several community partners who set up booths with information, resources, services and freebies to encourage our alumnae to seek out these resources. We are grateful to **John Howard Youth Employment, City of Ottawa Public Health Nurses, Mary Kay Cosmetics, The Body Shop, Youth Zone Jeunesse, City of Ottawa Women in Sports, Ottawa Public Library, Versailles Academy, Parent Resource Centre, and YM/YWCA (Downtown)**.

The evening ended with a pizza dinner for 38 Moms and their children - a huge success!

### After Youville

We are also grateful to a trio of **Nursing Students** from **Ottawa U.** who spear-headed a project to track our most recent graduates in their first year of post-secondary studies. These nurses have prepared surveys, conducted forums and gathered data from these graduates concerning the challenges they are experiencing "after Youville". From their research, we hope to learn ways to improve our current programs and services and how we can better support our graduates after they leave Youville Centre.



Moms' Night Out - John Howard Youth Employment

### Bursary Reminder

Two bursaries of \$1,000 each are available to the children of former students who are entering college or university in Sept. 06. Visit our website for info [www.youvillecentre.org](http://www.youvillecentre.org). Deadline for applications is May 15.

For the first time we are making bursary funds available to graduates who are entering the second, third or fourth year of post-secondary studies. To see if you qualify or to apply, contact Caterina at 231-5150 ext. 107.



Moms' Night Out - makeup lesson

## Childcare Program Changes

One of our childcare rooms has been renovated to serve infants rather than toddlers. We are receiving increased numbers of younger Moms requiring more infant spaces than in the past. Youville now provides childcare services to 40 infants and 15 toddlers aged 2 months to 2 ½ years. We are grateful to the **City of Ottawa** and the **Ministry of Children and Youth Services** for making these much-needed changes possible. The funding was made available as part of the provincial **Best Start** initiative.

# We Couldn't Have Done it Without

# You

**The generous support of the community makes many of our programs and services at Youville possible. We would like to thank the following people and organizations for their generous support:**

**Scotiabank** and **United Way** for their kind donation of \$3,000. Special thanks to **Dennis Jackson** of Scotiabank and **Joanne Poirier** of United Way.

**The Protocol School of Ottawa** for providing the opportunity to our young mothers to gain the skills required in the world of work and in society. The workshops conducted at Youville Centre by the Protocol School of Ottawa were "aimed at increasing the self-confidence of the participants" in order to promote "courtesy and respect in society". We are grateful to **Suzanne Nourse** for providing our clients with the skills they will need for success beyond Youville.

**The Ottawa Relationship, Separation / Divorce Resource Centre** and **Diane Valiquette** for assisting us in a 9 week Relationship Program. The students learned how to build harmonious relationships and respond creatively and effectively to conflict.

**NECTAR Foundation** and **Rheal Dumont** for the donation of educational software to support specific elements of the curriculum here at McHugh.

**Amanda Jahnke**, youth yoga instructor from the **Ottawa Radha Yoga Centre**, for facilitating yoga for youth at Youville Centre. Six to ten students per week in February and March enjoyed yoga sessions on their noon hour. The students learned how to relax their body and mind in the teaching tradition of Swami Sivananda Radha. We hope to repeat this yoga opportunity again in the Spring. Thanks again to Amanda!

**La-Z-Boy Furniture** for their latest donation of \$400 from the sale of tote bags sewn by volunteers using upholstery fabric ends.

A very kind individual donor who stopped by our Centre with a donation from an art sale simply because she likes "to support local charities".

### **Staff Appreciation Lunch**

Each year around Valentine's Day, the Board provides lunch to show our staff how much their contribution to Youville Centre is appreciated. This year two Board members joined our staff for a lunch catered by "**Helen's**" - a long time favorite of the staff.



Yoga session



Caterina Pace (back row, second from right) represented Youville Centre in a photo taken to showcase the many lucky recipients of La-Z-Boy donations.



## Upcoming Events

### **Shepherd's Fashion Show**

at Youville Centre

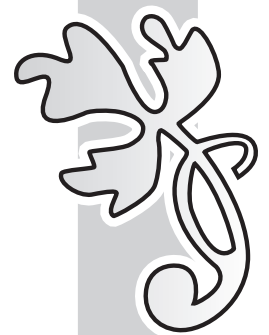
May 11, 2006  
6:00pm-9:00pm

### **Graduation**

June 8, 2006  
1:00pm

### **"Nine and Dine" Golf Tournament**

September 2006





Karen Lahaise and friends at "An Evening of Christmas Music", to benefit Youville Centre

## CHRISTMAS AT YOUVILLE

### Christmas Benefit Concert

Our first Benefit Concert for Youville Centre was a great success. We have received very positive feedback from members of the audience. Youville is grateful to several talented musicians and singers for their gifts of time and talent. Special thanks to the **Cumberland Community Singers, Cross Town Youth Chorus, Karen Lahaise, Anne Hurley**, and others who presented a wonderful evening of Advent and Christmas music.

We are also grateful to **Father Carl Kelly** and the parishioners of **Canadian Martyrs Parish** for allowing us to use their church and hall. Thanks go out, above all, to everyone who supported Youville Centre by their attendance that evening.

### Christmas made better by the generosity of friends

Christmas was made much more enjoyable for our mothers and their children thanks to the generosity of several friends of Youville...

**St. Maurice Parish, St. Clare and St. Philip Parishes, St. Philip School, Red Lobster (Merivale Road), Service Canada HRDC, Immaculate Heart of Mary CWL, Nu Sigma Pi Sorority, St. Patrick's CWL (Fallowfield), McLeod, Clermont and Assoc.** all of whom provided food, gifts, toys, clothing and vouchers to our young families in time for the holidays.

A number of individuals also came forward to support individual Moms and families of former students in ways too numerous to list. They all embody the true spirit of Christmas and we at Youville are deeply grateful to them.

## Can You Help?



### We need Volunteers for the following activities at Youville:

- Food Bank, one Wednesday a month, 10:00 a.m. - noon
- Breakfast Program 8:30 a.m. - 9:30 a.m. daily
- IT/computer/technical support

## Youville Centre *News*

### Editor

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### Hours

Monday to Friday

8:30am - 4:30pm

To be removed from the mailing list, please call 231-5150 x.104 or send an e-mail to remove@youvillecentre.org

### Youville Centre Support

Yes, I/We wish to support The Youville Centre, an innovative centre that motivates, educates and nurtures young parents and their children to become contributing members of society.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

I/We wish to contribute \$ \_\_\_\_\_ per month, commencing \_\_\_\_\_.

I/We wish to contribute \$ \_\_\_\_\_ at this time.

Payment to be made by:  Cheque  Visa  MC  Amex

Card# \_\_\_\_\_ Expiry \_\_\_\_\_

Signature \_\_\_\_\_

**We also accept donations online at [www.youvillecentre.org](http://www.youvillecentre.org)**