

St. Joe's Women's Centre Newsletter

December 2023



Happy Holidays from all of us at St. Joe's Women's Centre!

St. Joe's Women's Centre is a day program and registered charity, that is dedicated to the needs of low income/homeless women, those that identify as women, and their children, in a supportive and safe environment. Social and educational programs are offered to promote empowerment, autonomy, and dignity in a non-judgmental atmosphere.

Charitable Registration Number: 13177-1990-RR0006

Contact Us:

Jennifer Clark,
Director
jclark@st-josephs.ca

Jane Tenthorey,
Manager of Support Services
Jane.T@st-josephs.ca

Alia Reynolds,
Program Coordinator – Team
Lead
SJWC.support@st-josephs.ca

Brooke Annan,
Program Coordinator
SJWC.frontline@st-josephs.ca



**In loving memory
Matilda
A true light within our
community**



Program Highlights: S.W.E.E.T. Program

The Shared Work Engages, Equips and Teaches Program (SWEET Program) is an innovated program designed to empower low-income women, those that identify as women, to give back to the community, enter the work force, and/or to gain the necessary skills for the workplace.

St. Joe's Women's Centre employs participants as Lunch Lead Cooks; offering training provided through a peer mentor-ship model and certification of Food Handlers Course. The participants are paid hourly, given the option of being paid through various gift cards and transportation to/from work.

Two of the key focus areas of support our Centre offers are food insecurity services and empowerment of marginalized women. With these in mind the The Shared Work Engages, Equips and Teaches Program was created approximately 15 years ago.

The SWEET Program has been an instrumental program at the Centre. Throughout this time the program has evolved, grown, and changed in many different positive ways, including a new name of the program and introduction of peer support/training.

Various SWEET participants are hired 5 days a week, serving roughly 8,655 meals per year!!!



Safe Space

Making use of a renovated office, the Safe Space was created to offer a peaceful respite to participants accessing support services. This room is designed to support holistic wellness, positively impacting participants' mental and emotional wellbeing. Comfortable furniture, light and sound therapy devices, and cultural healing components contribute to its purpose.

In keeping with our mandate, the Safe Space promotes a sense of belonging and empowerment through recognizing the need for calm and comfort and providing a way for individuals to meet this need. Participants have valued the Safe Space for offering privacy, meeting with staff and community outreach workers, and a pause from the busy-ness of communal spaces.

St. Joe's Women's Centre greatly appreciates financial support offered through Ottawa Community Foundation towards this initiative.

We are looking for Volunteers

"Where there is a sense of belonging and self respect,
there is hope."

Come join us in helping to foster a positive atmosphere of
belonging and respect. Bring your passions and skills to
volunteer with us in ways such as:

- facilitating crafts and/or other activities and workshops
- meal prep
- serving coffee/tea
- unloading, organizing and facilitating our weekly food cupboard

For more information and volunteer requirements, please
contact Jane, Manager of Support Services at
Jane.T@st-josephs.ca





Wish List

TOILETRIES

- Shampoo, Conditioner,
Soap, Deodorant, Feminine
Hygiene Products, Toilet
Paper, Toothpaste,
Toothbrush

GIFT CERTIFICATES

-Loblaws, Giant Tiger,
Walmart, Tim Hortons,
McDonald's

ADDITIONAL ITEMS

-New Socks, Reusable
Grocery Bags, Warm Gloves,
Warm Hats & Scarves

**Monetary donations may
be dropped off or mailed
to the center throughout
the year. Cheques can be
made out to St. Joseph's
Parish/St. Joe's Women's
Centre. Official Tax
Receipts are issued.**

<https://www.canadahelps.org/dn/12242>

St. Joe's Women's Centre
151 Laurier Ave. East
Ottawa, Ontario
K1N 6N8

2023 Year at a Glance

January to December 2023

Total number of women and
children accessing services:
12 000

Breakfasts served:
1551

Lunches served:
8856

Number of women
accessing food cupboard:
2072

Increase in access to services.
from 2022 to 2023:
50% - 55%



As we pivoted towards our “new normal” post pandemic, 2023 has been filled with positive change, new initiatives & inspiration!

We hope you all have a wonderful & safe holiday, and we look forward to seeing you all in 2024!

St. Joe's Women's Centre
Director
Jennifer Clark



On behalf of all the staff, women, those that identify as women and their children; we would like to take this time to thank all of our 2023 supporters, donors & contributors!

Without your support we could not have continued to serve the vulnerable populations we do each day.

Thank you for your support and for your belief in what we do. We simply couldn't do what we do without amazing people like you.

We have a lot of work to do, and your generous donation helps us get that important work done!

Please enjoy the below video created by the staff & participants of St. Joe's Women's Centre, in recognition of all your support.

If you are having trouble, please follow this link;

<https://youtu.be/efD2OLAOqzc>

Happy Holidays!!!

