



Spring Issue 2010

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By the Oakville Book Club

Healing

Help

Hope

The Tweed

Greetings from the Executive Director - Nancy Bradley

Here at Jean Tweed we are reminded daily about the importance of providing services for women who struggle with substance use and/or gambling.

We are constantly reminded that when substance abuse or problematic gambling is involved, children and family can be severely impacted.

We are reminded daily about the importance having available and relevant services that help women with their specific concerns.

We are reminded daily of how lucky we are to have such incredible staff and volunteers who work to-

gether to provide services that are relevant and who are focused on the needs of our clients and support the organization as a whole.

This is why we at Jean Tweed are always trying to find ways to reduce barriers for accessing services, such as wait lists, the absence of services with child care and parenting supports, and services that 'go to' women in need. All of our services are provided with a gender and a diversity lens.

The Jean Tweed Centre is always dreaming and hopeful that we can continue to add new services and programs that will support women on their journey and

provide meaningful options that meet their needs. We are excited about partnering with the YWCA in their Elm Street housing initiative that will provide permanent housing for women and their children. These apartments will be available in 2011.

Spring time is often associated with new beginnings and this year we are announcing a new look with a new logo and a new website. We hope that "Hope Help Healing" captures the work of our Centre and our commitment to you.



Dedication to MJ

Living on in sparks of light...As dusk gives way to night By: Maryjane Schmitz

Maryjane Schmitz, or MJ as she was known by her friends and colleagues at Jean Tweed, passed away in February of this year after a long and brave battle with cancer. MJ worked at Jean Tweed for more than 10 years in many counselling roles; the most recent as our Continuing Care Counsellor. Her love for this work was obvious to anyone who knew her. MJ touched the lives of many women at Jean Tweed, offering hope and healing to those in her care. Her kindness, wisdom and laughter were gifts we will treasure always. The quote above is from a poem MJ wrote in the last year of her life. For us, it captures who she was... "a spark of light".

Welcome from Andrea Peca

Welcome to our spring newsletter! We are celebrating longer days and the wonderful sights of budding trees and flowers blooming. We are so excited to share with you the many happenings at the Jean Tweed Centre.

I am fortunate each day as I come across so many wonderful individuals. The women and children at the JTC are my true inspiration for my philanthropic way of thinking. One of the

women at the centre has contributed a lovely story about how she has succeeded in becoming the woman she has longed to be. You too will feel inspired once you read the story of Grace and her son.

I am so very thankful to the donors that reach out to the JTC each and every day. We celebrate their generosity, as we offer hope, help and healing to the women and families

that access services at our Centre.

The community involvement on a day-to-day basis, through our volunteer program, through the sale of Jewellery in our Women & Gemstones campaign, along with the many invitations to be part of community events enhances the work we do each and every day.

I look forward to our journey together in making a difference.

Making A Difference

The moms and children seeking the support of the Jean Tweed Centre are welcomed by four of our kind hearted women each day. These women support our Child Development Centre and *Mom & Kids Too* programs.

Lindsay, a *Mom & Kids Too* counselor supports moms to realize their parenting potential. She works closely with our Child Development staff of three, *Diana, Anna and Celeste*, where each one makes such a huge impact on the lives of the children and the mothers.

Their ability to identify issues and offer support has allowed many of these mothers a second chance to parent by child welfare.



Having a licensed child development centre on site allows us to offer our services to pregnant and parenting women enrolled in the programs at the Jean Tweed Centre.

We thank *Lindsay, Anna, Diana and Celeste* for making a difference in the lives of women and their children.

Goodbye to Christine

For over 12 years, Christine Stein has been an invaluable support and role model to women in the residence and so it is with sadness that we announce her retirement in June, 2010. Hundreds of women know Christine for her incredible wisdom matched only by her equally incredible wit! Christine, we will miss all of the ways in which you contributed to the success of the residential program. We wish you all the best!

**It's
a
Fact!**

Fetal Alcohol Spectrum Disorder (FASD) is a term that describes the range of physical, mental and behavioural disabilities that can occur in an individual whose mother drank alcohol during pregnancy. FASD is the leading cause of developmental disability among Canadian children.



Donor Spotlight

Paloma Foundation is a Canadian private charitable foundation providing funding in the areas of women and children's health problems, education problems and homelessness. Through the generous support from the Paloma Foundation we were able to enhance our Mom and Kids Too program and put much needed funds towards reducing our waiting lists for our outpatient services.

We thank the Paloma Foundation for

their continued support and for making a difference in the lives of women and their families.



Women & Gemstones

Feature a wide variety of Jewellery, in the price range of \$15 to \$25, the JTC's year round Women and Gemstones Campaign raises significant funds in support of the many innovative programs offered for women and their families.

We invite you to be part of our wonderful campaign as a volunteer or to view our beautiful line of Jewellery.

Email Andrea Peca at andreapeca@jeantweed.com for more information.

Charity Golf Classic Tuesday September 14, 2010

HOPE HELP HEALING – MAKE A DIFFERENCE

On Tuesday, September 14, 2010 at Sleepy Hollow Golf & Country Club

**WE INVITE ALL GOLF ENTHUSIASTS TO COME OUT TO
MAKE A DIFFERENCE IN THE LIVES OF WOMEN AND THEIR FAMILIES.**

**To purchase your tickets or to find our more
information about sponsorship**

opportunities, visit jeantweed.com or call 416-255-7359, ext 245



A Walk with Grace

My name is Grace, I am 21 years old and a mother of a beautiful and loving son whose name is James. My journey began when I was 17 years old facing an issue with substances. I at that time was involved with Child Welfare, fighting for custodial rights as a mother to my son. Let me tell you that it was a battle and that there were times when I wanted to give up. I cried and felt so angry at myself and at Child Welfare for making my life a living hell! I was a young mother who did not know her rights and I felt that I had workers who did not want to help me parent my son. I was only able to see James once a week for an hour, where our time was observed through a two-way glass window and cameras were placed in every angle of the room, not to mention a microphone installed in the ceiling recording every word I spoke to my son. I felt so judged. Despite this I endured and fought until the end!

I knew I needed help fast and I saw a *Pathways to Healthy Families* brochure in the shelter I was staying at. I placed a call to *Pathways to Healthy Families* and was able to meet quickly with a wonderful, helpful, and resourceful counsellor that supported me in taking the next steps in my journey. I worked with my coun-

sellor for months and through this time I slowly gained the trust of Child Welfare. I wanted support and I wanted to prove that I could parent, so I attended the *Mom and Kids Too* program.



The *Mom and Kids Too* program is a unique day treatment program that supports mothers on their personal journey and helps them learn and practice positive parenting skills to help them in their everyday lives as parents. *Moms and Kids Too* helped me gain confidence as a mom, woman, and a productive member of society. I really valued my time in the *Mom and Kids Too* program as it provided me with knowledge that I transferred into skills that supported my parenting and my journey with substance use. While, I attended the *Mom and Kids Too* Program, I was supported and was

able to obtain a part-time job at Swiss Chalet in the evenings and was still attending program during the day. Near the end of the program, Child Welfare agreed that I was a good mother and they slowly returned James to my care. That was over two years ago. Since then I have completed a one year college level up-grading program and I have been accepted into a college program. I currently hold my full driver's licence and have a car and a part-time job as a sales associate. I also volunteer, and I am working towards my G.E.D. I have safe, secure housing and I am proud to say that I continue to parent James who is growing into a happy, healthy little boy.

If it wasn't for the words of encouragement, the support and help of the *Mom and Kids Too* program I might have been on another road leading me to self-destruction, pain, and darkness. For those who read this, please help *Mom and Kids Too* by allowing their doors to remain open for mothers in need and so that there can be more success stories like mine.

They never gave up on me and they never let me give up on myself.

Jean Tweed Centre Celebrates International Women's Day

Empowerment and unity to the rhythm of drum beats on International Women's Day

JTC organized and invited all staff and clients to join in a drumming circle to celebrate and honour *International Women's Day* on Tuesday March 9, 2010. The event took place at 215 Evans Avenue. Child care was accessible to women who participated. The event had a full house.



Volunteer Profile

Sandra has dedicated her time and energy to the Jean Tweed Centre for the past 12 years. By volunteering at the Centre, Sandra has learned valuable computer skills. She is grateful to the employees for creating a warm and friendly environment where she can contribute and grow.

Sandra is a great asset to the intake department where she assists with data entry and filing. Recently she has been instrumental in organizing our client filing system which is a challenging feat to say the least. When asked why she volunteers her time, with a big smile, her response was, "A sense of accomplishment. When you are helping a community or-

ganization it makes you feel good that you have done something and are not expecting anything in return".

The Jean Tweed Centre is delighted to have Sandra as a dedicated volunteer. Thank you Sandra!

To volunteer please visit jeantweed.com.

Did you know...2009



- *Pathways to Healthy Families* supported 117 pregnant and/or parenting mothers and they had 24 births with an average birth weight of 6.28 lbs.
- We supported 31 moms and 26 children in our Mom & Kids Too program
- Our licensed therapeutic Child Development Centre provided childcare and developmental opportunities to 113 children

Your Donations are Appreciated

Each and every day, a woman turns to our Centre for support. Not only for support for herself but also, in support of her children and her family. There are many ways you can make a difference in support of our programs and services.

To donate online, visit jeantweed.com and donate through Canadahelps.org which simplifies the donating process, making it easy, quick and secure.

When you become a member of our JTC Monthly Giving Program, you are joining a very special group of supporters by making a difference all year through.

You can donate by cheque, Visa or MasterCard at any time of the year.

YES, I would like to support the Jean Tweed Centre
 \$20 \$50 \$75 \$100 Other \$ ____

YES, I would like to join JTC Monthly Giving Program with a monthly gift of:
 \$10 \$15 \$20 Other \$ ____

Method of Payment:

My cheque to the Jean Tweed Centre is enclosed
 I authorize the Jean Tweed Centre to charge my credit card: one time monthly
 Visa Mastercard

Card #: _____ Expiry Date: _____

Signature: _____ Telephone #: _____

Receipts are issued for all donations of \$10 or more. Thank you for your support!

The Jean Tweed Centre

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Thank you for Making a Difference

A big thank you to all our donors and supporters for your dedication and generosity.

The Jean Tweed Centre continues to enhance and maintain vital programs and services through individuals and organizations like you! All of us at the JTC thank all of you for your ongoing commitment and support each and every day.

If you have any comments or suggestions, please call Andrea at 416-255-7359, ext 245 or email andreapecca@jeantweed.com.

The Jean Tweed Centre debuts new logo

We are extremely excited to introduce you to The Jean Tweed Centre's new signature logo, which will be used to promote the Centre's vision. This logo will often be accompanied by our new tag line – *Hope Help Healing*.

The woman reaching for a star in our logo represents the women and their families who continue to seek the support of the Centre with the courage to ask for *help*, the dedication of our board and staff as they offer *healing* each and every day and the donors and community members who have offered *hope* through their commitment to the Centre

This logo will serve as the visual image of our organization, and will be utilized on all of The Jean Tweed Centre's print materials, including newsletters, brochures, advertisements and business cards. The logo will also be utilized in all web-based materials, including the newly designed website.

The vision for the new logo is that it will create a memorable, positive image for The Jean Tweed Centre, one that is representative of the excellence of our staff, our programs and those we support.

Visit our new website at jeantweed.com.

