

## MY PERSPECTIVE...

### A mother's time at Marillac Place

In February I found myself and my daughter with no place to stay so I began searching my options on the internet and found Marillac Place. When I moved into Marillac Place, I was shy and nervous wondering if I would get along with the other girls. For the first few days being so shy I spent a lot of time in my room. Thankfully the other mothers at Marillac Place have been so helpful and I always have someone to talk to if I have issues or questions. I was able to build some good friendships.

The staff at Marillac Place have been very helpful. They have supported me and my daughter so much. They have helped her with her separation anxiety and now she is comfortable playing with staff and does not get upset. I am currently apartment searching for my family and am very excited to begin the next chapter of my life.

I would encourage women to give Marillac Place a try even if you don't think it will help. They have helped us in so many ways!

## AN UPDATE FROM THE BOARD OF DIRECTORS...

2015 brought many changes to the Board of Directors at Marillac Place. In June, we said good bye to Danielle Anderson who had spent 20+ years volunteering for Marillac Place. Danielle retired in 2015 and her commitment was celebrated at the 2015 Volunteer of the Year event on June 11, 2015 at SorbaraLaw.

In addition, Marillac Place welcomed some new Board Members at our 2015 AGM. We are very grateful to have Cally Luu, Michael Malleck, Kamil Rodziewicz, Laura Van Dyke and Jon Zagaja join us as we work towards a successful end to 2015 and look forward to the many plans that await us in 2016.

Walt Sowinski  
Chair



Building Blocks  
for Brighter Futures



## NEW BEDS AND FRAMES

On March 7, 2015, Marillac Place was filled with volunteers from the Knights of Columbus and St. Daniel's Parish for a one-day removal and replacement of beds, frames and mattresses. It was an extremely busy day but we managed to complete all ten bedrooms in just a few hours. All participants were enjoying their new frame and mattress that evening.

Marillac Place would not have been able to afford this project without the generosity of the Shoppers Drug Mart's Tree of Life Campaigns AND the Kitchener-Waterloo Community Foundation through the David Clare and Susan Ferne Bender Family Fund. These Tree of Life Campaigns, held at both the Strasburg Road and Fairway Road locations, were in support of Marillac Place.

Marillac Place was able to replace the frames and mattresses with ones suited for a shelter. We continue to work diligently to ensure that these new items last for a long period of time and provide comfort and safety for the women and babies who come to live at Marillac Place.



THE KITCHENER  
AND WATERLOO  
COMMUNITY  
FOUNDATION

## guard·i·an an·gel.

NOUN

1. a spirit that is believed to watch over and protect a person or place



For the past two years, we have been fortunate to be acquainted with two guardian angels who are kind and generous enough to think of Marillac Place during the holiday season. Their hope is that their family and friends choose to include us in their Christmas traditions. They contact us in October for a testimonial from one of our residents and a letter to their family asking for donations for Marillac Place in lieu of gifts for themselves.

Their ongoing support and donations have provided some little extras for our mother's... like items for them to take in their lunches to school and snacks for their babies on walks. The financial donations have been used to purchase bus tickets for mothers' transportation to their medical appointments and programs that they attend in the community just to name a few. Donations of Tupperware have been put to good use in our kitchen.

Community support from special people, like this sweet couple, allow the staff to go above and beyond in making sure we are providing the very best, and then some, for the mothers and babies living at Marillac Place.

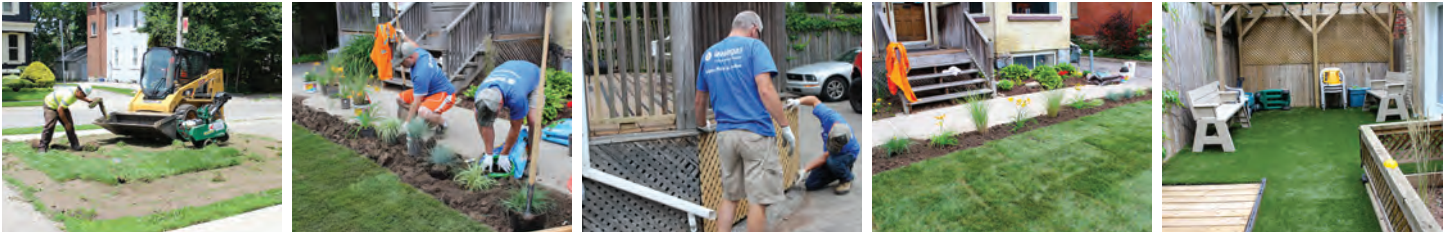


## HERE'S AN IDEA!

Do you need an idea on how to support Marillac Place when you get married? Are you interested in supporting a charity at your Birthday Party? Anniversary Party? Marillac Place received \$350 this past summer from a couple who donated to our charity instead of handing out wedding favours to their guests. What a very COOL idea. We are thankful to all our third party fundraisers who found unique ways to assist Marillac Place this year.

## THANK YOU UNION GAS AND AECON HELPING HANDS IN ACTION!

On Saturday, June 27th volunteers with the Union Gas and AECON Helping Hands In Action Event were up early supporting Marillac Place. Our front lawn was given a complete overhaul with a new garden and new sod. These photos tell a good story of hard work and dedication in our community.



## MY VILLAGE

My name is Ashley and I am the Case Manager at Marillac Place. Although I have worked in various positions over the past 8 years, I have been the Case Manager since January 2010. At Marillac Place we strive to assist women in developing the skills needed to parent their children independently within the everyday struggles and norms of our society. Often times coming from such life experiences as addictions, abuse, homelessness, the women we serve have



added pressures and stressors to overcome while learning to parent. In the role of Case Manager, I work directly with the women and their community supports to reach the short term and long term goals that they set for themselves. Weekly meetings with the participants help ensure communication remains open and we are able to adjust any goals and support any changes. Plan of Cares occur with each family on a monthly basis which include their community and family supports to discuss their goals and what is needed from all supports to assist in reaching their ultimate goal. Motherhood can be a scary and overwhelming experience so any added support is essential to their success.

Community services such as Healthy Babies, Healthy Children, Learning Earning and Parenting (LEAP), Family and Children's Services, Ontario Works and The Early Years Centers are just some of the supports the women are connected with throughout their stay at Marillac Place.

Throughout my time at Marillac Place, I have been inspired and awed by the dedication, determination and unconditional love I have witnessed in our mother's as they learn the skills to raise their babies. I look forward to continuing down the path of struggles and success with the women we serve as we strive for positive change, one day at a time.



Peter Olsen, Stew Doran and Michelle Dunsford

## THANK YOU GATEWAY HOME DEPOT!

We would like to recognize Team Depot from Home Depot on Gateway Park Drive in Kitchener (and their driving force Peter Olsen) for their help with three projects at Marillac Place:

- ◆ They have built an enclosure for our garbage cans to keep the animals from dragging our garbage all over our yard.
- ◆ They have converted a shower stall in the office on the main floor to a much needed storage cupboard that holds everything which makes it easier to get to much needed items quickly.
- ◆ They have purchased and assembled a storage unit for our tools and outdoor furniture to keep it dry and clean over the winter.

# ENCOURAGING YOU TO VOLUNTEER...

In 2013, I nervously accepted an invitation from a friend to share my abilities and join the Board of Directors for Marillac Place. I felt that I had no experience and that I was very busy balancing my responsibilities as wife, mother and grandmother with that of a full-time Paramedic in the Region of Waterloo. I did not feel qualified, yet, how could I not help out? I recalled the days when I was once alone, afraid and in crisis with an unplanned pregnancy. God answered my prayers. I was supported by people around me and the limited resources in our community in simple ways that touched my heart. They did not judge me but gave me dignity. This gave me so much hope to succeed as a new mother. I did not feel ready for Marillac Place's request but I said "Yes" anyway.



Now, I am able to play an active role in helping to promote and support the mission of Marillac Place and it is truly a privilege. As a Vice Chair on the Board of Directors, I am inspired by the dedication of our resourceful front line staff and the courage and resilience of our young moms. I encourage anyone to strongly consider joining us in volunteering to work behind the scenes. All it takes is a compassionate, non-judgmental

attitude in yourself, and in others. Our volunteers are willing to persevere with enthusiasm, collaborate and be creative in sharing new ideas. We share laughter and a willingness to develop new skills where needed. I am asking others to let themselves venture outside of their comfort zone and be open to what is possible... like our young moms are doing.

In January of 2015, I retired after thirty-five years as a front line Paramedic but I have continued serving the community in new capacities. I've hung up my boots except for yard work around my home and Marillac Place. I make presentations, sort donations from our generous community and continue to develop new capacities to serve with new roles on our Board of Directors.

SHARON PENLINGTON

Perishable food is provided from the Food Bank 3X/week

Grocery lists are prepared each week to assist with meal planning needs.

Canada's Food Guide is followed when preparing meals.

Dry goods, frozen food & milk are picked up once a week from the Food Bank.

**How does Marillac Place keep to a budget of \$14,000 a year for groceries for the preparation of 10,950 meals for only the women living at Marillac Place?**

FLIPP app is used to price match sale prices each week.

Staff have food safety training to support the women preparing meals.

Fresh fruit and vegetables are purchased weekly.

Meal planning is completed each month utilizing the Food Bank donations.

**MARILLAC PLACE**

Building Blocks for Brighter Futures

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