



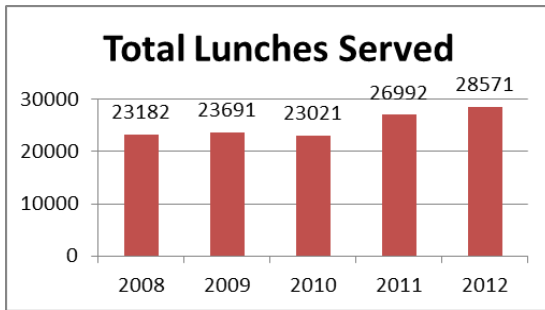
Our Well Being Newsletter Spring / Summer 2013



A Community Ministry of the
Anglican Diocese of Ottawa



Let's Share a Meal Together!



When most women think of The Well, they think of a warm nutritious lunch which forms the central part of our program. For many women it is their main meal of the day. Over the years, the number of lunches served has increased, most dramatically in the last two years where we've jumped from 23,021 total meals served in 2010 to 26,992 in 2011 and 28,571 in 2012.

The community that is created around the lunchtime meal has enabled many women to access our supportive and recreational programs and services as well as build long-lasting friendships. However, this increase in meals has stretched our budget past its limits as we've not received an increase from our funders.



The Wells dedicated and creative, Head Chef Belle and her kitchen staff and volunteers.



Your support for our lunch-time meal program is appreciated and does make a difference!

If you would like to receive this newsletter electronically, please email us at: newsletter@the-well.ca to let us know!

Our address is

154 Somerset St W, Ottawa
Mon: 9:00am - 1:30pm
Tues - Fri: 9:00am - 3:30pm

Call us

Office (613) 594-8861
Women's line (613) 594-2843

Email us

info@the-well.ca

Newsletter Editor

Shawna@the-well.ca

Please come and support The Well/La Source April 17th at 8:00pm for night filled with laughter at **Absolute Comedy!**



Tickets are \$ 15.00 and reservations are required after purchase.

Please call Jen at 613-594-8861 ext 88
Or email Jennifer@the-well.ca for details and get your tickets today!

Our Mission

The Well/La Source is a spiritual and justice based gathering place for women and women with children. We provide a safe, supportive, inclusive environment where women come together to empower each other while nourishing the whole person.

Our Vision

Women living wholly, engaging in opportunities for positive change.

Call, Click or Visit us in Person!



The Well - La Source



Kirstie's Spring Korner

Spring is just around the corner and even in early March you can feel the days becoming just a little bit warmer and daylight lasting just a little bit longer! This year we are focusing each month on a "Wellness" theme. Please visit our website for our monthly calendar!

January

We tackled bullying, learned ways to recognise signs of mistreatment and feel confident about taking those who bully us to task!

February

Theresa provided us with information on S.A.D.D. (Seasonal Affective Disorder) and Depression. She helped us explore ways to recognise the insidious symptoms of the illness, and taught us skills to better cope with our difficult feelings.

March

In honour of International Women's Day 2013, we planned special activities for our annual Women's Week at The Well in March! It was an action-packed week focusing on our strengths, our personal health and the wealth of resources and helpful organizations that are accessible to all women in our community!

April

In early April, following Easter celebrations, we are headed to "La Belle Provence" to enjoy a day at "Cheslock Sugar Bush" near Poltomore P.Q. We will embark on a crazy day of fun in the country, a fabulous all-you-can-eat buffet, taffy on the snow, and a wonderful wagon ride with friends! This trip is possible because of all of your hard work raising money at our Christmas Bazaar. "Well" done ladies!

May

We will keep you posted on the date of our Spring Fling Fashion Show in May. We are still waiting to hear from our friends at the Versailles Academy for their availability to do the hair and make up for the event. The seasons are flying by and before you know it, we will be heading to camp Waupoos in June. Yippee, Yahoo!



I look forward to many more exciting times ahead and enjoy each and every special day in the life of The Well.

Choose Hope!
- Kirstie

Program Wish List for the Well/ La Source

- Gift Cards for: Tim Horton's Giant Tiger Walmart Grocery Stores Canadian Tire Dollarama
- Digital Camera Ipod Music System and Dock Personal Care Products Gift Baskets
- Home Baking New Socks & Underwear Bus Tickets Seasonal Clothing Linens/Towels Eco Bags
- Kleenex Toilet Tissue Make Up Jewellery Bottled Water Birthday Cards



Our Well Being Fair

We celebrated International Women’s Day (March 8th, 2013) with a weeklong celebration of activities to promote Well Being, that kicked off on Tuesday March 12th 2013 with our Well Being Fair. We invited 10 community partners to showcase their resources, and connect our women to support systems and resources they may not have been aware of. The positive connections created on this day last long beyond our Fair day!

In the past we have had CCHC, Oasis, Wabano, Women Alive, Immigrant Women’s Centre, Breast Screening, AA, Ottawa

University Legal Clinic, and OHAS to name a few partners who came to share, present and offers their expertise to the Women of The Well.

The Well was open from 10:00am to 2:00pm and each of the presenters set up different tables for the women to visit. We had the women take a ‘passport’ and encouraged them to visit the different tables and find out a little about the presenter agencies. They received a sticker and when their passport was filled, they entered in the grand prize draw. Each of the community agencies also brought a gift for the door prizes and the grand draw held at the end of the day.

We served luncheon-style fresh foods, special snacks and of course we did not forget the dessert!

There was a lot of work and dedication that went into planning this very special Well Being week and with the help of our students, we all rallied together to make this an event to remember.

In sharing this information as a community we create a circle of trust and support. We are very grateful to all our community partners who helped build this circle with us by joining us at The Well.

-Rosy



A big thank-you to Adam Nezrallah who came in to teach The Women of The Well about self defence. Adam spent two hours with us and was a very patient and wonderful teacher. Thank you Adam!



Minh Tuyet Thi T., a volunteer from the Asian community prepared and presented her traditional Vietnamese spring rolls in celebration of Tet (Vietnamese New Year)



Waupoos Wellness 2013 - Please Sponsor a Woman or Child of The Well



Spring has finally sprung and we are presently planning our annual three-day camping trip to Waupoos Farm www.waupoos.com slated for June 19-21, 2013. This trip is the most anticipated vacation experience that both women and children look forward to each year as most have no other opportunities for a summer holiday.

About 50 women and children participate for the three days and there are many day-trippers who join in for a full day of fun in the sun and return to their homes after dinner in the evening.



Just the mention of Waupoos brings to mind the many activities enjoyed including: swimming, hiking, arts and crafts, bingo, barbeques, campfire sing-a-longs, karaoke, wagon rides, and hands on experience with farm animals. Warm friendships are forged at this retreat and special memories are created that last a lifetime.

The cost is \$100.00 per women/child for the full three-day holiday. This cost includes transportation, a ccommodation, all meals, special snacks, personal care products, arts and crafts supplies and door prizes! **If you want to sponsor a woman/child on a Waupoos holiday**, then please call 613-594-8861 ex. 31 or email kirstie@the-well.ca for more information. Income tax receipts will be issued to all sponsors.

Giving Back by the Truckload

In August of 2012, Crystal Ross and myself (Liz Raymond) kick-started a clothing collection called "Back To School" for the children of the women of The Well. With the success of this drive, the "Christmas Collection" was naturally the next event that I wanted to plan. My base team consisted of 5 other wonderful individuals; Janice Lewis, Deborah Lewis, Theresa and Gary Hewitt (Technical Magic), Wendy Massie-Guillemette and Tammy Smith. We canvassed local businesses for gift certificates and gifts as well as clothing. The response was amazing. If there is one thing I learned quickly, if you don't ask you don't get. So I asked! My son, Josh Martin an Advertising and Marketing student at Algonquin College, created the poster that we used to promote the event. We posted it at Dymon Storage locations, and everywhere I could think of.

Dymon Storage was more than willing to donate 2 trucks and 50 bins to hold the collections we received. I booked four locations as collection drop off centers and a few of us arranged pick up of donations for people who



were unable to make it to the collection centres. Rochelle Laflamme of Footprints in Vars volunteered her home as a drop off for donations in Vars and surrounding area. Margaret-Ann Davis organized drop offs in Fitzroy Harbour and surrounding area. Not only did we fill the Dymon Storage bins, but we had boxes and bags overflowing! I was

completely overwhelmed by the generosity I observed, so overwhelmed it brought me to tears. The extra pairs of hands that came out to help sort, the donations that continued to come in even after we closed down and the spirit and energy that filled the room moved me to no end.

As a "thank you", I distributed Billion Dollar Russell Stover chocolate bars to everyone who joined us at The Well. I felt each and every one of them were worth a Billion Dollars and more. The best I could do is thank them with a bit of sweetness, a lot of gratitude and huge hugs.

- Liz R.

