



A message from the Executive Director

In January 2016 I had the honour of being appointed Executive Director of The Well/La Source. It is a real privilege to be part of such a special place.

I would also like to introduce two other new staff members – Laura Macdonald and Nancy Lamadeleine.

Laura is our new part-time administrator and she will also be working part-time as the St John's Parish Administrator!

Nancy is our new part-time Resource Coordinator and her role is to strengthen our partnerships with other agencies in order to offer joint and complementary services to our participants.

The Well/La Source is a wonderful place to work. The amazing staff team, volunteers, participants, donors and friends bring a synergy that adds up to a unique place where people who might otherwise be vulnerable and isolated find a sense of community.

I would like to say a heartfelt thank you to all of our donors. Your support this year has enabled us to open our new 'Wellness Room', to take our participants on day trips to the Sugar Bush and Waupoos and to celebrate Thanksgiving and Christmas with truly wonderful food.

Besides all of the practical support, the food and the recreational activities, the most important thing

that The Well/La Source offers is a sense of belonging and friendship.

There is more and more research evidence that points to what we have always intuitively known: social isolation and loneliness are bad for people's health.

The Well/ La Source offers marginalized women and their children a community where they are accepted, welcomed and most importantly, given the support they need to grow.

Rachel Robinson

"Grow Old Along With Me... the best is yet to be."

It has been just over 25 years since I first walked through the doors here at The Well and what a wonderful walk it has been! Pat Connolly was the director and Dianne Corkum was the cook. There were just 3 staff in those days and a busy day would bring 30 visitors to the centre.

The Well sure looked different in those days. Look at how far we have come. Remember "The Crypt"? It had a dirt floor and I was convinced it was where all the church mice had built their condos!



Now we have a beautiful renovated centre and the beautiful new 'Roxy Room'

I will be celebrating my 60th birthday in May and along with that life milestone I will be embarking on the adventure of retirement. It has been an honour supporting the women and children in our community who visit each day. We have had countless laughs, great

comradery, growth and a few tears along the way.

That is what community is all about and all who come to The Well have been my day time family for all of these years. I will carry memories of all WoW with me as you have all made my life richer! Please celebrate my retirement with me at the Well on Thursday May 26th. Peace!

Kirstie Gray

The "Roxy Room" Grand Opening

... such a moving day here at The Well

After months of work a day we had been waiting for arrived! On May 16th we opened our new beautiful "Roxy Room"

The room will be a way of enhancing and extending our services with existing partner agencies such as the Royal Ottawa Hospital and Centretown Community Health Centre and also developing services with new partners.

Our first group will be an addictions group run by Amethyst.

Thank You to all who helped make this new room possible.



Roxanne's Father writes:

Roxanne was a person who reached out to bring hope to people in need, accepting them for who they are and encouraging them to move forward. This is why it is so appropriate that Roxy's name is being associated with this room and The Well Program.

May God bless and encourage all who enter here.

*The Roxy Room
has been refurbished to the
Glory of God and in loving memory of
Roxanne Cooper
daughter of The Reverend Canon Ebert
and Mrs. Audrey Hobbs.*

*Made possible through the generous support of
The Reverend Canon Ebert Hobbs
and the GIFT Fund*



Roxanne's beautiful Family came from near and far to celebrate this special day with us

What's happening Nancy? News from our new Community Liaison

Our goal is to provide information regarding support services in the broader community

My new role as the Community Liaison has provided the opportunity to gain a deeper understanding of our marginalized and impoverished women and the many issues and barriers they endure on a daily basis. This awareness of our vulnerable population has been the guiding principle in the development of a wider "Wellness Initiative" promoted at The Well.

To be part of a dedicated and committed team who provide front-line support to the women who frequent The Well has been a rewarding experience and a privilege

Our new Wellness Room, (named The Roxy Room) is a welcoming new additional space for our women. It will focus on The Well's philosophy of providing a supportive and inclusive environment where women are provided with the necessary empowerment tools to help them overcome the many barriers they experience in their day-to-day lives.

An important aspect of my role as Community Liaison has been to forge new partnerships with community agencies and organize workshops that cover a wide array of wellness topics including; addictions, mental health, anxiety, sexual assault, employment, grief and loss and literacy to mention a few.

Most recently the women at The Well have had the opportunity to participate in a six-week Anxiety Workshop providing them with coping skills and practical strategies to manage their anxiety.



A presentation by Causeway Employment Program was also given to assist women who experience potential employment barriers.

Overall, the goal of workshops and presentations from various community agencies has been to provide our women with increased knowledge and information regarding support services available to them in the broader community, thereby promoting The Well's philosophy of engaging the women in opportunities for positive change.

**Nancy
Lamadeleine**



Deacon Christine sees persistence and courage

It is exciting to see women of many different faith backgrounds choosing to support each other



After the disciplines of Lent, the passion of Holy Week and the jubilation of Easter Sunday, the Easter season begins. In the 50 days until Pentecost, we experienced being born again, being made new, being transformed in Christ.

For the first disciples, there was a gradual awakening to the knowledge that Christ was resurrected, to be with them after all the pain, and to be with them forever.

In His presence, they were renewed.

The Well is a place for healing and renewal, for reclaiming and deepening our spiritual values, for growing together as a welcoming, affirming, and hopeful community.

It is exciting to see women of many different faith backgrounds choosing to support each other through struggles and successes.

Our stories of persistence and courage are witness to the presence of God in and around each one of us.

International Women's Day at The Well!



Thank you to Minwaashin Lodge Programs
Minwaashin

Catherine McKenney wrote: I was honoured to speak at The Well/La Source this afternoon for their International Women's Day celebration. We are grateful that the centre provides a safe, supportive and inclusive environment for women to gather.

Thank you to Catherine McKenna for taking the time to send us a video message. Thank you to Catherine McKenney for joining in the fun and for her deep commitment to women facing challenges. Thank you to all the wonderful women who gathered today to connect and celebrate. And thank you to all the amazing staff and volunteers who worked so hard to make our celebration such a success - we couldn't have done it without you. "

Rachel Robinson, Executive Director

You Are Not Alone



The Well Participated in a Focus Group and Workshop Facilitated by the Native Women's Association of Canada.

The Workshop covered the **"You Are Not Alone" Tool Kit** for Aboriginal Women Escaping Domestic Violence.

Funded by Aboriginal Affairs and Northern Development Canada (AANDC), NWAC has created a resource titled, *You Are Not Alone: A Toolkit for Aboriginal Women Escaping Domestic Violence* which provides Aboriginal women with community safety planning resources to address domestic violence.

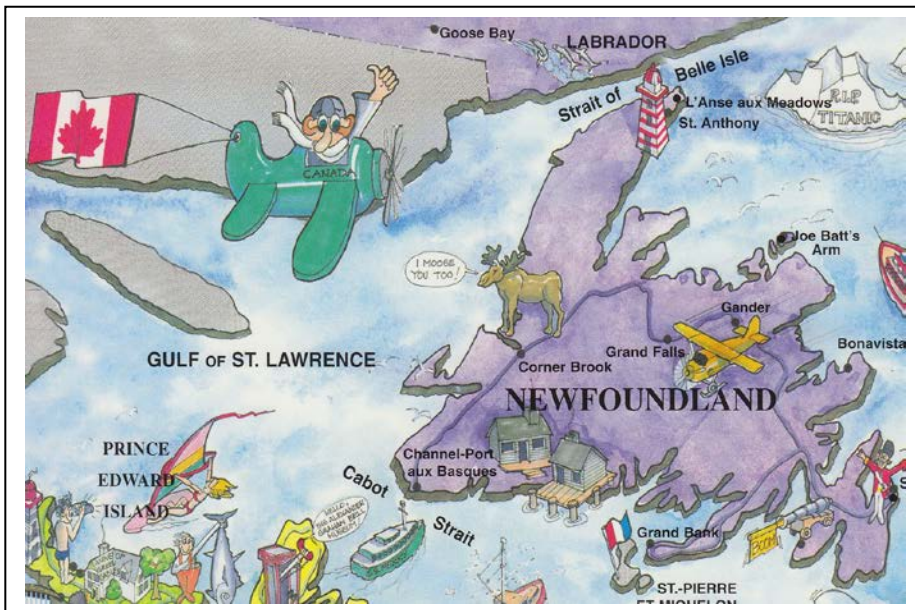
The toolkit also includes a Who's Who: Domestic Violence Resource Guide of services available to Aboriginal women in every province and territory.

Thank you to the Aboriginal Women's Association for including us in the Focus Group and Workshop and for the donations of treats for The Well.

www.nwac.ca

**Rosy
Marhin**

Postcard from Belle



Our world famous cook Belle @ The Well sent us this Postcard whilst on a recent visit home to Newfoundland:

Hi everyone...just want all the wonderful volunteers and helpers in the kitchen to know that because of their dedication and commitment to The Well, I am able to get away and visit my family. Thank you!

Belle

A Poem...

Change I Must

Grandma and Grandpa

Loved me in such a nice way
I regret the day
That my Mom took me away

Lost in Toronto

Lots of pain and suffering
I endured with Mom

By God's Grace, I found The Well

I've been taught to smile
Been able to lift my head
Walk like a Woman
That God has meant me to be

A lot of hard work

I'm glad I'm only human
Lots of Forgiveness
I'm willing to follow through

Written for International Women's Day

by **M.A.**



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A drop in day program for women and women with children

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.

The Well provides group and individual support in

assisting women to make safe and healthy choices regarding housing, mental health, addictions, relationships, parenting and employment.

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We're on the Web!
See us at:
www.the-well.ca