



The Well/ La Source - A Drop-in Day Program for Women and Women with Children

Reflecting back over this past very busy year at The Well and the beginning of our 2013-2017 Strategic Plan, the first of many wonderful highlights that come to mind is the extraordinary volunteers that have brought their skills, talents and energy to The Well's work. Their contributions are far too many to mention here. They have propelled us forward into this new phase of our development.

Critical to our steps forward is our financial sustainability. W.O.W. have led the way every year for 30 years with their two annual fundraising events that support our work together – their Christmas Bazaar and garage sale at the end of July each year. Their commitment and hard work is indicative of how important The Well is to them. We are so proud of them! Please come out and support their efforts on November 27, 28 & 29th, 2013 and buy their crafts and baked goods which make great Christmas presents also.

Our emphasis on fundraising is important and our focus will be on the “fun”. For example, several of our younger volunteers have mentioned raising funds by shaving their heads for The Well. They mentioned that they really don't know what it is like to be cold! Please sponsor their creative spirits! In February, we will Beat the Blues with our Comedy Fest partners which put and kept smiles on our faces well into spring.

January 4th, 1984 marks the first day we opened our doors. We will continue our 30th Anniversary celebrations with events and activities all year long. Please stay tuned for the many ways you can celebrate with us! Our calendar and all of our news are on our website: www.the-well.ca

We thank you for your past and ongoing support of much needed services and programs to the Women and children in our community. In 2013, thus far we have welcomed 26,389 visitors and served 36,601 meals – breakfast and full, nutritious lunch. Your financial donations make our work possible and changes lives in small and large ways! Please visit and enjoy time in The Well's community this holiday season and experience the many differences you make.

On behalf of the staff, volunteers, participants, management board and sub-committees members, I wish everyone a blessed and healthy holiday season as it fast approaches.



Sincerely, Janet McInnes,
Executive Director

**Please come to our
Annual Christmas Bazaar
and Fundraiser
November 27, 28, 29, 2013,
From 10:00AM-2:00PM.**

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.



A Community Ministry of the
Anglican Diocese of Ottawa

Our address:

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

www.the-well.ca

Absolute Comedy

Giggles and roaring laughter could be heard for blocks on April 17, 2013 thanks to the “Comedy for a Cause” event held at Absolute Comedy club on Preston Street. It was a packed house for The Well’s first comedy fundraising event. It was a fun evening where friends of The Well, volunteers and staff all gathered to laugh and support The Well’s daily meal program. “We are so happy with the turnout and hope this will become an annual event” says Janet The Well’s Director.



The event raised \$2046 in support of the lunch program which feeds almost 3000 women on a monthly basis. “The event was a great boost to our meal program this year”, says Belle, The Well’s head Cook. We would like to thank all those that attended the event, the staff and volunteers for making all the arrangements and for selling the tickets and Absolute Comedy for hosting the successful event. We all hope you can join in the fun at our next event for more information on upcoming events visit our web site www.the-well.ca

Sponsor a WOW for Waupoos

The sun shone brightly on participants of our annual “Waupoos Wellness” mini vacation for the entire three days in July this year! We could not have ordered more perfect conditions to enjoy what country life has to offer the city slickers of The Well! We took full advantage of the inviting swimming pool and spent many hours splashing and laughing with friends both new and old.



We are all very grateful to all of our Waupoos sponsors. 35 women enjoyed this most welcome mini vacation because of YOUR generosity.

Your support is deeply appreciated. -Kirstie



From The Cook

I have been lucky enough to work at this wonderful agency for two years. I wanted to shout “HATS OFF” to the following generous community volunteers for the consistent contribution they have made to our kitchen .We could not do it without their generous support. A big huge THANK YOU to Art is in Bakery for their delicious bread and rolls, Inner City Ministries for the beautiful breads and sweets, to our great volunteers at St Helens Church, who supply us with our weekly tasty muffins, and last but not least the Ottawa Food Bank, who every week so generously supply us with juice and milk, and many other nutritional foods which enable me to offer meals that enhance our women’ s daily lives. From my own heart I want to say thank you to the many women who generously and tirelessly give of their time each and every day in the kitchen here at The Well. I am so appreciative for all you do. - Belle



Supportive Services

The Supportive Services team consists of Darlene C. (Supportive Services Coordinator), Jennifer C. (Housing Outreach Worker) and Jennifer T. (Rooming House Support Worker). We are a busy team working with women around their housing issues along with many other related supportive services. We are following the Housing First Model which is an approach that centers on providing homeless people with housing ,then providing additional services that enable them to stay housed.

Volunteer Highlights



What was Green is now Yellow, Thanks to UPS!

Volunteers come in all ages, faces and shades of beautiful! At The Well we could not provide all our services if it weren't for the dedication of all our volunteers. To highlight this dedication, for the fourth painting in a row UPS and their team volunteered to paint The Well from top to bottom, our main hall, kitchen, hallways and washrooms. We had an amazing day working, laughing and enjoying a pizza lunch together. It was easy because we did it as a team and came together as a community. Thank-you UPS for all your strength and bringing a little sunshine to The Well!

The Well / La Source fût pour moi une très belle experience. Accueillie par Belle, la cuisinière, elle m'apprit la valeur du travail d'équipe dans la cuisine. Mon bénévolat consistait a aidé dans la cuisine. Je pris part dans la préparation des repas en coupant les légumes et les pains, les sandwichs...tout en veillant que les mets principales cuisaient sur le poêle ou dans le four.

La jasette avec nos collègues et les femmes du centre The Well / La Source nous pourvoyaient d'amitié et d'entretien sociale. L'atmosphère étant de toutes richesses sympathiques faisaient que la journée passe en un rien du temps. Il n'y a aucun jugement et toutes sont acceptées par leurs porpres valeurs et d'amitiés.

Je considère que le succès de mon bénévolat fût en grande part de la sympathie et l'ouverture d'esprit des employées, des bénévoles, et des femmes du centre.



Sincèrement, Dominique.

I came here at a hard time in my life. I was welcomed with open arms. Today I am active as a volunteer in the donation centre. I find it rewarding to be able to help those that need.

-Beth M, front desk and boutique volunteer



Christmas at The Well

The Well/La Source will be hosting its annual "Christmas Party" for approximately 200 women and children in our community on Monday December 16th 2013. Many women do not get to celebrate Christmas and at



The Well we provide small gifts and a big meal. The Well is able to make a difference in the lives of over 200 women during the Christmas season. We are in need of unwrapped gifts for women and children such as; hygiene products, mitts, hats, scarves and warm socks. Also many novelty gifts would be welcomed such as Christmas decorations, perfume, chocolates, make up, gift cards or any thoughtful surprises of your choice. Please drop off your unwrapped gifts at The Well, before December 11th, to allow our volunteer elves time to wrap and stuff these much appreciated gift bags. For more information, please call Kirstie 613-594-8861 ex. 31 or email kirstie@the-well.ca

Welcome New Staff!

We are delighted to **WELCOME Deacon Christine Jannasch**, The Well's new and very own Chaplain. We look forward to working with her as she develops and nurtures our spiritual programs, supporting WOW, volunteers and staff.

I am the new Rooming House Support Worker. With this role I will be assisting women who are residing in rooming houses with landlord issues, accompaniment to appointments, accessing services in the community, crisis intervention and any other issues that may arise. I am very excited to have joined such a wonderful team of individuals who are all working towards empowering women in our community. - Jennifer T

I joined the team in August as the half-time Office Administrator, Communications Sub-committee member and newsletter editor. Everyone at The Well/ La Source has made me feel so welcome and I am so excited to be a part of the team! - Stasha

Other Ways You Can Help The Well

Copy the card below or take a photo on your phone and receive a 5% discount on your next purchase at Rona. A matching donation goes to The Well/ La Source!



ACCOUNT # TWLS
Gloucester #1653
Nepean pin #1805

Use this card to receive a 5% discount off most of your purchases at the following stores:

1880 Innes Rd.
Gloucester, ON
613-741-6331

585 West Hunt Club Rd.
Nepean, ON
613-225-5636

Present card for 5% discount on purchases & a matching donation to The Well / La Source (A day program for women and women with children).



www.the-well.ca

Please present this card at the "Commercial Sales Counter" at the front of the store to receive your 5% discount


Any Shoppers Optimum cardholder can donate points to a registered charity online by visiting the Shoppers Drugmart website at <http://www.shoppersdrugmart.ca/en/>.


Simply log in, select The Well and the number of points you would like to donate.


The Well's points number is
895 284 401.

Thank You!


Thank you Karen G., Management Board Member and Executive Director of Breast Cancer Action for printing our brochures at a reduced cost.

Thank-you Soshal for designing our beautiful new website!
 Alex, Fred, Seb and Travis you are all one of a kind, kinda people!


Thank-you Algonquin College for partnering with The Well to support our kitchen and Algonquin's Culinary arts program.



Thank-you Jason A. from Graphic Services and Carleton University for printing our newsletter for the second year in a row at a reduced cost.



Upcoming Events

 Annual Christmas Bazar and Fundraiser: November 27, 28 and 29 2013. All proceeds go to support programming for the Women of the Well.

 Annual Christmas Party: December 16, 2013. Please register in advance.

 The Well/La Source's 30th Anniversary Party, date to be determined!

 "Beat the Blues" comedy event: February date to be determined.

 "The Well Behaved Cook", The Well's cookbook: stay tuned for details!