



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

The Well Celebrates 30 Years on January 27th, 2014

As we celebrate The Well's 30th year, the 'pearl' is the traditional gift for such an anniversary. Pearls can come in many colours. They can be cultured or imitation. Some are rare and others are plentiful. Pearls are valued and beautiful. These same qualities come to mind as I think of the "Women of The Well" ... WOW. They too are wise, cultured, rare, and beautiful, and we will celebrate their pearls this year. Throughout the newsletter, you may read some of the pearls from the WOW that were shared at our Anniversary Party on January 27th, 2014 where we enjoyed a delicious meal of roast beef with, you guessed it, pearl onions. Thank you Belle, The Well's lead cook.

I wonder if in January 1984, Sally, Desiree, and Dianne would have imagined that The Well would still be in operation. They would likely be proud of the breadth of programs and services The Well provides, including our fellowship and the community. However, they might also be saddened that so many women continue to be unable to meet their basic needs for food, clothing, and personal items.

The Well continues to be a place where women and women with children come for a nutritious lunch, social and recreation activities, and supportive services. In 2013, there were more than 31,000 visits and over 42,000 meals (including breakfast and lunch) were served. Your generous donations help us to provide nutritious meals for the WOW every day.

Supporting women who live in rooming houses and shelters continues to be a priority for The Well where we provide supportive services to more than 450 women who are homeless or at risk of homelessness. As we look to the future, we are excited about the implementation of the "Housing First" model by the City of Ottawa in the coming year. The "Housing First" model, which recognizes that housing is the essential first step in response to homelessness. For more information visit: <http://www.homelesshub.ca/housingfirst>.

It is my 20th anniversary of being connected with The Well. It is a special place that has shaped my life through friendship and action for social justice.



Heather Thomson
Chair, Management Board



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

Expanding Supportive Services and 2014 Plans

The Well offers an array of services and programs and, like many organizations, these services overlap. An idea was born in the summer of 2013 that The Well could offer supportive services through many of the monthly programs it offers. Last summer [Mosaic International](#) came to The Well and completed an information survey with the WOW asking them what services they would like to see from the Supportive Services team. Sixty-six women provided feedback regarding the services they would like to see offered at The Well. The results were provided to The Well in December 2013 and were amazing! Some of the top suggestions included offering budgeting support, anger management, discussion groups, and diabetes information sessions. Our supportive services and program team have committed to creating a plan of action within the next 10 to 12 weeks in order to facilitate some of the programs we have to reach out to our community. Many of the suggestions made by the WOW have already been integrated into our programming including a [Centretown Community Health Centre](#) information session in January and a [University of Ottawa Legal Services](#) clinic hosted at The Well in February. We look forward to sharing the full results of our review and our official plan in the coming months. This process was not only beneficial to the staff at The Well but also for the Women who attend the programs. The Women have a voice, and it was great to hear their feedback!

Darlene

Supportive Services Coordinator

Kirstie's Korner: Celebrations and More!

Time sure does fly when you are having fun! I have been a staff member for 23 years I am deeply grateful to have been in such fine company for all of these years. January 2014 heralded the fact that we have been blessed with 30 amazing years of life at The Well. We celebrated our very own "Pearls of Wisdom"



anniversary on January 27th and what a celebration it was! We were very honoured to have Bishop Chapman and Dianne Holmes join us at our luncheon to offer words of wisdom along with the voices of countless women, volunteers, and staff. It was a day to be proud of and reflect on just how far we have come from our very meager beginnings so many years ago. Our walls are filled with thoughtful gratitudes and words of wisdom created by women of The Well. We are fortunate to have this amazing place to call home!

Welcome Christine Janesch. Christine welcomes all visitors to join her for a cup of tea and the opportunity to get to know each other. We are now in the planning stages of great activities that we look forward to in the spring and summer. This winter has been a particularly long and cold one and I find myself looking forward to the fairer weather ahead and the fun activities that we all enjoy so much. We will be going to Sand Farm Sugar Bush this year which is located about 40 minutes east of Ottawa in Moose Creek. Nothing says "Spring" than the taste of fresh Canadian maple syrup and "Sugaring Off" with friends in the country! We will be organizing our "Spring Fling" fashion show for a date in early May. And, before you know it, we will be busily planning our annual getaway to Waupoos Farm in June. Here we grow again!

Happy Spring Everyone! - Kirstie



A 'Well' Deserved Night of Laughs!



A **BIG THANK YOU** to everyone who braved the cold and snow to attend The Well's *2nd Annual Absolute Comedy Fundraiser* on February 25, 2014. The evening was a success as local comedians, and headliner Trixx, served up a lot of giggles, laughs, and chortles, all while raising money for The Well. The money raised will be used toward programming and needed items for the WOW. The Well would like to give many thanks to those who supported this event, and to the staff at Absolute Comedy for their hard work in helping us make this fundraiser such a success.

We would not be able to make such things happen if not for the support of our community. Thank YOU!

Algonquin College and The Well

This past year The Well's Kitchen was fortunate to sign on with the School of Hospitality and Tourism at Algonquin College. Having met with the chair, David Keindel, all was set in motion for us to participate in their work placements of students in the culinary, baking, and pastry program. Here at The Well's Kitchen the students obtain valuable work and community experience. We were very fortunate and blessed to have Mia Kim, a culinary arts student, who has volunteered for more than 100 hours. What a joy she is and such an asset to our team. Two more students have signed on for this year: we greatly look forward to meeting them. I want to extend my sincere thanks to David, his chefs and students who so kindly donated home baked fresh breads, cookies, and squares for our Christmas Dinner. The delicious treats that graced our table put a smile on many faces.

With warm gratitude,
Belle

Volunteers Make a Difference

Every Wednesday, for the last year, Deborah volunteers her time and leads The Well's Angels choir. Every week, the WOW gather to connect with new and familiar faces through song. Michelle, one of The Well's Angels, said that being part of the choir has increased her confidence and inspired her to embrace her voice. "I was told as a child that I could not sing," said Michelle. "I was shy and introverted growing up. Being part of the choir has empowered me to share my voice and help other women to grow as I have. The Well's Angels gives women a voice, regardless of where they come from, or who they are, which allows self-expression and sisterhood to come through." Thank you Deborah for helping The WOW to find their voices!



I've been coming to The Well for the past 10 years and volunteering for eight of them. I take care of emergency food deliveries, I'm Sandra Claus at Christmas, and I help wherever I'm needed. Most visitors are easy to get along with but it can be trying at times. I feel that even though I can't work a paying job anymore, I'm still giving back to society and it's very fulfilling. Also, I enjoy helping people and I hope I can continue to do so. - Donna M.

Upcoming Events

Don't miss a thing and sign up for our electronic mailing by sending an email to: newsletter@the-well.ca or hit the subscribe button on our home page!

Annual Community Ministries Celebration hosted at The Well June 3rd, 2014
 Open House
 Fall Fashion show

Wish List

We are always in need of a varied and ever-changing list of items and truly appreciate your ongoing concern and generosity. We are currently in need of:

Gift Cards : Tim Horton's, Giant Tiger, Walmart, grocery stores , Canadian Tire, Dollarama
 Personal care items: Kleenex, toilet tissue, toothbrushes, toothpaste, new socks, seasonal clothing , towels, eco bags, incontinence products, deodorant, and shower gel

Thank You!



Donate and make a difference.



Please visit our website: www.the-well.ca and donate through Paypal or click [here](#) for our printable donation form and mail your cheque today!

Other Ways You Can Help The Well


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.

Account # TWLS

www.the-well.ca



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