



Well Said

Winter, 2014

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

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Mayor Watson and the City of Ottawa have proclaimed November 15th as **The Well/La Source Day**

The Well is a special place! As we pause and consider the marking of our 30th Anniversary, it is with awe and appreciation for our special gathering place. It is a strong and healthy community of women that continues to thrive and support each other.

We have enjoyed celebrating our '30 year anniversary' all year long – our WOW anniversary party at the end of January, the evening of fun and laughter at Absolute Comedy; delighting in the performances of MiCasa Theatre; and culminating with our gala “Wellebration” on November 15th - all events raising funds to provide much needed services and programs.

In honour of 30 years of service to the women in the community, the City of Ottawa and Mayor Watson have proclaimed **November 15th The Well/ La Source day!** He “urges that we observe this day by taking time to recognize and acknowledge the important role of The Well/La Source in providing a safe, supportive and inclusive environment where Ottawa women and women with children come together to empower each other and engage in opportunities for positive change.”

We celebrate our **pearls** (customary gift for a 30th anniversary), our **W.O.W.** (Women of The Well) who teach us every day about courage and strength despite the challenges they face. We have had the privilege of witnessing their improved quality of life!

We celebrate everyone who have supported our programs and services over the years with special thanks. It is without question a “we endeavour” – our donors, our parishes, our community partners, our volunteers and our staff.

Along with all the celebrating, we continue our important daily work of providing nutritious meals, clothing and other essentials. Please see our website at: www.the-well.ca for all of our programming and activities that support our women and women with children.

We align ourselves with the City of Ottawa’s Ten Year Plan to End Homelessness, and advocate for a Housing First Approach, recognizing that everyone needs a home, first and foremost. Our supportive services workers provide numerous services to women who are homeless or at risk of becoming homeless.

As we continue on our journey, we invite you to join us. Stop by for a visit, visit our website, or call us for more information on ways that you can make a difference in the lives of the women at The Well.

Janet McInnes

What's Cooking in the Kitchen?

A huge warm welcome to our first male placement student! Daniel comes to us from the Food Service Training Program at The Ottawa Mission. The placement is 40 hours, at 4 hours per day, so he will be with us on Tuesdays practicing his prep cook skills. Welcome aboard Daniel!

In June of this year I attended our first Food Providers Network Meeting. This group meets once a month where we share information on various topics such as pricing, suppliers, donations, menus, recycling, what works and what doesn't work. What a great opportunity to gather information, and listen to how people service their community. The membership of this group is growing. I look forward to sharing the knowledge, experience, and new ideas with the many women we serve each day. Belle, Lead Cook

Kirstie's Korner:

The good folks at Waupoos Farm hosted yet another fun filled escape for women and children of The Well this past June. Memorable stories included the wagon ride into the back pastures where the trail was just a little too mucky and that gosh darn wagon became stuck with a large load of campers! All of the hearty adventurers trekked back working up their appetites for the wonderful barbeque dinner. Starry evenings were spent gathered around he bonfire where new friendships were forged and laughter abounded. This mini vacation remains a favourite annual activity for both the women who stayed overnight and those that come just for the day.

We would like to send yet another great big thank you out to the wonderful gals who host a delightful luncheon for WOW each summer! 27 women and children were treated to an amazing country style luncheon at St. George's Parish in Fitzroy Harbour in August. Prior to the lunch, a quick detour to the Provincial Park provided several brave swimmers the opportunity for a chilly dip in the mighty Ottawa River. A stop at the famous "Fitzroy Fudge Factory" on the trip home provided delicious sweet treats.

A beautiful collage of crimson red, vivid orange and sunny yellow framed the view as we headed to the village of Carp on the 24th of September. A very happy group of women and children enjoyed a truly great day at "The Best Little Country Fair" with a glorious day of bright sunshine and temperatures in the mid 20's! AJ's Catering provided a lovely lunch in the dining hall complete with country berry pies for dessert. We enjoyed a host of thrilling mid-way rides, we were awed at the majesty of Persheron horses, won much treasured stuffed toys, gorged on candy floss and admired the skill of a variety of crafters and their entries on display in the Agricultural Hall. Thank you Carp Fair organizers for the free admission and your warm welcome to this much loved fall outing for participants of The Well.

Soon the leaves will be replaced by a blanket of snow as we speedily approach the Christmas Season. Our annual Christmas Party is scheduled for the 15th of December. We would like to thank all of our donors who give all year round to provide us with much needed personal care products, household items and clothing. We would also like to thank all who help us yearly with gifts of new items to fill bags given to women and children in our community in celebration of Christmas. The WOW appreciate and give thanks for all your generosity.



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.

Hello From the Chaplain

When I think of The Well, I think of the Nova Scotia kitchens of my childhood. When my best friend and I were bored or hungry or cold or tired, we would decide to drop in on her grandmother or Aunt Myrtle or Mrs Redmond. We sat on the kitchen chairs and talked and ate. We always felt welcome.

The community at The Well is like a big, warm kitchen, where I always feel welcome. From my first day, I have appreciated the smiles and hugs and cups of tea or coffee and greetings and delicious food. The women of The Well also have incredible experience and wisdom and resources to share, and they go out of their way to help each other, whether on a paid basis, as volunteers, or as sisters.

One of the surprises for me was the diversity of the Women of The Well. They speak many different languages, come from many parts of Canada and the world, and are of many faiths. They have widely different experiences of family life, education, work, housing, social justice and mental and physical health. Yet there is tremendous respect across the differences.



I look forward each week to having conversations at The Well. I also treasure praying with women, either individually or in our weekly prayer circle. It is encouraging to share our spiritual challenges and strengths. One highlight for me has been the Forgiveness workshop. The women of The Well participated with powerful questions and much wisdom.

The community of The Well is a wonderful blessing.

Christine Jannasch, Chaplain

Volunteers Make a Difference

We highlight and celebrate our volunteer **Heather Thomson** who marks 20 years of involvement with The Well this year! In the early nineties, Heather had been helping at Shepherds of Good Hope playing cards and serving weekend meals to the fellows there. She sought out ways to help with women's programs and lucky for us, Heather found The Well. She started in our kitchen, serving food and doing dishes., and over the years she has sat on our Program Advisory Committee. When the new governance structure was implemented in the Anglican Diocese in 2010, Heather bravely became The Well's Management Board Chair and continues with us to the present – involved in many sub-committees and related work.

Heather is multi-talented and is the kind of gal that does what needs to be done. One of her past careers was as a computer scientist and she shares her skills with us regularly. The staff tease her by naming her “the energizer bunny” - her positive energy lights up a room when she walks in. She engages people easily and always leads with a spirit of giving and helping, however she can. Her commitment to the WOW and social justice is clearly her driving force!

Heather's other volunteer activities (the ones she does talk about) include her local participation as well as international missions with Doctors Without Borders/Medicins Sans Frontiers. She disappears now and again, having been on six missions to various parts of Africa thus far. University of Ottawa names her the “nurse hero with a Heart of Gold”. We, at The Well know why! It is with gratitude and pride that we call her a sister of The Well.

Our Vision

Women living wholly, engaging in opportunities for positive change.

The Well Celebrates 30 Years with “Countries Shaped Like Stars”!

What a wonderful evening at The Well on Wednesday, September 10th. Our thanks and appreciation to Nick and Emily of MiCasa Theatre. The performance was enjoyed by all who attended, and by the event volunteers. The silent auction was a great success!

“We felt so welcomed at The Well and all the staff were so accommodating and hospitable. It was great for us to get back to our roots performing in a non-traditional space. We were grateful for the opportunity to support The Well in a way that made us feel useful. Thank you for sharing your space and your energy!”

- Emily and Nick

Wish List

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, bed linens, eco bags, incontinence products, deodorant, and soap

Christmas Gifts

Help us make the holidays great! We accept all new, unwrapped Christmas gifts.

Join us

We have many exciting events this winter, and we've love to have you attend and celebrate with us!

Wellebration Gala

November 15 – see our website to purchase tickets online or telephone us

Christmas Bazaar

November 26, 27, 28 at The Well, 10:00am-2:00pm

Christmas Party

December 15, 2014

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:

Any Shoppers Optimum cardholder can donate points to a registered charity online by visiting the Shoppers Drug Mart 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
	Present this card to receive a 5% discount on most purchases & Rona will make a matching donation to The Well / La Source (A day program for women and women with children).
Present this card to the specialty cash at the following stores:	
Rona Home & Garden 1880 Innes Rd Gloucester, ON 613-741-6331	Rona Home & Garden 585 West Hunt Club Rd Nepean, ON 613-225-5636
Please keep this card for future purchases	