



# Well Said

Spring, 2015

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

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## Our Vision

Women living wholly, engaging in opportunities for positive change.

## 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.

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I currently have the privilege of serving as the acting Executive Director of The Well/ La Source. Janet McInnis is currently on leave, taking care of her health. She is in our thoughts and prayers and we wish her a speedy recovery and look forward to her return later in the year. Having previously worked at Cornerstone, our sister agency, I was familiar with The Well/ La Source and it is indeed a special and wonderful place. The sense of mutual support, strength and courage that I witness on a daily basis from the Women of The Well is an inspiration!

This year has brought some other changes to The Well/ La Source. The City of Ottawa has been restructuring its homelessness programs as a result of a federal policy that requires 65% of all federal funding to be allocated to 'Housing First'. This model focuses on housing people as rapidly as possible and then providing supports to people in their own homes, rather than in shelters. It aims to minimize both the number of people who use emergency shelters and the length of time people stay in the shelters before being housed. The Well/La Source supports the Housing First model and The City of Ottawa's Ten Year Plan to End Homelessness but it has brought some difficult changes and we are certainly in a period of transition. There was a recent contracting process and sadly we lost funding for our two housing support workers.

We are working with renewed focus on supporting the women who come to The Well/ La Source. We are partnering with other agencies to ensure that people continue to get the help they need. In particular, we are excited by a new partnership with Housing Help, who are coming in on a weekly basis to support the Women of The Well.

The women who gather at The Well/La Source face many obstacles. They are often vulnerable, living in poverty and unstable housing or are experiencing homelessness. We provide a community where people can break the isolation of their day-to-day lives. It is a space where all are welcome and all are loved. As well as the many practical, social and recreational supports that The Well/ La Source offers, the most important thing found here is a tangible sense of hope!



I would like to offer sincere thanks to all of our donors, our parishes, our community partners, our volunteers and our staff. Please call for more information, or drop in at any time if you would like to experience first-hand our work here at The Well/ La Source.

Rachel Robinson  
Acting Executive Director

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## Joan Gullen's Reflections on The Well

I enjoyed a wonderful lunch with Joan, Matron of The Well, where she shared with me her reflections of The Well. Joan has been involved with The Well for over 10 years along with her expansive career in social services and as a community activist. Her biography is on our website ([www.the-well.ca](http://www.the-well.ca)).

Joan answered the question: "Why are you involved with The Well?"

My involvement with The Well is focused on two levels: front line service and function in the larger system.

The front line service can be extended to the role of the Management Board. The Well is more than just offering food; it is about building a community, about belonging. It is built on the idea of sharing, not just resources but the sharing of ourselves. It is to show that "someone gives a damn as to what happens to a woman". The Well aims to be non-judgemental and tries to minimize the power differential between staff and participants through personal sharing.

The role of The Well in the larger social services sector is to be an advocate, demonstrate the values of social justice but not to be a charity. We are to hold the government accountable in their role to provide social services to the vulnerable and marginalized in our society. Over many years, we have witnessed the dismantling of the welfare state with serious repercussions to the people that we 'serve'. Insufficient funding and funding cuts suggest that this human need is not important.

Knowing the reality of poverty and marginalization, The Well offers community and dignity which is important "in being human...in knowing that we are in this together".



Heather Thomson,  
Management Board Chair

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## It's not Goodbye, It's See You Later

This spring brings a major change to The Well with the departure of Jennifer Connolly and Jennifer Tibbo from their outreach positions, due to the city's reallocation of funding.

"The Jens", as they are known to the women of the Well, will be deeply missed, both by the women who come to the Well and by the women in the community that they worked with. Their work touched many lives and their loss will be felt, but their excellent work will continue, if through different venues. Jennifer Connolly has accepted a position with the Ottawa Mission, where she will continue to offer excellent case management to the homeless population of Ottawa and Jennifer Tibbo is moving to Brampton where an entirely community will benefit from her tireless work and commitment to social justice.

The world is becoming an ever smaller place, so we choose not to say goodbye to either of these amazing women, but instead say see you later, in the hope that our paths will cross again.

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## Wish List

### We are currently in need of:

Kleenex, toilet tissue, toothbrushes, toothpaste, new socks, seasonal clothing, towels, bed linens, bus tickets, eco bags, incontinence products, deodorant, and soap.

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## Kirstie's Korner:

Thank goodness we have not only survived the coldest winter on record, we have actually thrived. Our Christmas Celebration was a lively event and we were very happy to have Chris Lyon and our Choir Leader Debra in attendance to lead us in festive song throughout the celebration day. Sandra Claus (Donna) gifted each woman, child and volunteer with a beautiful bag filled with loving gifts donated by our generous supporters!

We celebrated our 31<sup>st</sup> Anniversary in January and welcomed 125 participants to our luncheon. We were very pleased with the great turn out , even though it was -30 on our special day!

### **New Programming at The Well/ La Source:**

- “One on one” tutoring sessions in our computer room with volunteers from the University of Ottawa.
- Fitness and strength training from Erin, a neighbourhood Professional Trainer.
- The “Knit Wits” knitting and crochet group is back!
- Art Therapy Group with Kerry

**Bring on the sunshine, warmth and fun times that the following months will provide.**

**Cheers to Spring Everyone!**

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## A Word From The WOW

My name is Guadalupe and I have been cutting hair at The Well/ La Source for almost 15 years. I am very happy about the activities The Well provides for us. I love what The Well does for the women and this is why I enjoy coming to The Well.

The Sugar Bush makes me so very happy because we connect with other friends. In the moment there were so many wonderful things to enjoy together. We participated in all the activities at the Sugar Bush. The celebration, walk in the forest, taffy on the snow, wonderful food and great things to buy especially maple syrup goodies. The people who worked there were very friendly and so too the staff of The Well.

The Bus driver was a good person and very helpful with the older ladies, helping them down the steps and getting us to the sugar bush and back safe and sound.

I was very happy spending the day with everyone as it takes away from the struggles we face each day. It is important for the women to share love with one another and to understand each other.

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Bonjour, Je m'appelle Ginette et je suis une personne aveugle. Je viens au centre The Well / La Source depuis trois ans pour rencontre des amies et jouer aux cartes.



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## Waupoos Wellness 2015

Greetings from all of us at The Well/La Source! Spring is here and we are planning our annual three-day camping trip to “Waupoos Farm” slated for June 17th, June 18th and June 19th 2015. It is only March and the excitement is building for this most highly anticipated activity and vacation experience. We expect to take approx. 50 women and children for the three days. We will also welcome many more day trippers who will join us for full days of fun in the sun and return to their homes after dinner in the evening.

This special activity provides participants a truly wonderful summer getaway to enjoy swimming,, arts and crafts, bingo, barbeques, campfire sing-a-longs, karaoke, wagon rides, and visiting with farm animals, is a rare and welcome opportunity to escape the heat and noise of the city. This getaway provides valuable benefits for participants: warm friendships are forged and stress is reduced. Skills in sharing and communication are developed and people become more connected to their community.

The program costs for this three day vacation include transport, accommodation, all meals, special holiday snacks, personal care products, and supplies for activities. In light of the wonderful outpouring of support in the past we welcome any sponsorship amount that you would like to donate, to send a woman to camp!

Please give me a call at The Well/La Source, 613- 594-8861 ex. 31 or email me at [kirstie@the-well.ca](mailto:kirstie@the-well.ca) for more information about how you can be part of this wonderful and deeply appreciated vacation for the women and children of our community. Income tax receipts will be issued to all sponsors. Choose Hope!



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## Upcoming Events

- Join us for the 14<sup>th</sup> annual Doors Open Ottawa event June 6th and 7th, 2015 .
  - Stop by our table at The Minto Park Sale, on Saturday, June 13th, from 8:00 am to 2:00 pm. Our chef Belle will be selling delicious sweet and savoury treats.
  - Want to learn more about The Well / La Source? Join us for lunch and a tour! Please contact Julie, our Office Administrator at 613-265-8223 (Ext. 27) or by email at: [info@the-well.ca](mailto:info@the-well.ca) for more information.
  - Visit our website for our monthly activity calendars, ways to give, and the electronic newsletter sign-up.
  - Follow **The Well / La Source** on Facebook for news and updates!
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