

# OCTOBER 2023

*Together, we can transform patterns of poverty into legacies of empowered prosperity.*

## OCTOBER 2023

Women's History Month

October 1 – International Day of Older Persons (UN)

October 9 – Thanksgiving Day

October 10 – World Mental Health Day (UN)

International Day of the Girl Child (UN)

October 15 – Navaratri (to Oct. 24) (Hindu)

October 17 – International Day for the Eradication of Poverty (UN)

October 24 – United Nations Day

October 31 – Halloween

## EMPTY BOWLS IS OCT.15

**E**mpy Bowls at Home is back but ticket sales close October 9... so hurry! The at-home format is making a return!

**Sunday, October 15, 2023  
11 a.m. to 2 p.m.**

**You will receive:**

- 5 soups from local chefs
- COBS Lakeshore Bread for dipping
  - A ceramic bowl
  - Delicious desserts
  - ALL DELIVERED



[Empty Bowls Tickets](#)

In its 15th year, **Empty Bowls** has grown to become a gathering that our community knows and loves. We know how much our families and friends throughout the community anticipate attending this event every fall.



## PAINT A BOWL

Oakville-based **Crack Pot Studio** is once again supporting HSH with the bowls and bowl painting for Empty Bowls.

Please consider painting a bowl.

**See inside for all Empty Bowls details!**

# EMPTY BOWLS IS OCTOBER 15



## ONE WEEK LEFT TO GET EMPTY BOWLS TICKETS

In its 15th year, Home Suite Hope's (HSH) **Empty Bowls** has grown to become a gathering that the community knows and loves. This year, the delivery-at-home format makes a return! Empty Bowls at Home 2023 will happen on **Sunday, October 15, 2023 from 11 a.m. to 2 p.m.**

Empty Bowls at Home, presented by Taylor Inc., is an annual fundraiser that brings the entire community around the table. Hurry, ticket sales close October 9. Ticket purchasers will enjoy a soup kit filled with five tasty soups prepared by local chefs; fresh COBS bread, a hand-painted ceramic bowl, and dessert all delivered to their home on October 15 between 11 a.m.–2 p.m.

### **This year's soup selections:**

Hearthstone by the Lake - ***Pear & Parsnip Soup***

Oakville Golf Club - ***Roasted Corn and Bacon Bisque Soup***

Montfort Mediterranean Cuisine Oakville - ***Lentil Soup***

Longo's Markets - ***Chicken Thai Soup***

Food for Life made by NextDoor Kitchen - ***Italian Red Lentil Vegetable Soup***

HSH unites a network of vital support services for single parents and their children—to encourage and support the families as they journey from poverty to stability. All proceeds collected from this year's Empty Bowls at Home goes to HSH in providing essential wrap-around services and supports to single-parent families experiencing homelessness.

**PURCHASE TICKETS:** <https://www.canadahelps.org/en/charities/home-suite-hope-shared-living-corp/events/empty-bowls-at-home-2023/>

# BOWL PAINTING SOCIAL?

As Home Suite Hope prepares for its **Empty Bowls 2023** edition - this year the popular home-delivery model returns on October 15 - we are asking our community members to consider a **Bowl Painting Social**.

If you want to help, please hurry as the event date is approaching quickly!

Bowls can be purchased for \$30 each (tax included) - or \$25 each for purchases of 40 or more bowls.

Individuals or groups can paint in-studio or at home and we ask that you donate your bowl back to the Empty Bowls event.

Those who purchase tickets to the event can even keep their painted bowl as the bowl they receive with their order.

Oakville-based **Crack Pot Studio** is once again supporting HSH with the bowls and bowl painting for the event.

Based on the concept of a soup kitchen, Home Suite Hope's signature fundraiser is returning as Halton comes together to support Home Suite Hope's Empty Bowls, presented by Taylor Inc., that brings the entire community around the table. Delicious soups, bread, and desserts donated by local restaurants and businesses, share the delectable tastes that Halton has to offer while supporting Home Suite Hope to make a great change in our communities - in support of single-parent led families and their children on their journeys from poverty to self-sufficiency.

Bowls can be ordered online at CrackPotStudio.com, or by calling 905-338-1358 or email CrackPotOakville@gmail.com to place your order.

[For Empty Bowls tickets, click here](#)





# NEW VIDEO RELEASED

## HSH ACCEPTING APPLICANTS

**H**ome Suite Hope is welcoming new applicants. Are you, or do you know someone, who could benefit from our programming?

Watch our [new video](#) outlining Home Suite Hope by **Sharp Storytelling**

<https://www.youtube.com/watch?v=bfiMlagRm-w>

Home Suite Hope (HSH) is a long-time Halton charitable organization that helps single parents who are low income, in precarious housing or facing homelessness stabilize in housing and obtain a post-secondary education and gain employment in order to become self-sufficient in providing for their children.



## TRANSPORTATION CAMPAIGN

**H**SH Youth have returned to the classroom and need help to get there so we launched a **Transportation Campaign**.

Participants attend their skills training courses and workshops at Home Suite Hope and Sheridan College.

**HSH FACT:** There are currently 15 individuals participating in a training program with HSH, and with the high gas prices and increased bus fares, they need your support as they make the following commutes for academic and life skills training: Burlington to Brampton; Milton to Oakville;

Burlington to Oakville; Oakville to Mississauga; and, Burlington to Mississauga

Donations will be used to purchase gas gift cards, and bus passes for the Youth families we serve.

Please donate - earmarking the support for 'Transportation & Housing' through CanadaHelps <https://www.canadahelps.org/en/charities/home-suite-hope-shared-living-corp/>

***Empowering Youth one family at a time. Join us at Home Suite Hope***

# HOMELESSNESS PROJECT

## HSH SOCIAL MEDIA CAMPAIGN EXAMINES HIDDEN HOMELESSNESS



***Build a brighter future with Home Suite Hope - Break free from poverty's grip.***

**D**efining **homelessness** is both a simple yet complex matter. Simply put, it is the lack of adequate housing, income and social supports that manifests in unique situations of living on the streets, jumping from couch to couch, being at risk of losing your housing every month, or living in a shelter.

In the grand scheme, homelessness is also the complex system of social and economic issues that permits poverty and the instability of maintaining basic needs (i.e. housing, income, health supports, etc.) within a community. It is not one or the other, but both.

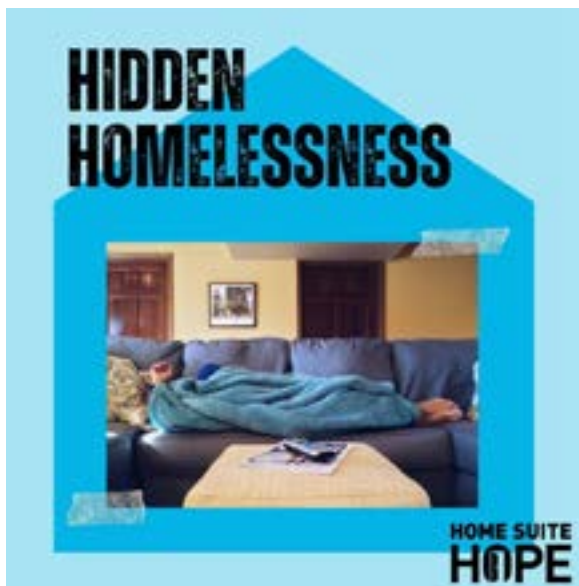
As an organization, HSH provides not only a home for families who face financial difficulties, but more importantly, a support system for families looking to change their circumstances and to take back control of their own lives.

### THE STORY OF JUDY

While the first post of the campaign dealt with defining homelessness, the second introduced the story of Judy ----- Judy's situation is a perfect example of Hidden Homelessness, or commonly known as "couch surfing" – temporarily living with others with no guarantee of continued residency or prospects of permanent housing. A category of homelessness that is often missed or hard to track.

**TAKE ACTION:** Now, more than ever, we need your support to help single-parent families find **SAFE, AFFORDABLE** Homes, for Good.

Donate today and purchase tickets for the **Home for Good Gala** to learn more about Home Suite Hope's plans to create more Affordable Housing in Halton



**DONATE** [https://fnd.us/HomeForGood?ref=ab\\_eAw3e6\\_sh\\_dBUPwf](https://fnd.us/HomeForGood?ref=ab_eAw3e6_sh_dBUPwf)

# PARTICIPANT NEWS



## PARTICIPANTS SPONSORED FOR GALA

### THANK YOU

**H**ome Suite Hope owes a heartfelt thank-you to Jim and Lisa Helsdon for their \$2,000 sponsorship of five of our single-parent participants to attend the Home for Good Gala.

The new event will officially launch HSH's affordable housing campaign.

Anyone interested in sponsoring other single moms to this special evening can reach out to Katelyn at [katelynz@homesuitehope.org](mailto:katelynz@homesuitehope.org).

## PARTICIPANT HITS THE ROAD - IN THE BEST WAY

### ACHIEVING A MILESTONE

**H**ome Suite Hope single parent **Leta** is currently in her first year of the Office Administration program at Sheridan College and has achieved her goal of purchasing her first starter car.

This mom spent months budgeting to achieve this milestone. Now she has reduced her two-hour commute time to school and has more time to spend with her daughter.

She also has more ability to access community resources and in the long term will be able to cast a wider net for employment opportunities. Way to go!



***Build a brighter future with Home Suite Hope - Break free from poverty's grip.***

**HomeSuiteHope.org**

Mailing Address  
1-200 North Service Rd. W. #424  
Oakville, ON L6M 2Y1





# DO YOU HAVE YOUR TICKET? FRIDAY NOVEMBER 10, 2023

## HELP HSH CREATE AFFORDABLE HOUSING IN HALTON

**W**elcome home **Flight for Hope** pilot Callum Wallace and mark the launch of HSH's **Affordable Housing Campaign** by purchasing a ticket for our **Home For Good Gala**.

Join HSH on our mission to create more affordable housing in Halton to help more single-parent families find a Safe, Affordable Home, for Good.

***The Pearle Hotel Burlington***  
***Friday, November 10th, 2023***  
***Doors Open at 7 p.m.***  
***\$400***

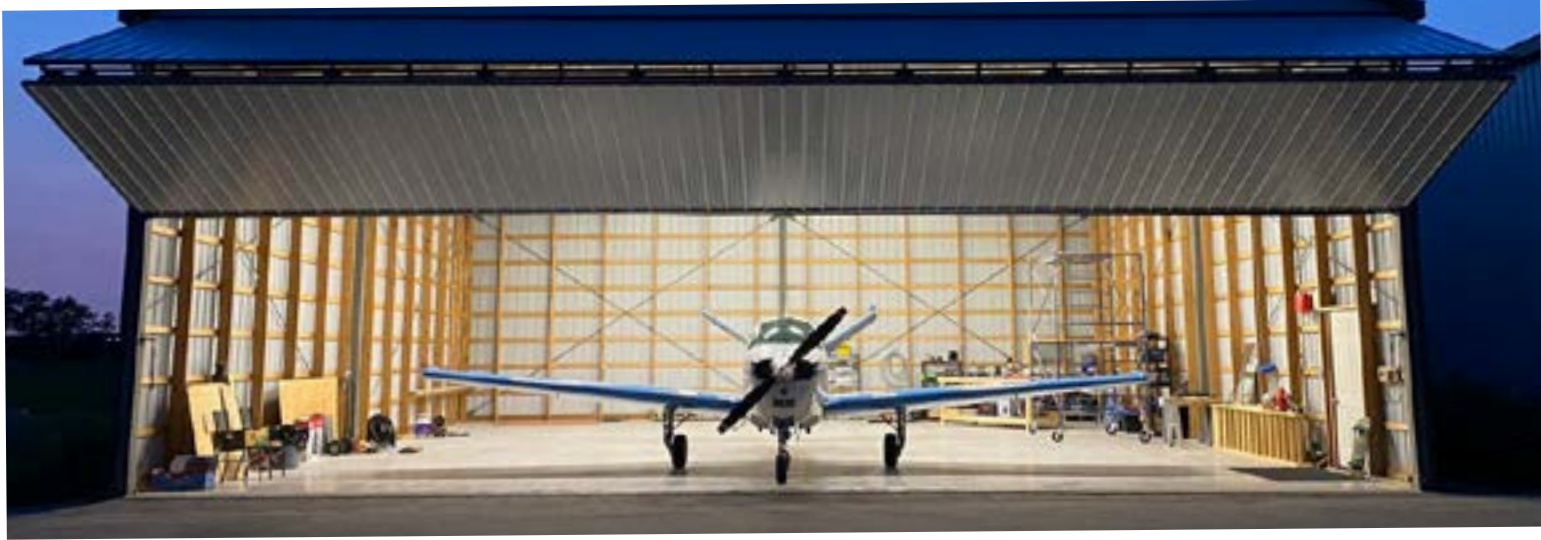
Purchase your Home for Good Gala ticket prior to Sunday, October 15 at 11:59 p.m. for a chance to win a prize pack that includes a Sofina Foods Gift Box & a \$250 Harbour Gallery Gift Card. Winner to be contacted directly using the email address used to purchase tickets.



Stay tuned by following the updates on Instagram - @HomeSuiteHope and @FlightForHope. Purchase gala tickets today by [CLICKING HERE](#) or by scanning the QR code.

Remember, you hold the power to make a real difference — [Support the Campaign](#) directly by visiting [https://fnd.us/flightforhope?ref=sh\\_dBUPwf](https://fnd.us/flightforhope?ref=sh_dBUPwf) Sponsorship inquiries for the Home For Good Gala are also welcome and encouraged! Reach out to [KatelynZ@HomeSuiteHope.org](mailto:KatelynZ@HomeSuiteHope.org)

# FLIGHT FOR HOPE HEADS HOME



## 'ROUND THE WORLD' SOLO FLIGHT IN SINGLE-ENGINE CRAFT HELPS MARGINALIZED SINGLE-PARENTS



On August 1 Oakville's **Callum Wallace** embarked on an extraordinary journey called **Flight for Hope**. This month he's due to arrive home!

Callum took off from Burlington Executive Airport, piloting a single-engine aircraft on a round-the-world journey to generate funds for **Home Suite Hope's Affordable Housing Campaign** while raising awareness globally. HSH aims to create more affordable housing in Halton.

Callum's flight has included Quebec, Iqaluit, Greenland, Iceland, Scotland, Wales, England, France, Spain and Italy. After flying to Goose Bay, Callum began his successful crossing of the North Atlantic. His flight went on to Greenland, Iceland and Wales followed by England, France, Spain and Italy.

Flight for Hope hit turbulence in Greece but after a repair, Callum was back in the pilot's seat and headed to Egypt, then on to Pakistan, India, Sri Lanka, Indonesia, Australia, New Zealand, Fiji, Samoa, and Christmas Island. This week he was in Hawaii. Callum's flight is due to conclude in Burlington in mid-October, just in time for the Home for Good Gala on November 10.

Only three Canadians have ever completed this journey. Flying around the world is no easy feat, but Callum is making it happen! HSH joins others as they rally together for Flight for Hope, Callum and his HSH fundraising efforts to help HSH create more affordable housing in Halton.

Visit [Flight for Hope](#)



# HSH: IN THE MEDIA

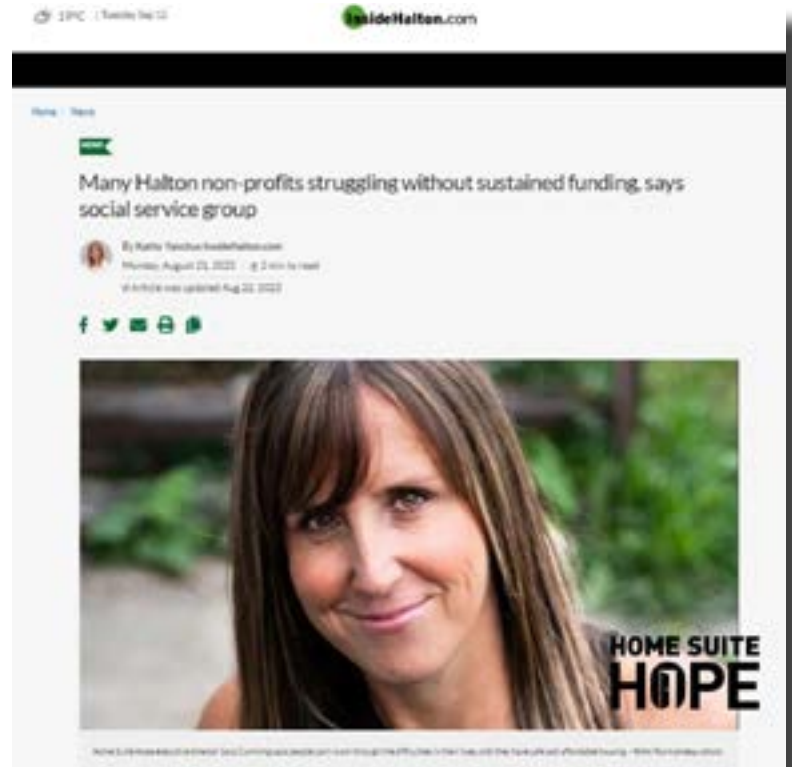
## HSH FEATURED ON INSIDEHALTON.COM

**H**ome Suite Hope Executive Director **Sara Cumming** was recently featured in the local news media – **InsideHalton.com**, which serves Oakville, Burlington, Milton and Halton Hills.

The feature story, *Many Halton non-profits struggling without sustained funding, says social service group*, was written by Kathy Yanchus and published Aug. 21, 2023.

It featured Anne Douglas, Chair of the Advancement of Women in Halton (AWH) and Sara. The AWH is a collective of 20 local social service groups working toward achieving gender equality for women. [Read the story](#)

[https://www.insidehalton.com/news/many-halton-non-profits-struggling-without-sustained-funding-says-social-service-group/article\\_c654b86c-21d1-5f62-a050-d508f27c721a.html?utm\\_medium=social&utm\\_source=email&utm\\_campaign=user-share](https://www.insidehalton.com/news/many-halton-non-profits-struggling-without-sustained-funding-says-social-service-group/article_c654b86c-21d1-5f62-a050-d508f27c721a.html?utm_medium=social&utm_source=email&utm_campaign=user-share)



## A CALL TO ACTION

**H**SH's single parent families need your help. Do you have extra cleaning supplies that you could donate?

HSH is putting out this Call to Action for supplies such as paper towels, toilet tissue, tissues, all-purpose cleaners, bathroom cleaners, sponges, laundry detergent, dish soap and more. Cleaning supplies are often among the most expensive items on the grocery bill and with grocery costs soaring, our single parents need all the help we can manage for them.

HSH offers parents wraparound support as they navigate housing and schooling to improve their lives. This support includes help with groceries, gas, and donations like cleaning and personal hygiene supplies. But we can only do it because of your generosity. If you can donate, please contact [info@homesuitehope.org](mailto:info@homesuitehope.org) to arrange a drop-off time (our physical office is not the same as our mailing address for confidentiality reasons). Thank you!

# HSH COMMITTED TO EDI

## NATIONAL DAY FOR TRUTH & RECONCILIATION

September 30 was **Orange T-Shirt Day** (Indigenous) and **National Day for Truth and Reconciliation in Canada**.

The day honours the children who never returned home and Survivors of residential schools, as well as

their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.



Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of 'Every Child Matters.' The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. Across the country, local activities were organized to commemorate the history and legacy of residential schools and to participate in the day, HSH staff members attended a variety of events such as the following:

**HSH partner Sheridan College offered a keynote address by Kendal Netmaker**, an award-winning entrepreneur, author, and Indigenous speaker.

The **Ontario Law Society hosted keynote speaker is Kimberly Murray**, a highly respected Indigenous leader in Canada. In June 2022, Dr. Murray was appointed by the Government of Canada as the Independent Special Interlocutor for Missing Children and Unmarked Graves and Burial Sites associated with Residential Schools.

HSH Executive Director Sara Cumming is attending the **University of Alberta's 12-week Indigenous Canada** course, which examines the historical and contemporary lives, identities, cultural expressions, rights, and goals of Indigenous peoples in Canada. Indigenous voices and perspectives inform the learning experience and covers topics including: the fur trade and exchange relationships, land claims and environmental impacts, legal systems and rights, Indigenous political activism, and contemporary Indigenous life, art, and its expressions.

# STAFF NEWS



## UNIVERSITY OF WATERLOO: RISING STAR ALUMNI DR. SARA CUMMING

**Q and A with Sara J. Cumming (PhD '14 Sociology)  
Executive Director of Home Suite Hope  
and the Faculty of Arts  
2023 Rising Star Alumni Award recipient**

*By University of Waterloo Faculty of Arts*

As the daughter of a single teen mom, and a former young single mother herself, Dr. Sara Cumming (PhD '14, Sociology) knows the challenges her clients face at Home Suite Hope.

As executive director of the Halton organization, Cumming designs programs to help unhoused single mothers put together the crucial pieces they need: housing, jobs, childcare and more.

Cumming's doctoral research at Waterloo laid the foundation for her work there and at Sheridan College, where she's an award-winning sociology professor.

Cumming is known for finding creative ways to build ties with the community: sourcing grocery donations for students during lockdown, brokering temporary residences at Sheridan for Ukrainian refugees.

For her current project, the Community Ideas Factory, she's working with 16 local organizations to build a life skills course that can be used and adapted by community organizations across Canada.

**[Read the Q&A by clicking this link](#)**





# STAFF UPDATE

## HAVE YOU MET HALEY?

**Haley Weber** was born and raised in Hamilton, where she completed a Bachelor of Social Work and Bachelor of Arts in Psychology at **McMaster University**. Haley has worked both in the social services (**Children's Aid Society**) and the violence against women sectors and has experience supporting families with the wraparound approach. She utilizes a strengths-based framework and empathic approach when working with families and works from a feminist, anti-oppressive and inclusive framework.



After her first son was born, Haley stayed at home before working in a women's shelter, and then later with foster parent applicants. After her second son was born, she stayed home full-time. While she and her spouse now have four children - three sons and a daughter, aged 15, 11, 8 and 5, Haley has joined HSH. In her spare time, Haley enjoys being active outside and spending time with family. She also enjoys baking!

"I am excited to meet everyone, and grateful for the opportunity to work with such kind and knowledgeable staff who are making lasting impacts for families!"

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## WELCOME SHAE-LYN

Home Suite Hope staff welcomes **Shae-Lyn Johns**, who is thrilled to be stepping into the Home Suite Hope family as a new practicum student from **Sheridan College's Social Service Work** program for the 2023/2024 year.

"As a mom to an incredibly cool toddler (who definitely outshines my fiancé and me), a devoted Anime enthusiast, and a firm believer in the power of self-care, I'm all about embracing life's unique blend. I can't wait to bring my passion and dedication to the HSH community, working hand-in-hand with the staff and clients to make a meaningful impact."



# COMMUNITY THANKS FOR THE SUPPORT



## BURLINGTON WELSH MALE CHORUS DONATES

On Thursday, June 29, 2023 the **Burlington Welsh Male Chorus** performed their annual concert in support of both Home Suite Hope and Flight for Hope at the Burlington Performing Arts Centre.

Home Suite Hope would like to extend our sincere gratitude to the BWMC for hosting the event in support of our programming, and donating a total of \$1,350 to HSH.

Choir members dropped by recently to officially hand over the cheque to **HSH Director of Operations Catherine Villasenor**.

*Together, we can transform patterns of poverty into legacies of empowered prosperity."*



Sheridan



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*CHANGING THE PATTERNS OF POVERTY TO A LEGACY OF PROSPERITY*