

A United Way Supported Agency



United Way
Halton & Hamilton

Newsletter

SEPTEMBER 2025

September 1 – Labour Day

September 8 – International
Literacy Day (UNESCO)

September 15 – International
Day of Democracy (UN)

September 21 – International
Day of Peace (UN)

September 22 – Navaratri (to
Oct. 1) (Hindu)

September 22 – Rosh Hashanah
(New Year) (to Sept. 24)
(Judaism)

September 28 – Confucius'
Birthda (Confucian)

September 30 – Orange T-Shirt
Day (Indigenous)/
National Day for Truth and
Reconciliation

SEPTEMBER 2025

Lives permanently changed for the better

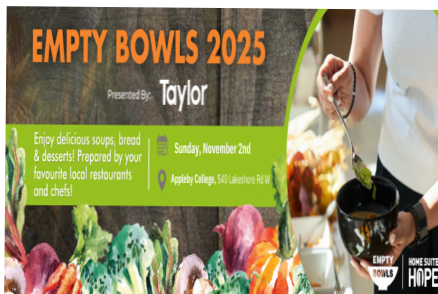


FORE HSH

Home Suite Hope has been selected as a beneficiary of the **Annual Oakville Rotary Golf to Give Tournament** in support of both **Rotary's Educational Bursary Program** and HSH's mission to help single-parent families in Halton move from homelessness to stability. The tourney tees off at **Piper's Heath Golf Club, 5501 Trafalgar Road, Milton** on **Monday, September 15, 2025. See inside for more!**

PREPPING FOR EMPTY BOWLS 2025

We are preparing for our **Empty Bowls 2025** set for **November 2** at **Appleby College**. We are seeking sponsors and soup vendors. If you can step up, please contact Marketing & Events Coordinator Katelyn Zaoral at KatelynZ@homesuitehope.org. **See inside for more!**



PARTICIPANT NEWS:

BACK TO CLASSES

Thanks to the incredible generosity of our community partners, **The Village Realty Group** and **Cogeco, Home Suite Hope's** program participants and their children are heading back to school fully equipped.

Funds raised through The Village's July **Yoga in the Park** event, and the generous support of Cogeco, provided backpacks filled with essential school supplies. Cogeco also donated Frisbees and sunglasses as fun items to be added to backpacks.

The **Leaders in Training (LITs)** at **Kerr Street Mission** - under the supervision of **Jessica and Luke**

- helped shop for supplies compiled by our **Canada Summer Jobs** intern **Nicole**. **Audrey Bailey, founder of The Village Realty Group**, then returned to the scene along with her children, son Brooks, daughter Sophie, and little Rhys and **volunteers Krish, Jai and Kariya**, to pack the backpacks. Thank you to all for helping ensure our participants and their children begin the school year with the tools and support they need to succeed!



THE VILLAGE
REALTY GROUP

 **COGECO**



PARTICIPANT UPDATE: PULH WORKSHOP



POPULAR PULH WORKSHOP RETURNS

On August 7 and 8, HSH hosted its popular **Discovering Your PULH (Peace, Unconditional Love, and Happiness) Workshop** for some of its current program participants.

This two-day health and wellness workshop is designed to help those attending discover the peace, love, and joy that already exists within, and strengthen their relationship with others and the ones yet to come!

Thanks to **Lindsay Anderson**, a new HSH Board member, but long-time HSH supporter, for facilitating the workshop.

PULH

Peace, Unconditional Love and Happiness

WORKSHOP

Come discover the peace and unconditional love that already exists so that you can experience a healthier relationship with yourself, people in your life and with those yet to come

100% of participants said they would recommend this workshop to a friend or family member.

"I most appreciated the deep foundation of wisdom" Participant, August 2023

"Amazing all the way through" Participant August 2024

"I appreciate the new variety of knowledge I have received on self-love and mainly PULH. I'm excited for this new journey." Participant August 2024

August 7th & 8th

10:00 AM to 3:00 PM

Home Suite Hope Office
(484 Kerr St.)

ROTARY TOURNAMENT: FORE A GOOD CAUSE!



HSH



ROTARY ON THE GREENS

HSH TO BENEFIT FROM GOLF TO GIVE



Home Suite Hope has been selected as one of the beneficiaries of the **Annual Oakville Rotary 'Golf to Give' Tournament**.

This fantastic event supports both **Rotary's Educational Bursary Program** and **Home Suite Hope's** mission to help single-parent families in Halton move from homelessness to stability.

The tournament is **Monday, September 15** at **Piper's Heath Golf Club**, 5501 Trafalgar Road, Milton.

The cost of \$275 per golfer includes: 18 holes of golf, barbecue lunch, dinner, auction, prizes, and more!

Whether you're an avid golfer or just looking for a great day out for a great cause, this is a wonderful opportunity to make a difference. Please consider registering a foursome, sponsoring the event, or simply helping spread the word. Your support means so much — and helps us continue building brighter futures for local families. Hope to see you on the green!

To register or learn more, visit: OakvilleRotaryEvents.com



2025 Oakville Rotary Centennial Golf to Give Tournament

Rotary Oakville is 100 years old this year.

Join us: [Monday September 15, 2025](#)

Pipers Heath Golf Course – Milton, On

For golf and celebration of Rotary's 100 years of supporting the charitable community



JOIN HSH AT 2025 UWHH CAMPAIGN KICKOFF

HSH became a **United Way Halton & Hamilton (UWHH)**-funded agency in 2024 - the same year the HSH team Homeward Bound Heroes took part in the annual UWHH campaign kickoff at Hamilton Airport.

HSH is returning this year for the 2025 kickoff

WHEN: Saturday, September 13, 2025

WHERE: Hamilton Airport, 9272 Airport Rd., LOR 1W0— UPS Airport Terminal

Top Prize Alert!

The top individual fundraiser will win 2 Porter Airlines flight vouchers to the destination of their choice! What better way to earn an incredible getaway while supporting an amazing cause?

Bring your friends, colleagues and family!

Whether you are pulling the plane or cheering from the sidelines, there are plenty of family-friendly activities to keep everyone entertained including a face painting, bouncy castle, food trucks, and more!

**HOME SUITE
HOPE**

[**JOIN A TEAM**](#)

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United Way
Halton & Hamilton

BOARD NEWS:

WELCOME

LINDSAY ANDERSON

Lindsay Anderson has over 20 years of experience in nursing practice, research, education and leadership across Canada. She achieved her **PhD in Nursing Education Leadership at Western University**, and currently is the **Associate Dean for Nursing at Mohawk College**.

Since 2020, Lindsay has been volunteering for HSH as a mentor, and developed and delivers the **Discovering your PULH (Peace, Unconditional Love and Happiness)** health and wellness workshop for participants. Lindsay understands, from both personal and professional experiences, the transformative impact education has on shifting cultures and breaking generational cycles of poverty.

She is committed to supporting others with moving from poverty to prosperity, and discovering the peace, unconditional love and happiness that is already within them so that they can experience healthier relationships.



SHALU BAINS



Shalu Bains is the **Executive Vice President, Performance and Planning & Chief Information and Analytics Officer at Trillium Health Partners**, one of Canada's largest hospital systems. She brings more than 20 years of senior leadership experience in health care, with expertise in digital transformation, artificial intelligence, enterprise planning, population health analytics and data-driven system innovation.

At THP, Shalu leads the integration of technology, strategy, performance, and analytics to drive sustainable change and improve outcomes across a large, complex health system. She is passionate about building connected, equitable, and digitally enabled systems that empower people and communities.

Outside of work, Shalu enjoys spending time with her family and daughter, cooking, and celebrating her Punjabi culture through food, traditions, and community connection

BOARD NEWS

AMANPREET DHILLON

Amanpreet Dhillon is a healthcare leader and a dedicated community advocate based in Oakville, Ontario. She holds a **Master of Nursing from Toronto Metropolitan University (formerly Ryerson)**, specializing in Leadership, Health Care Policy, and Education. With nearly 20 years of experience spanning clinical care, executive management, and global health, she currently serves as an **Area Director for Homecare Solutions** overseeing the Mississauga-Halton region.

Her lifelong dedication to equity and empowerment began through early involvement in her mother's outreach work. She now serves as Vice Chair of **Global Brigades Canada**, promoting sustainable health initiatives and advocating for worldwide socio-economic equity. Originally from India, Amanpreet has spent nearly two decades raising her family in Caledon and Oakville (community she now proudly calls home). Drawing from her lived experience, she offers rich cultural understanding and passionate advocacy, empowering others to thrive and realize their fullest potential.



ROBYN PANGMAN



Robyn Pangman joined Home Suite Hope's Finance Committee last spring and is now stepping onto the Board.

Born and raised in Oakville, Robyn joined **Henderson Partners LLP** in 2008 and has been a **partner** there since 2014. A graduate of **Dalhousie University** in 2001, Robyn travelled extensively, and then joined PricewaterhouseCoopers in Edinburgh, Scotland where she obtained her CA designation in 2007. She subsequently obtained the Canadian CA designation on her return to Canada in 2008.

Robyn's specialty is in tax and business advisory services. As a Partner at Henderson Partners, she works closely with professionals, entrepreneurial private companies, their owners and their families.

Robyn is actively involved in the community and has held previous board positions on several local community organizations. Outside of work, Robyn enjoys being active and spending time with her family.

HAVEN TO HOME (H2H)

HOME SUITE HOPE: THE NEXT STEP TO YOUR SAFE HAVEN.



HOME SUITE
HOPE

HAVEN TO HOME (H2H)

Home Suite Hope and Halton Women's Place have partnered to provide specialized support for individuals impacted by gender-based violence.

PROGRAM SUPPORTS

- Secure affordable, and safe housing
- Up to one year of rental subsidy
- Essential Life-Skills training and workshops
- Employment & Professional Development supports
- Landlord engagement and housing navigation
- Personalized, client-driven case management

CONNECT WITH YOUR
HALTON WOMEN'S PLACE
WORKER TODAY!

To learn more
about program
options, for women and/or
single parent's contact
Home Suite Hope (HSH) at

905.339.2370
or
Programs@HomeSuiteHope.org

Statistics show over
50% of survivors of
Gender-Based
Violence struggle
to secure housing



Clients who
completed HSH
programs in 2024
are **90%** able to
sustain market rent
independently.

Eligibility

*For a complete list of eligibility criteria, connect with your HWP caseworker.

- ✓ **Currently eligible for services from Halton Women's Place**
- ✓ **Must identify as a single woman with or without child(ren)**
- ✓ **18+ years old**
- ✓ **Must be eligible to receive income supports and/or secure employment**



HOUSING INFO SESSION SEPT. 23

Support a single parent. Change a child's life. Build a stronger community.

 HomeSuiteHope.org | HaltonWomensPlace.com

YOU HOLD THE KEY TO BRIGHTER FUTURES!

HOME SUITE
HOPE



Home Suite Hope supports single-parent-led families in their journey from poverty to stability. Now, with new by-laws permitting detached homes in most backyards, your property could help create a **safe, affordable space** for a family to thrive.

Why it Matters?

Our participants have overcome significant challenges, including:

- Intergenerational Poverty
- Homelessness
- Domestic Violence
- Systemic Barriers



Yet they move forward with resilience and determination, striving to give their children a better future.

One example is **Haven to Home**, a new Ministry-funded partnership between **Home Suite Hope** and **Halton Women's Place** that helps domestic violence survivors transition from shelter to independent apartments where they can fully rebuild their lives.

Through wraparound supports—like subsidized childcare, life skills training, financial literacy, and access to post-secondary education—families are set up for long-term success.

Over **85% of our graduates** secure employment, grow their income, and transition to full independence.

What's in it for You?



Vetted, Supported
& Accountable
Tenants



Reliable Rent
Payments



Ongoing Support
from our Outreach
Team



Potential
Financial
Incentives
(over \$95,000 in Burlington!)



Increase your
Property Value
& Monthly
Cash Flow

Schedule your free in-home consultation:



Garth Brown at **416.459.2730**



MarysArkHomes@gmail.com

WANT TO LEARN MORE? RSVP to Garth by Sept 19



Free Information Session:



Tuesday, September 23rd



7:00 - 9:00 PM



Port Nelson Church,
3132 South Drive,
Burlington



EMPTY BOWLS 2025



CALL FOR SPONSORS & SOUP VENDORS

We're excited to announce that planning is underway for Home Suite Hope's signature fundraiser — **Empty Bowls** — and we need your help to make this year's event the most impactful yet!

Empty Bowls brings our community together to raise awareness and funds for the families we serve — single parents and their children facing homelessness. Guests enjoy delicious soups from local restaurants and chefs, served in handcrafted bowls — a powerful symbol of nourishment, care, and community.

How You Can Support:

- **Become a Sponsor**

Sponsorship is our greatest need right now. As a sponsor, your business or organization will receive meaningful recognition, connect with a compassionate audience, and directly support our mission of housing, empowering, and uplifting vulnerable families.

- **Be a Soup Vendor**

Are you a local chef, restaurant, or caterer? We're looking for passionate culinary partners to donate a delicious soup for the event. It's a fantastic opportunity to showcase your cuisine, support a vital cause, and connect with a community that truly cares.

Sunday, November 2, 2025
Appleby College

If you or someone you know is interested in sponsoring or providing a soup, please reach out to Katelyn at KatelynZ@HomeSuiteHope.org

Together, we can fill more than bowls — we can fill hearts and build futures.

ON THE FUNDRAISING FRONT

WELCOME

Emily Milligan is joining **Home Suite Hope's Fundraising Committee** this month. Emily brings strong skills in project management, organization, and teamwork from her work in the telecommunications industry. Passionate about community engagement, she serves as Head of Events for **St. Mildred's-Lightbourn School Alumnae Committee**, organizing initiatives that strengthen alumnae connections. Emily is also an active member of the Halton-Hamilton Source Protection Committee, contributing to the protection of local drinking water sources. Her combined professional expertise and volunteer leadership make her a valuable asset to HSH's Fundraising Committee. Welcome!



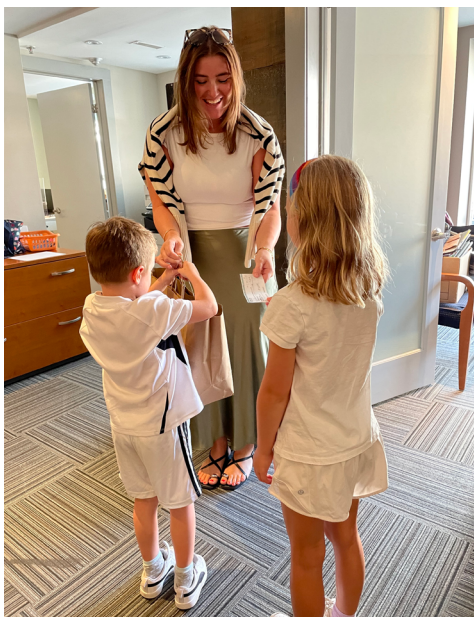
THANKS TO THE LATE RICHARD BROWN



Home Suite Hope offers its heartfelt gratitude to **Joan and the late Richard Brown** for the bequest recently made to HSH by Richard.

We are deeply appreciative of this lovely gesture. HSH supports single parents facing homelessness journey to stability through housing, education and employment, changing poverty to stability for themselves and their families. Learn more about HSH at HomeSuiteHope.org.

LEMONADE STAND BENEFITS HSH



HSH Board Chair Emma Jarratt's family held a wildly successful **Lemonade Stand** over the summer and donated the proceeds to HSH – with Emma matching the earnings such that HSH was the recipient of an awesome \$300 donation. Thank you!



HSH: EVERYDAY HEROES

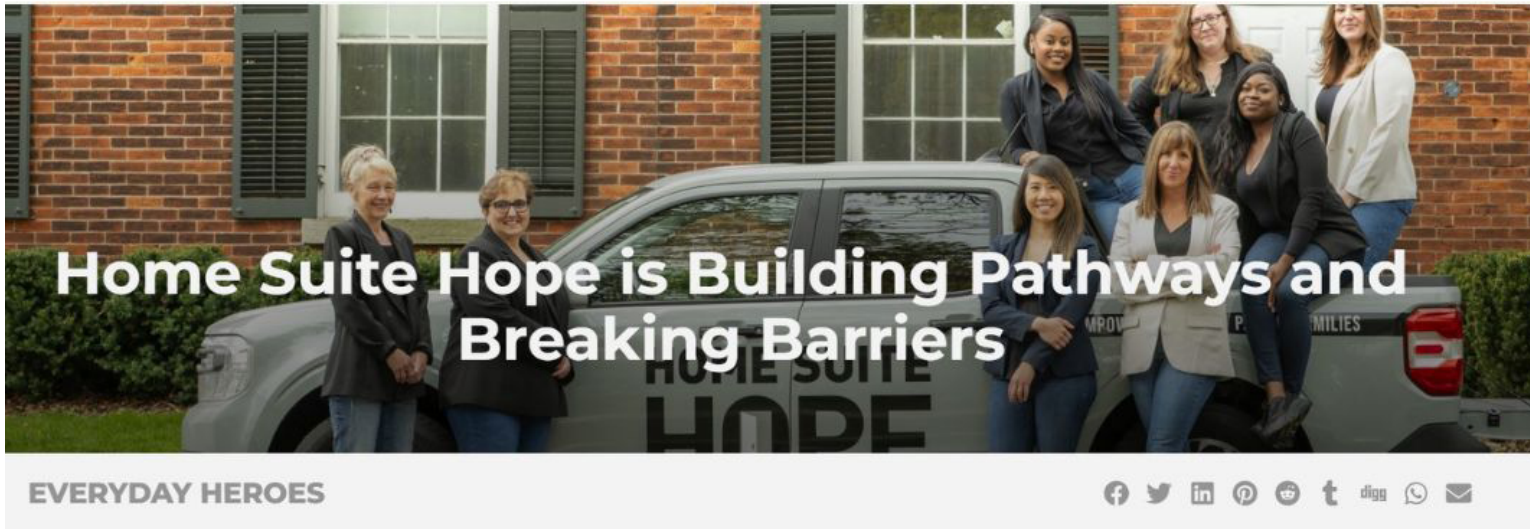


Photo: Sara Cumming © Images Courtesy of Home Suite Hope



READ THE GOOD NEWS ARTICLE ON HSH

Global Heroes, North America's premier positive news magazine, featured HSH and an interview with its **Executive Director Sara Cumming** in August.

Global Heroes aims to connect its readers to uplifting stories rather than disheartening conflict. It highlights the inspirational efforts of everyday people, celebrities and organizations, who are diligently working together towards practical solutions to global problems.

Global Heroes provides valuable insight into how communities around the world tackle urgent issues and create actions that lead to sustainable change. Solution stories engage, boost and invoke action. Its focus is on real people and their tireless efforts to change our world for the better.

The article about Home Suite Hope and its work to bring single parents from Homelessness to Hope - **Home Suite Hope is Building Pathways and Breaking Barriers** - was featured in the August 2025 issue of **Global Heroes**, distributed through **The Toronto Star**, **The National Post** and **The Globe & Mail**.

Read [Home Suite Hope is Building Pathways and Breaking Barriers](#)

STAFF UPDATES

WELCOME MADDY

The HSH team welcomes **Madison (Maddy) Apold** as HSH's new **intern**. She will be working to boost awareness about HSH in the community through outreach to facilitate new program partnerships and use of communications tools such as social media to boost HSH's profile in the community.

Madison is in her fourth year of the **Bachelor of Community Safety** program at **Sheridan College**. Her educational journey has been far from conventional—after beginning college in Vancouver and spending several years working full-time in Ontario, she chose to return to school with the goal of building a career dedicated to meaningful community impact.

Alongside her studies, Madison is the proud mother of a lively one-year-old son. She brings resilience, empathy, and lived experience to her work, qualities that enrich both her academic and professional pursuits.



Passionate about women's rights and social justice, Madison is eager to contribute her skills and perspectives during her time with HSH. Welcome to the team!

FAREWELL NICOLE

The **Canada Summer Jobs** initiative provided funding to HSH this summer and as a result we were fortunate to have the skills and dedication that Nicole brought to the **Data Entry Clerk** position. In her role, Nicole supported all data entry processes, including accurately handling essential information to help ensure smooth and efficient operations and data management. Nicole brought a warmth to the office and dedication to all her tasks and we wish her all the best as she now enters the work force!



Government
of Canada



HELP HSH SINGLE PARENTS SUPPORT THEIR JOURNEY

For the single-parents in Home Suite Hope's programs, reliable transportation isn't a luxury — it's a lifeline.

Each day, they navigate long, unpredictable commutes across town, juggling daycare drop-offs, work shifts, and classes. In communities like Halton, where public transit is limited, a missed bus can mean a missed opportunity — or worse, a lost job.

Research shows that access to reliable transportation is a game-changer. It opens doors to better-paying jobs, education, essential services, and fuller participation in community life. For the single-parents in our programming, owning a car is more than convenience — it's the key to independence.

That's why we've launched the **Drive to Thrive** initiative to help our families gain mobility and freedom. You can help us get there:

- **Donate:** Fund driving lessons, safety inspections, insurance, or a tank of gas.
- **Gift a Vehicle:** Have an underused car? Donate it to transform a family's future.
- **Partner with Us:** Car dealerships and driving schools can offer vehicles or discounted services.
- **Sponsor a Driving Lesson:** Help a single parent gain the skills and confidence to drive.
- **Help buy a transit pass:** Provide the ability for a single parent to purchase a transit pass

When you put a single parent in the driver's seat, you give them more than transportation — you give them a pathway to success, security, and self-reliance. Join us. Let's drive change, together.

SUPPORT DRIVE TO THRIVE

HSH IN THE COMMUNITY

WORKING WITH PARTNERS:

LIGHT A CANDLE, LIGHT THE WAY

HSH has formed a partnership with **Koa and Kind**, which will be donating \$1 from every candle sold to HSH.

Koa & Kind is a local small business specializing in handcrafted home fragrances. It's deeply passionate about creating products that not only bring warmth and comfort to their customers' homes, but also give back in meaningful ways to the community around us.



For every candle you purchase, Koa & Kind will donate \$1 to Home Suite Hope, an organization supporting single-parent families in our community. Together, we can help bring light, stability, and hope to someone's life, one candle at a time. [Purchase candles here](#)

At Koa & Kind, the candles that are crafted are high-quality, safe, and eco-friendly home fragrances that use non-toxic ingredients. Their mission is to enhance your well-being and create scents that truly feel like home. They're dedicated to constant improvement, ensuring their products are safe for your family and the planet.

Koa & Kind, meaning "have courage and be kind," beautifully reflects the journey of Home Suite Hope's program participants—single parents who demonstrate incredible courage as they rebuild their lives, and who are met with compassion and support from a community that believes in kindness, dignity, and second chances.

Through this partnership, every candle sold lights more than a home—it lights the way for a brighter, more stable future for families overcoming homelessness. Together, Koa & Kind and Home Suite Hope are creating a ripple effect of courage, kindness, and hope. Visit koaandkind.ca



Sheridan



CHANGING THE PATTERNS OF POVERTY TO A LEGACY OF PROSPERITY