



Newsletter

**OCTOBER
2026**

Women's History Month

October 1 – International Day of Older Persons (UN)

October 10 – World Mental Health Day (UN); International Day of the Girl Child (UN)

October 12 – Thanksgiving Day

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

October 24 – United Nations Day

October 31 – Halloween

OCTOBER 2026

Lives permanently changed for the better

HSH PULLS FOR UWGH



There was fierce competition among the many teams taking part at the September 19 **United Way Golden Horseshoe UPS Annual Plane Pull and Campaign Kickoff** at the Hamilton Airport's UPS Terminal... none more so than between the **Home Suite Hope** team and the **HSH 2.0** team.

The UWGH launched its first regional campaign targeting \$18 million to help local agencies and families across the Golden Horseshoe.

HSH is a UWGH-funded agency. **See inside for more.**



PURCHASE TICKETS TO EMPTY BOWLS

Home Suite Hope's popular **Empty Bowls** returns to **Appleby College** **Sunday, November 8, 2026** - sponsored by **Henderson Partners LLP**. All new this year: Kid's ticket (12 and under)! \$30 no bowl, \$45 with bowl.

[Purchase tickets to Empty Bowls 2026](#)

EMPTY BOWLS 2026

Home Suite Hope's Empty Bowls returns to **Appleby College Sunday, November 8, 2026** - sponsored by **Henderson Partners LLP** - in a tradition that brings our community together in support of families working toward stability.

Guests are invited to select a handcrafted ceramic bowl and present it to local chefs to be filled with a variety of delicious soups — a powerful and tangible reminder of the empty bowls families face before finding support through Home Suite Hope. As our signature annual fundraiser, Empty Bowls helps fund the vital wraparound services that empower single-parent families on their journey from crisis to independence.

We invite the community to gather around the table, sample the best of Halton's culinary scene, and be part of lasting change. Your ticket includes mouthwatering soups, artisan bread, and decadent desserts — all generously donated by local restaurants and businesses. Come hungry. Leave hopeful. Be part of the solution.

All new this year: Kid's ticket (12 and under)! \$30 no bowl, \$45 with bowl. Early Bird Bonus! Purchase your tickets before October 1st and receive a free soup container to take home an extra serving of your favourite soup.

Save the Date:

Sunday, November 8, 2026

11:30 a.m. – 1:30 p.m. Seating

Soup Kit Pickup Option also available!

Purchase Tickets to Empty Bowls

With your ticket, you'll receive:

- Gourmet soups prepared by talented local chefs
- Fresh Bread for dipping
- Delicious desserts
- A handcrafted ceramic bowl*

**Included with Single Admission + Bowl, Family Tickets, and Pickup + Bowl purchases.*



HELP HSH PAINT BOWLS

Is your group looking for a fun team-building activity and a way to donate back to the community? Consider a bowl painting party. Purchase and paint bowls for HSH's Empty Bowls at **Crack Pot Studio** and donate them back to Home Suite Hope for its fundraiser. At the event, guests who purchase a ticket that includes a bowl select their own unique, handcrafted bowl to take home as a souvenir or to use at the event where they can sample the soups created by local chefs.

Anyone interested in a bowl-painting party can contact Crack Pot Studio directly at 905-338-1358 or crackpotoakville@gmail.com.

HSH PULLS PLANE FOR UWGH

Home Suite Hope had two teams among 90 in the September 19 **United Way Golden Horseshoe UPS Annual Plane Pull and Campaign Kickoff**.

This was HSH's third year participating at the event hosted at the UPS Terminal at Hamilton Airport... and the first time two HSH teams were on-hand to participate.

The rivalry was palpable between the Home Suite Hope team and the HSH 2.0 team. HSH Board members, staff members and a good showing of family and friends filled out the nearly 20-member teams and it was the 2.0 team that won the day - moving the 200,000-pound aircraft 50 feet in 25 seconds compared to the first team's 30 seconds.

This marked the kickoff of the first regional fundraising campaign by the newly amalgamated United Way Golden Horseshoe (UWGH). This year's campaign goal is \$18 million to help local agencies as they support families in need across the Golden Horseshoe including Brant, Haldimand-Norfolk, Halton, Hamilton and Niagara.

HSH is a UWGH-funded program. Last year, United Way-supported programs helped more than 440,000 people across the Golden Horseshoe. UWGH currently supports 235 programs and the need is only increasing when it comes to food insecurity, housing and homelessness, mental health and well-being, financial stability, children and youth, and community connection.

For more information, visit <https://www.uwgh.ca/>



BOARD NEWS

HSH ON THE LINKS WITH GOLF TO GIVE

Home Suite Hope supported the **Rotary Club's Golf to Give 2026** tournament hosted Sept. 14 at Piper's Heath Golf Club in Milton by the **Oakville Rotary Club**.

While the 2025 annual tournament supported **Home Suite Hope** as its beneficiary charity, this year's 2026 edition was in support of the **Halton Learning Foundation**.

The Halton Learning Foundation, helps remove financial barriers and increase equity for students in the Halton District School Board.

HSH Board Chair Nazeera Khan and **HSH Board Member & Fundraising Committee Chair Lindsay Anderson** golfed in the tournament.

They were joined off the links by **HSH Executive Director Sara Cumming** and **HSH Director of Operations Catherine Villasenor**.

HSH was happy to participate and support this year's tournament hosted by the service club that is a long-standing HSH supporter.

Sara was also the lucky winner of a raffle prize!



THANK YOU!

No sooner had HSH put out an SOS for a toolbox so that one of our participant single moms, who knows her way around a toolbox, can do her own fix-it chores at home, than **HSH Board Member Julianna Varpalotei-Xavier** was donating a gift card for the same. Thank you for the support!

HSH IN THE COMMUNITY



CONNECTING WITH BURLINGTON NORTH ROTARY

Home Suite Hope Executive Director **Sara Cumming** and HSH Events & Community Engagement Coordinator **Melissa Horwood** attended the Sept. 18 **Rotary Club of Burlington North** breakfast meeting. Familiar to Rotary Clubs in Oakville, HSH is pleased to expand connections with Rotary throughout Halton. HSH was invited to this meeting through **Rotarian Fareen 'Far' Samji**, the 5-time Canadian Women's Long Drive Champion, entrepreneur, speaker, author, mentor, and community leader. Far generously named HSH as the raffle beneficiary of her May 2026 Smashing the Grass Ceiling Women's 9 Holes & Networking Event at Dundas Valley Golf Club.

Not only did the recent event connect HSH to the Burlington North Rotary Club, but also its Furniture Bank – a welcome new resource. HSH works to move single parents from poverty to stability through housing, support, education and employment and serves all of Halton.

AFFORDABLE HOUSING INFORMATION SESSION

Home Suite Hope Caseworker **Kennedy Apold** represented Home Suite Hope among a panel of guest speakers September 23 as the City of Burlington hosted a **Housing Strategy Session: Housing Partnerships and Places of Worship Information Session** at the Tansley Woods Community Centre. This session targeted partnerships to accelerate the development of purpose-built rental and missing-middle housing as local agencies and places of worship work toward establishing affordable housing. More than 30 places of worship were represented.



HSH IN THE COMMUNITY



A WIN WITH 100 WOMEN WHO CARE OAKVILLE

Home Suite Hope Executive Director Sara Cumming was at the September **100 Women Who Care Oakville** gathering.

As several charities appealed to the club for support, Sara was successful in winning the club members' support for HSH, which works to move single parents from poverty to stability through housing, education and employment.

So moved were some club members by Sara's appeal that one stopped by the office shortly afterward with a business clothing donation and others were interested in our upcoming **Nov. 8 signature fundraiser Empty Bowls** to be held at Appleby College. To take part in Empty Bowls click <https://homesuitehope.givecloud.co/empty-bowls-2026>



HALTON WOMEN'S PLACE ANNUAL GENERAL MEETING

Halton Women's Place's recent Annual General Meeting was attended by Home Suite Hope Executive Director Sara Cumming.

Thanks to a grant from the **Ontario Ministry of Children, Community and Social Services (MCCSS)**, HSH and Halton Women's Place are partners on the **Haven to Home** program established in 2025.

Haven to Home is a one-year transitional housing program run by Home Suite Hope (HSH) in partnership with Halton Women's Place to support survivors of gender-based violence moving from shelters into stable housing.

PARTICIPANT NEWS

HOME SUITE HOPE RESOURCE HUB!

Our Resource Hub is here to support you every step of the way. Explore community resources, educational opportunities, employment supports, wellness services, and more—all in one place. See all of our covered areas below. Whether you're looking for information, guidance, or your next opportunity, we're here to help you connect with the resources you need to thrive.



Food & Nutrition



Clothing



Shelter



Health



Mental Health



Parenting



2SLGBTQIA+



Legal & Advocacy



Youth

HSH RESOURCE HUB: ONE-STOP-SHOP FOR SUPPORT

New resources now online at

HomeSuiteHope.org.

For information, email

KennedyA@homesuitehope.org

HSH 2025 OUTCOMES

HOW MANY FAMILIES DID WE SERVE?

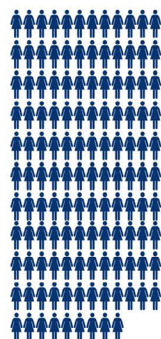
129

INDIVIDUALS
SERVED



52 FAMILIES

77 CHILDREN



12 STABILIZING FIRST

16 HOMEWARD BOUND HALTON

4 PATHWAYS FORWARD

14 HAVEN TO HOME

6 AFTERCARE

HOW MANY PARTICIPANTS WERE ON-BOARDED INTO PROGRAMMING WITH HOME SUITE HOPE?



27
NEW
PARTICIPANTS



25 SINGLE PARENTS

2 IDENTIFY AS FEMALE

2 IDENTIFY AS MALE

2
SINGLE PERSON(S)
(H2H)

ACADEMIC JOURNEY



12 PARTICIPANTS
BEGAN THEIR
ACADEMIC JOURNEY



6 PARTICIPANTS
ENROLLED
ACADEMIC UPGRADING



6 PARTICIPANTS
ENROLLED IN
1ST YEAR OF
POST-SECONDARY



8 PARTICIPANTS OBTAINED THEIR POST-SECONDARY EDUCATION THROUGH THE HBH PROGRAM



1 GRADUATED FROM THE
WELDING & FABRICATION
TECHNICIAN PROGRAM



2 GRADUATED FROM THE
PRE-HEALTH SCIENCES
PROGRAM



2 GRADUATED FROM THE
CONSTRUCTION &
MAINTENANCE - PRE
APPRENTICE ELECTRICIAN
PROGRAM



1 GRADUATED FROM THE
BUSINESS ADMINISTRATION -
MEDICAL PROGRAM



1 GRADUATED FROM THE
EMERGENCY
COMMUNICATIONS
PROGRAM

HOW MANY PARTICIPANTS HAVE COMPLETED THE HBH PROGRAM?

6

PARTICIPANTS
COMPLETED

50%

100%
66.7%

EXITED EMPLOYED

ARE WORKING IN THEIR
FIELD OF STUDY

CAN AFFORD MARKET RENT
INDEPENDENTLY WITHOUT
SOCIAL ASSISTANCE



\$46,029

IS THE AVERAGE ANNUAL INCOME OF
GRADUATES FROM 2025

16

PARTICIPANTS
ACCESSED IN-HOUSE
COUNSELLING



125

NUMBER OF
SESSIONS
COMPLETED IN
2025



10

NUMBER OF
SESSIONS ON
AVERAGE PER
MONTH

STAFF NEWS

WELCOME MELISSA

The HSH team extends a warm welcome to **Melissa Horwood**, our new **Events & Community Engagement Coordinator**.

Melissa comes to us with an extensive background in administration and events planning. Melissa is an accomplished events, communications, and engagement professional with experience across the corporate, financial services, marketing, and not-for-profit sectors. Throughout her career, she has successfully led large-scale events, fundraising initiatives, sponsorship programs, and community engagement strategies while building strong relationships with stakeholders, partners, and clients. Drawing on her extensive background in event management, administration, and customer experience, Melissa is dedicated to creating meaningful community connections and supporting programs that empower families on their journey toward stability and independence.



CONGRATULATIONS

HSH Executive Director Sara Cumming and her husband Tom became grandparents for the second time when their daughter Ryleigh decided to give the whole family a bit of a shock when baby made an earlier-than-expected entrance via an emergency C-section.

Sara switched from community leader to Mom and Nani to welcome grandson Zayden. Everyone is doing well, the family is incredibly grateful, and Sara is completely smitten with this tiny new addition to her family.

Sometimes life has a way of very quickly reminding you what matters most.



FAREWELL KATELYN

The team at Home Suite Hope sends best wishes to **Katelyn Zaoral**. Katelyn was the HSH Marketing & Events Coordinator but is changing paths on her career journey.

While we miss her hard work and cheery presence, we wish Katelyn the very best. Good luck, Katelyn!



AUTHOR'S TALK OCTOBER 26

Oakville writer, poet, editor and graphic designer, **Sheila E. Tucker**, is pleased to provide her riveting memoir, ***Rag Dolls and Rage***, for sale through **St. Jude's Anglican Church Office** in Oakville, Monday to Friday, 10 a.m. to 4 p.m.

One hundred percent of the proceeds will go directly to support Home Suite Hope with its important work. The cost of a copy is \$25. Purchasers will be invited to attend an **October 26th talk by Sheila** (10 a.m. to noon in St. Jude's Hall) where Sheila will speak about her book, life and how people can make a difference. Refreshments will be served and there will be a raffle for three prizes.

Please note that books are available directly from St. Jude's office where purchasers can leave their contact information. Details of the October event will be emailed to purchasers closer to the event date. All buyers' names will be entered into the raffle.

Rag Dolls and Rage is a powerful coming-of-age story set in a gritty, northern English town. Raw, sad and funny, this inspiring work chronicles the long-term effects of poverty and single-parenthood and how one survivor overcame adversity to triumph.

Payment can be by cash, or cheque made payable to S. Tucker. Alternately, people can pay via e-transfer (stucker512@yahoo.ca) and collect the book at the October 26th event (in which case, please ensure Sheila has your full name and email address to get your name on the raffle list). We ask you not to order the book through Amazon, because far less money will trickle back to Home Suite Hope.

After **HSH Executive Director Sara Cumming** spoke to the St. Jude's congregation this summer, Sheila reached out to HSH, wanting to help. The result was this book sale and event.



Sheridan



CHANGING THE PATTERNS OF POVERTY TO A LEGACY OF PROSPERITY