

MARCH 2023

- March 1 – Zero Discrimination Day (UNAIDS)
- March 6 – Magha Puja Day (Buddhism)
- March 6 – Black Mental Health Day
- March 8 – International Women’s Day (UN)
- March 17 – St. Patrick’s Day (Christian)
- March 20 – UN French Language Day (UN)
- March 21 – Naw Ruz (Baha’i); International Day for Elimination of Racial Discrimination (UN)
- March 22 – World Water Day
- March 22 – Hindu New Year; Ramadan Begins (Islam)
- March 25 – International Day of Remembrance to Victims of Slavery and Transatlantic Slave Trade (UN)
- March 31 – Trans Day of Visibility

CELEBRATING INSPIRATION

Home Suite Hope Executive Director Sara Cumming and Interim Case Manager Nikkian Hanson attended the Canadian Caribbean Association of Halton (CCAH) Black History Month Celebration kickoff at the Oakville Centre.



“It was an amazing event with 400 attendees. It was the CCAH’s 45th anniversary and the kickoff to Black History Month, but we need to remember Black individuals do amazing things EVERY month not just in February,” said Sara. *Please see inside for more.*

WOMEN, WELLNESS & WINE MARCH 15

HOME SUITE HOPE
WOMEN, WELLNESS & WINE

 **EXECUTIVE DIRECTOR**
Sara Cumming
  **EMOTIONAL COACH & CERTIFIED COACH**
Elizabeth Connor
  **EMOTIONAL WELLNESS EDUCATOR**
Nikkian Hanson

REGISTER NOW

WOMEN, WELLNESS & WINE

PRESENTED BY **Bell**

 **WEDNESDAY, MARCH 15TH**
 **4 PM - 6:30 PM**

 **THE OAKVILLE CLUB**
56 WATER ST
  **\$10 REGISTRATION FEE**

HOME SUITE HOPE
WOMEN, WELLNESS & WINE

Join us on Wednesday, March 15th at The Oakville Club for an evening of advocacy for women and affordable housing, wellness activities and wine.

 **DATE** 15 Mar 2023
  **TIME** 4:00PM-6:30PM
  **REGISTER NOW**

 **COME TO THE EVENT READY TO BE PRESENT AND FOCUSED ON YOUR WELLBEING.**
 **ENJOY WINE SAMPLES WHILE YOU ENGAGE IN THE ACTIVITIES.**
 **DRESS COMFORTABLY!**

PARTICIPANTS: FILLING THE CART



INFLATION INCREASING FOOD INSECURITY

Due to inflation, the cost of groceries for Home Suite Hope's single-parent families has extended beyond their budgets and has made providing nourishing food for themselves and their children increasingly difficult.

The tough-to-stomach food costs are an unfortunate reality for many, with one Home Suite Hope participant saying, "With grocery costs being so high, it has impacted my family in a big way, making it hard to have a balanced diet for every meal. Budgeting is near impossible with

three growing children and the high demand for the food they require."

Throughout February, HSH asked supporters to help us fill their carts to fuel their every day, so that they can fuel their future.

There's still opportunity to donate to help purchase grocery gift cards in aid of nourishing the minds and bodies of the women and children we support. Your support goes far in making the self-sufficiency of the single-parent families we serve more attainable.

To donate, visit the link in our Instagram or click [here](#).

"With grocery costs being so high, it has impacted my family in a big way, making it hard to have a balanced diet for every meal. Budgeting is near impossible with three growing children and the high demand for the food they require."

- HSH participant

INTERNATIONAL WOMEN'S DAY

WOMEN, WELLNESS & WINE MARCH 15

Join Home Suite Hope March 15, in support of **International Women's Day** and women's wellness, as HSH hosts:

Women, Wellness & Wine
Wednesday, March 15, 2023
4-6:30 p.m.
The Oakville Club, 56 Water Street, Oakville, ON

HSH has co-launched an affordable housing campaign, **Flight for Hope**. The mission is to spread awareness about how integral housing is to women's wellness and raise funds to aid in making housing more affordable.

The WWW event - sponsored by **Bell** - will focus on spreading awareness of this work, but will also place emphasis on women's wellness and activities that promote it.

The event, emceed by **Kimberly Calderbank**, will bring exposure that will help raise crucial funds to support families faced with homelessness in our community. While single parents have many more needs than just housing, housing is the first step to help them stabilize and feel like they have a safe place for themselves and their children. It provides stability and comfort so that they can work on the other challenges and issues they face (relationship building, work, education, etc.) and also focus more on their wellness.

Hear from **HSH's Executive Director, Dr. Sara Cumming** as well as **Wellness Coaches Elissa Landsell and Rosanna Gorys** at our WWW event.

Wine sampling will be provided by **Tre Amici Wine** with appetizers

While donations are not mandatory and will not be solicited, those that make \$50 donations at the event will be entered into a raffle for prizes, including: wine baskets; **HOT Yoga & Pilates** membership; **SPINCO Oakville** membership and more.

Donations will also be accepted at the event. Due to inflation and the high cost of groceries for HSH's single moms, HSH would greatly appreciate donations of grocery gift cards or non-perishable food items. We will be collecting these items at the event. Please join us for an evening of advocacy for women and affordable housing, wellness activities and wine!



[Tickets](#)

BLACK HISTORY CELEBRATION WITH THE CCAH



The **Canadian Caribbean Association of Halton (CCAHA)** was established in 1977 and promotes awareness that unity in diversity, full and active participation, unbiased inclusion, and the capacity to value differences equally are essential to the social, cultural, and economic



growth of Halton.

Membership is open to anyone who shares those interests and objectives and there are lots of opportunities for youths to get involved.

Led today by **Andrew Tyrrell**, the CCAH was championed over many years by the **late Veronica Tyrrell** – for whom the Town of Oakville has named a park - Veronica Tyrrell Park, 3183 Buttonbush Trail, Oakville - and declared August 27 to be Veronica Tyrrell Day. Veronica was the long-time CCAH president and instrumental in expanding the agency's profile within the community. She was an exemplary community leader and a tireless advocate for diversity and inclusion.



INSPIRING INDIVIDUALS

The CCAH works closely with Halton Region schools, operates a community steel band and offers community programs. It participates in events including: Black History Month, Emancipation Day, Culture Days and the Carousel of Nations.

It also partners with the Halton Regional Police Service to enhance its community-based policing approach as well as co-delivers diversity and youth-focused programs.

The gala celebrated the theme Connecting Communities. It featured guest speaker Diana Cooper-Clarke on Jamaica's role in sheltering Jews during WW2 as well as musical performances by Arlene Duncan, Miriam Lee and the Oakville Choral Society, and the CCAH Steel Band. It also included Legacy Voices from local community members and Gimaa (Chief) Stacey LaForme of the Mississaugas of the Credit First Nation addressing Connecting Communities.

The CCAH is one of many community organizations with which Home Suite Hope connects where we get to know many people with inspiring stories.



HSH highlighted but a few of these individuals and groups throughout February. Watch for more as the year progresses because as Sara indicated these professionals and volunteers, and their work, deserve to be celebrated every day of the year.

Read the stories in our blog posts:

[Inspirational Black Individuals: HSH Interim Program Manager and Participant: Women on a mission](#)

[Inspirational Black Individuals: HSH Board of Directors](#)

[Inspirational Black Individuals: HSH Mentors](#)



IN THE COMMUNITY

HSH Executive Director Sara Cumming brings an abundance of life experience and two decades of research on lone mothers, social policy and precarious employment to her role - and shares that expertise in the community on behalf of HSH.

Growing up in a low-income, single mother-led household, and then raising her own children as a single mother, Sara understands the importance of a hand-up and being connected to community resources. Through this support, Sara was able to pursue education, complete a PhD in Sociology from the University of Waterloo, and ultimately change the trajectory of her children's lives – breaking her cycle of poverty.



Sara brings this first-hand knowledge and experience of the plight of marginalized low-income families to all programming at HSH. In addition, as a Professor of Sociology at Sheridan College, Sara has spent her career arguing that complex social issues require multifaceted and innovative approaches to produce long-term solutions. She is thrilled to be part of Home Suite Hope as it epitomizes a complex wraparound, hand-up approach to stop generational poverty in its tracks.



FLIGHT FOR HOPE

Sara is spreading the word about HSH whenever she gets the opportunity. In February, Sara was at **The Oakville Club** to share information about Home Suite Hope as HSH has co-launched an affordable housing campaign, **Flight for Hope**. While Flight for Hope will see Oakville resident **Callum Wallace** fly a single-engine plane on a global flight later this year, he is directing funds raised from the flight to HSH. The mission is to spread

awareness about how integral housing is to women's wellness and raise funds to aid in making their housing more affordable.

Sara also represented HSH at the **Canadian Caribbean Association of Halton's (CCAH)** kickoff celebration to Black History Month in Oakville and joined community leaders attending the state funeral of the former **Mississauga mayor, the late Hazel McCallion**.



HALTON WOMEN'S PLACE

In February, Sara toured **Halton Women's Place** to strengthen connections between Halton's women's shelter and HSH's programming to lift homeless women and their children out of poverty. HSH staff also attended the annual HWP Gala in support of strengthening the agencies' connection.

INTERNATIONAL WOMEN'S DAY

YWCA 2023 WOMEN OF DISTINCTION AWARDS

HSH Executive Director Sara Cumming has been nominated in the [YWCA Hamilton's 2023 Women of Distinction Awards](#) - which shine a light on the women and girls who build Hamilton & Halton.

The Awards Gala is Thursday, March 2, 2023 at the Hamilton Convention Centre and will be attended by HSH staff, Board members and supporters. The event is hosted by media personality Val Cole with special appearances by Layne, The Auctionista.



Dr. Sara Cumming is an award-winning applied sociologist with a PhD in Sociology from the University of Waterloo. Sara's doctoral work focused on the intersections of gender, social policy, and work for lone-mother families across Canada. She has expanded her work to focus specifically on collaborative and participatory approaches to solving community-based issues for vulnerable populations. Sara is a Professor at Sheridan College, in addition to being the Executive Director of Home Suite Hope, an organization supporting single-parent families from poverty to potential.

Sara leads with years of lived experience as a single parent who exited social assistance through a personal education and employment pathway.

#EMBRACEEQUITY

Sara will be the closing speaker at the second annual **Miix Analytics International Women's Day** event Thursday, March 9, at Malaparte on King W. in Toronto.

Sara joins a host of presenters including **Hilary Borndahl, Founder & CEO of Miix Analytics**; keynote speaker

Canadian television personality, **Sangita Patel, of Entertainment Tonight Canada**; a Youth Panel featuring the founders of What IFF; EDI defined; Equity Research; live entertainment; and, a panel discussion. [Event information](#)

A purple event poster for the Miix Analytics #IWD2023 Event. The main title is "#EmbraceEquity" in a large, white, serif font. Below it, the date and time are listed: "Thursday, March 9th, 8:30am-11:30am". The location is "In-Person at Malaparte benefiting Home Suite Hope, TIFF Bell Lightbox, 350 King W Toronto". On the right side, there is a small portrait of Sangita Patel with the text "Event keynote from Sangita Patel, ET Canada". At the bottom, there are logos for "miix analytics", "HOME SUITE HOPE", and "International Women's Day".

STAFF NEWS

HSH WELCOMES NEW LIFE SKILLS COORDINATOR

Khiara Rhoden is HSH's new Life Skills Coordinator.

Soon the graduate George Brown College's Social Service Worker program, Khiara is passionate about advocating for change and using her knowledge to help others.

As a daughter of a strong single mother who migrated to Canada from Jamaica with little to no support, Khiara prides herself on providing the support she wishes her mother had. Khiara is the first in her family to complete post-secondary education.

A go-to friend for advice, used to helping peers locate resources, and overcoming her own adversity, going into social work was a natural fit. Khiara believes we can all achieve great things through hard work and dedication and that each individual should be allowed to do so. Her priority is to seek justice, advocate for change, and assist those in need. Having worked in fields including criminal justice, direct support and counselling, Khiara can't wait to bring people together and help build bridges to create change through Home Suite Hope.



HSH WISHES SARAH G. ALL THE BEST IN HER PRACTICE



It's bittersweet for Home Suite Hope staff as we say farewell to Sarah Gillen - or as Sarah G. as we call her.

Sarah has been attached to HSH over many years. Sarah did her Bachelor's of Social Work placement at HSH and then stayed on in a number of contracts until she left us to complete her Bachelor's of Education.

Then, as a registered social worker and certified teacher, Sarah returned to lead Virtual Tutoring and Homework Help, do research, and most recently, as the Community Outreach and Life Skills Coordinator - in addition to having her own counselling practice.

Sarah is leaving as her practice grows and everyone at HSH wishes her nothing but the best - and we'll stay in touch

especially as she and her fiancé Taylor McAlpine tie the knot!

DONORS & FUNDRAISING

CORPORATE PARTNERS

Bell Canada is sponsoring Home Suite Hope's **Women, Wellness & Wine** March 15, 4-6:30 p.m. at The Oakville Club, 56 Water St., Oakville.

[Reserve tickets](#)



But that's not all.

HSH received a large shipment of Soft Soap thanks to a delivery from **Bell** in February. HSH welcomes donations of personal hygiene and household cleaning products as these products are among the most expensive on the shopping list! To donate, you can visit [CanadaHelps](#) or donate at our office by contacting info@homesuitehope.org.



COMMUNITY SUPPORTERS

Home Suite Hope sends a huge thank-you to the **Rotherglen Oakville Elementary School community** – and a special thank-you to the **Grade 8 Leadership Project led by Deanna Colgan** – for the donation of hygiene products.

The generous donations, dropped off by parent volunteers, and boosted by a donation by **Ken Cohen** shows how well all of the school community rallied to support single-parent families working hard to move from poverty and homelessness to stability.

CLASS 8K R.E.A.C.H LEGACY PROJECT

HYGIENE PRODUCTS DONATION DRIVE

In support of
HOME SUITE HOPE
February 6th - 10th

Toothpaste Deodorant Shampoo Soap
Toothbrushes Body Wash Lotion Conditioners



HOME SUITE HOPE

The image is a promotional poster for a donation drive. It features a list of hygiene products, a list of items to donate, and an illustration of two people holding boxes labeled "DONATION". The Home Suite Hope logo is at the bottom right.

DONORS & FUNDRAISING

NEW DONORS

Home Suite Hope sends a thank-you to **Navya and the baking club at Burlington Central High School**. Besides enjoying baking, learning and having the opportunity to grow, Navya wanted the club to contribute to the community.



"I want this club to support charities and organizations by providing baked goods to people who may not have the privilege and/or time to indulge in something many consider a simple sweet pleasure," said Navya. The club sent Valentine's Day cookies and cupcakes to share with HSH single-parent families.



INDIVIDUAL DONORS

Home Suite Hope sends a shout-out to **Meaghan Henderson and her daughter Abby** for donating lots of brand new clothes and toys. These goodies are sure to brighten our single parents and their families.

Earlier in the month, one of HSH's newest Board of Directors members, **Emma Jarratt**, donated infant items, including boxes of diapers - so welcome as anyone with infants and toddlers knows that diapers and wipes are big items on the budget.

Thank you!

SAVE THE DATE: AGM & GRADUATION

JUNE 15, 2023 AT SHERIDAN COLLEGE

HSH will hold its **Annual General Meeting & Graduation June 15**. Celebrate at **Sheridan College** with the graduates from this year and those who had only virtual celebrations during the pandemic. HSH staff will be joined by Board members, Industry Council representatives, mentors and local politicians at the gala.

READY FOR MUDGIRL 2023?

MUDGIRL

JOIN HOME SUITE HOPE HEROINES

Home Suite Hope, its participants, staff, board members and volunteers had such a fun time participating in MUDGIRL 2022, that we're ready to face the muddy conditions and obstacles again! We hope you'll join us on Sunday, June 11, 2023 for a day filled with mud, laughter, and good times all around for MUDGIRL Hamilton 2023 at Binbrook Conservation Area.

Join the team 'Home Suite Hope Heroines' and become a MUDGIRL by clicking [See the Event and Join the Home Suite Hope Heroines Team!](#) Make sure to register in our 11 a.m. wave time!

This year we are asking you to join us in offering your support and well wishes to one of our own warriors - Izabel Rader. Izabel has been busy conquering her own diagnosis of cancer over the past couple of months making this year's Mudgirl especially important to our staff and participants. Come out and join us.



The more the merrier, so feel free to forward this email to friends & family who may want to participate and join our team and don't forget to donate to our fundraising page!

You can opt to create a personal fundraising page by selecting "Create a Team" or "Join as an Individual" and you can share it with friends and family for supporting your personal participation in the campaign or you can join someone else's team if someone else has created one by selecting "Join a Team."

If you have any questions or difficulties joining our team, please contact katelynz@homesuitehope.org



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