

A SPECIAL DAY

JUNE 2023

Pride Month
National Indigenous History
Month

June 12 – World Day Against
Child Labour (UN)

June 18 – Father's Day

June 20 – World Refugee Day
(UN)

June 21 – National
Indigenous Peoples' Day

June 23 – United Nations
Public Service Day

June 27 – Multiculturalism
Day (Gov't of Canada)

June 28 – Eid al Adha (to July
2) (Islam)



Home Suite Hope gave its moms a special treat for Mother's Day - thanks to local supporters.

Please see inside for more.



HOUSING CAMPAIGN TAKING OFF

Callum Wallace of Oakville loves flying, has a plane and plans to fly that single-engine plane around the globe later this year to bring awareness to the issues single mothers face globally.

With **Flight for Hope**, Callum also has the goal of raising \$1 million towards HSH affordable housing efforts to secure more affordable housing across Halton - a place where poverty is often unseen and which is one of the most expensive places to live in Ontario.

Find out more as Callum prepares to take flight this summer.



Flight for Hope

PARTICIPANT UPDATES

MELISSA RECEIVES AWARD

Melissa Filice, a Home Suite Hope Homeward Bound Halton program alumni, who volunteered to step into the role of HSH Volunteer Coordinator was honoured for her work with a **Volunteer Appreciation Award** presented to her by the **Honourable Karina Gould, Member of Parliament Burlington**.

Melissa graduated with Honours in April 2022 from Sheridan College's Human Resources program. While qualifying to write the CHRP exam and looking for full-time work, Melissa stepped up as an HSH volunteer.



Melissa is pictured with, from left, HSH Program Manager Nikkian Hanson, Sydney Weston of Raise (formerly Ian Martin Group) also a Volunteer Award recipient, (Melissa) and HSH Case Worker Temisha Jacques.

GRADUATION IS JUNE 15

After two years of college, two Homeward Bound Halton graduates, who were studying **Office Administration Executive** and **Computer Programming**, are looking forward to crossing the Sheridan College stage at their Convocation in June.

Meanwhile, in April, an HSH participant successfully completed and passed math in Academic Upgrading and is now taking steps to enroll in the **Condominium Management** program through the Condominium Management Regulatory Authority of Ontario (CMRAO). Home Suite Hope will be hosting a **2023 Year in Review & Graduation** on Thursday, June 15 at Sheridan College's Convention Centre.

HSH ALUMNI KIDS AT DISNEY



Three children of Home Suite Hope alumni participants headed to Florida and Disney World with HSH Program Manager Nikkian Hanson on the first of May.

It was a whirlwind as Nikkian and three very excited children took part in a Dreams Take Flight Toronto 2023 trip of a lifetime to Walt Disney World in Orlando, Florida May 1-3. They were part of the trip thanks to Disney Sweepstakes.

On May 2, Dreams Take Flight Toronto celebrated its 31st flight from Toronto to Walt Disney World's Magic Kingdom and the three children of two HSH participants were there with Nikkian. Dreams Take Flight is dedicated to providing unforgettable memories to thousands of deserving children across Canada every year. The national, not-for-profit, volunteer organization began in 1989, when a small group of Air Canada employees in Toronto founded 'Dreams Come True.'

Today, there are eight Dreams Take Flight Chapters across Canada and over 30,000 children have visited Walt Disney World or Disneyland! Dreams Take Flight accommodates over 1,000 children annually across Canada. The goal is to ensure that each child receives a day that is just for them, and a lifetime of special memories to follow.

According to Nikkian, the adrenaline was high with the excited children and while they may have returned home with stars in their eyes, Nikkian was more than ready for a long nap after keeping a watchful eye on the trio for the plane rides and day of fun.

HSH SUPPORTERS DONATE TO MAKE MOTHER'S DAY SPECIAL

We were able to make Mother's Day extra special this year thanks to the generous donations of two groups – one a local charity and the other, a local business.

Home Suite Hope thanks the **Purse Project Network** serving Hamilton, Halton & Waterdown and its **Co-Directors Gayla Matos and Jill MacKellar**, who delivered more than two dozen purses to HSH's single mothers for Mother's Day.

The Purse Project's motto is 'Fill a Purse with LOVE and a Woman's Heart with HOPE.' While cards of encouragement are included in the purses, Jill and Gayla also donated personal hygiene items, including those suitable for racialized women.

Thanks also to **Whole Foods Market Oakville** - and **Denise MacEachern and Melissa Sims** - for donating hydrangeas, chocolates and wellness products to complete the Mother's Day gift package – all to help make the day memorable for our participant moms.

We appreciate the efforts by Denise and Melissa, who helped prepare and deliver the gifts to our moms.



PSYCHOTHERAPY COUNSELLING NOW OFFERED AT HSH



MARK JARRATT

Home Suite Hope enthusiastically welcomed **Mark Jarratt** to its team this spring.

“Mark has been with us for a few weeks now as our in-house psychotherapist and thanks to a generous anonymous donor we are able to have him keep working with our clients for eight hours a week for the remainder of the year,” said HSH Executive Director Sara Cumming.

Not only is Mark and his expertise welcome, but HSH is so grateful to the anonymous donor, who heard that HSH was doing this and wanted to ensure that its clients continued to receive this support. The donor supported additional hours and a continuation of Mark’s services for the rest of the year.

Mark has had a wide array of experiences and understands that life has its highs and lows. Whether someone is experiencing a high or a low, he believes therapy can be of service to all, no matter what one is experiencing.

With an undergraduate degree in Criminal Justice and Public Policy from the University of Guelph, and a Master’s degree in Counselling Psychology from Yorkville University, Mark is a Registered Psychotherapist (Qualifying) with the College of Registered Psychotherapists of Ontario (CRPO).

Experienced with issues such as: anxiety disorders, depression, borderline personality disorder, trauma, communication, anger and many more, Mark has worked with people from all walks of life using a client-centered holistic approach, choosing modalities that best suit the individual. His goal is to work collaboratively with clients to help them recognize their strengths, empower them to use their available resources and provide tools to help them manage what is going on in their life. During individual sessions, Mark offers a nonjudgmental, compassionate, and hopeful environment with insightful and periodically humorous perspectives.

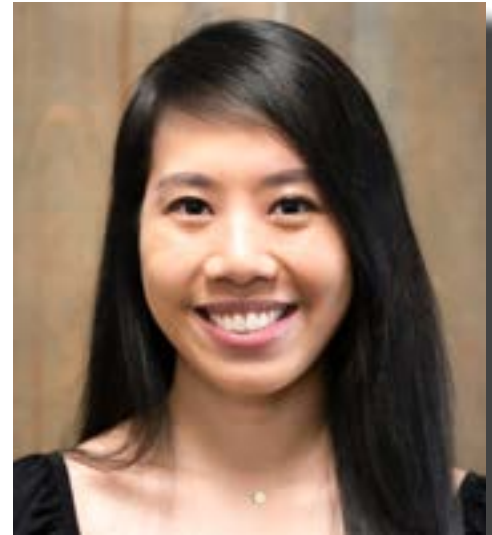
When not immersed in his calling, Mark has a passion for sports, travelling, mental and physical health and music. In his downtime, you will find Mark working out, playing tennis, strumming the guitar, reading or cooking.

STAFF NEWS

CATHERINE PREPARES TO RETURN

Catherine Villasenor has been on maternity leave having had her son Caidan last July. Catherine is preparing to return to HSH this summer in the new role of Director of Operations.

Nikkian Hanson, who stepped into the role of Program Manager, will remain in that role. We are looking forward to Catherine's return!



TEMISHA IS NEW CASE WORKER

HSH's new case worker is **Temisha Jacques**. Temisha has joined the Home Suite Hope team after graduating from Sheridan College's Social Services Worker program. Temisha is however not new to HSH, having interned with the team in the 2022/23 final year of her studies. Temisha also has a Support Worker (PSW) certificate and Child and Youth Care (CYC) Diploma and more than five years' experience working with vulnerable populations, including children, youths, adults and seniors. With a strong-rooted passion for advocacy, her own lived experiences and anti-oppression lens, Temisha hopes to fit into the team dynamic well. Temisha plans to work towards achieving a Bachelor's degree in social work.



"I chose Home Suite Hope because I acknowledge and have overcome many of the struggles single mothers endure. I understand the importance of having a network of vital support services for single parents and their children," said Temisha, who enjoys spending time with her two daughters in her free time.

HSH SUMMER INTERN!

HSH staff is excited to be working with **Danisha Gnanewaran**, an Honours Bachelor of Social Work and Community Development program student and a graduate of the SSW Gerontology program. Danisha has a passion for art and loves to cook. She is in the role of Marketing & Programs Assistant at HSH.



HSH UPDATE



THE LIVING WAGE CHALLENGE

As of Jan. 1, 2023, Home Suite Hope became a living wage employer in Halton. As of May, HSH confirmed the official designation of this important milestone with accreditation with the **Ontario Living Wage Network**.

This milestone was important for HSH to reach and has real world and symbolic significance that extends far beyond our doors, according to HSH Executive Director Sara Cumming.

Sara noted we could not have made this leap without the support of our donors, who are not only champions of supporting single-parent families, but who are also vocal and passionate about us setting the example we want to see in the rest of the world.

Halton Region is one of the most expensive places to live in Canada and by committing to be a living wage employer we are strengthening and stabilizing the workforce of our community. We are also signalling to the community that HSH is a leader in best practices. We aren't holding others to any standard that we ourselves aren't willing to also meet and that is a mission-critical message to send, says Sara.

Breaking the cycle of poverty can often feel like an overwhelming goal — sometimes the challenges appear insurmountable. If our community knows they have a true partner in Home Suite Hope — that we are working just as hard as they are to make a difference inside and outside of our organization — then the big asks we make for their support, advocacy and mentorship for our families are less daunting," says Sara.



MUDGIRL

JOIN HOME SUITE HOPE HEROINES



Support Home Suite Hope and our **MUDGIRL** team, the **Home Suite Hope Heroines**, as we face the mud, obstacles and inflatables in an amazing atmosphere surrounded by women of all ages on **Sunday, June 11** at Binbrook Conservation Area in Hamilton.

No one should face breast cancer alone - we fight for and support our mothers, sisters, daughters, grandmothers, aunts, friends and everyone in between who may encounter breast cancer in their lifetime. Home Suite Hope supports MUDGIRL and the fight against breast cancer because women must work together to empower each other to be strong and resilient through all of life's obstacles.

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 few months, making this year's MUDGIRL especially important to our staff and participants.

Please support us.

Breast cancer is a form of cancer that most often affects the heart and soul of families - women.

[Support Home Suite Hope Heroines](#)

SAVE THE DATE: GRADUATION

JUNE 15, 2023 AT SHERIDAN COLLEGE

HSH will hold its **Graduation June 15**. Celebrate at **Sheridan College Conference Centre** 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 event.

Home Suite Hope is pleased to announce the 2023 Graduation!

As part of Home Suite Hope's programming, our participants work very hard to obtain degrees and diplomas in their chosen field to help better themselves and their family's lives, and break the cycle of poverty.

Studies can be difficult on their own, and a single mother faces many additional challenges in trying to complete her education while raising her family single-handedly.

This year's graduation event will recognize the hard work and perseverance of the graduating participants from 2020-2023.



The poster features a black background with a blue graduation cap in the top right corner. The word "Graduation" is written in a large, white, cursive font. Below it, the "HOME SUITE HOPE" logo is displayed, with "HOME SUITE" in blue and green and "HOPE" in orange. The text "PLEASE JOIN US FOR a special celebration of the" is in white, followed by "GRADUATES OF 2020-2023" in a large, white, sans-serif font. At the bottom, the date and time "June 15th 4:45pm-7:45pm" are listed on the left, and the location "Sheridan Conference Centre 1400 Trafalgar Rd Oakville, ON" is listed on the right. The background is decorated with soft, out-of-focus light spots.

Graduation

HOME SUITE
HOPE

PLEASE JOIN US FOR
a special celebration of the

GRADUATES OF
2020-2023

June
15th
4:45pm-7:45pm

Sheridan Conference
Centre
1400 Trafalgar Rd
Oakville, ON

UPCOMING WORKSHOP


Home Suite Hope and Halton Children's Aid Society will be hosting a **Financial Literacy Workshop** facilitated by **Credit Canada!**

There is always something to learn from financial literacy. This workshop will take place **Monday, June 26.**

The session will be held in person at the Kerr Street Mission Gymnasium in Oakville from 9a.m. – 10:30 a.m. Light refreshments will be provided.

Please join us for this great workshop to learn more about financial literacy!

[Learn more about HSH Programs:](#)



FINANCIAL LITERACY WORKSHOP

HOSTED BY HOME SUITE HOPE AND HALTON CHILDREN'S AID SOCIETY

WHEN: MONDAY, JUNE 26TH

TIME: 9:00AM - 10:30AM (PLEASE ARRIVE NO LATER THAN 8:45AM)




FACILITATOR: CREDIT CANADA

TOPIC: FINANCIAL LITERACY

WHERE: IN-PERSON AT KERR STREET MISSION GYMNASIUM (485 KERR ST, OAKVILLE, L6K 3C6)

LIGHT REFRESHMENTS WILL BE PROVIDED

PLEASE RSVP TO: SASHAM@HOMESUITEHOPE.ORG



Sheridan



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