



# THE NEW LIVES NEWSLETTER

Creating new  
opportunities.  
Summer 2017



## MESSAGE FROM THE CEO

Each year there are about 110 babies, toddlers, preschoolers living in our Residential and Transitional Housing Programs and attending the Early Learning Centre. Despite the fact that there are close to 50 babies on-site on an average day, this is not a place where you hear a lot of babies crying or under stress. One of the few times you hear a baby crying is when a young mom is leaving her child with a parent relief volunteer or with the Early Learning Centre staff.

At these times, the crying seldom last long because our volunteers or employees provide immediate comfort for the infant in these stressful situations. Why is this important?

Infants are born with mental health.

A child's mental health is developed based on the relationships with the parents and/or caregivers. Experiences that an infant has before and after birth can increase or decrease their level of mental health. Mental health is also a predictor of long-term physical health. Most importantly infants reach a number of important mental health milestones during the first 6 years that impact their readiness to learn, ability to form relationship with others, the development and functioning of their brains and current and future physical and mental health (Cohen, Onunaku, Clothier, & Poppe, 2005; Perry, 2002, Perry, 2008).

Our newly minted mission states that:

***Massey Centre is a client-centred infant and early childhood mental health organization. We serve two main community based groups of clients: vulnerable pregnant and parenting adolescents and their children and families and caregivers from the local community.***

\*Mental health disorders can occur in infants, toddlers and preschoolers. This type of mental health disorder is not easy to assess. Here are some early warning signs in early Childhood:

### Infants and Toddlers (birth to 3 years old)

- Chronic feeding and sleeping difficulties
- Inconsolable "fussiness" or irritability
- Incessant crying with little ability to be consoled
- Extremely upset when left with another adult
- Inability to adapt to new situations
- Easily startled or alarmed by routine events
- Inability to establish relationship with other children or adults
- Excessive hitting, biting, and pushing of other children and withdrawal behaviour
- Flat affect

### Preschoolers (age 3 to 5)

- Engages in compulsive activity (e.g., head banging)
- Throws wild, despairing tantrums
- Withdrawn; shows little interest in social interaction
- Displays repeated aggressive or impulsive behaviors
- Difficulty playing with others
- Little or no communication
- Loss of early development achievements

*\*Source: Infant and Early Childhood Mental Health  
– Saskatchewan Prevention Institute.*

Massey Centre team is equipped with the evidence-based screening, assessment and intervention tools to help young parents living here and parents/ caregivers who live in the Greater Toronto Area to identify, prevent and treat the social, emotional and

cognitive issues affecting infant, toddlers and preschoolers.

As an organization, we are also committed to doing our part to educate parents about infant and early childhood mental health. If we are successful, we will see fewer children showing up for full day kindergarten with self-regulation, executive functioning and behavioral issues.

If you notice that your child has any of these early mental health disorder warning signs, please discuss with your family doctor or pediatrician. Massey Centre is also available to support you in having these conversations with your health care providers and making other types of referrals.



*"At Shoppers Drug Mart we strongly believe in supporting our local community and specifically supporting Women's Health initiatives through our "Shoppers Love. You." program. Women are the cornerstone of our families as mothers, sisters, and daughters. Massey Centre in particular has been a cornerstone in supporting young women in need in our community and in doing so also helping their children and offering them hope for the future.*

*I have personally been touched by the care and support offered by Massey Centre as I came to learn recently that a dear friend of many years had been a client of Massey Centre as a young single mother. Not only was she helped and supported in her time of need she now enjoys a full and productive career and her son has now graduated high school and has a bright future ahead of him as well. The support and care offered by Massey Centre reaches across generations."*

*- Frank Hack, BSc, Phm, MSc  
Pharmacist/Owner, Shoppers Drug Mart  
Pape & Cosburn*





# COOK FOR NEW LIVES GALA

On Friday, May 12, we held our **2nd Annual Cook for New Lives Gala** at George Brown College Centre for Hospitality & Culinary Arts and raised over \$50,000. The funds will help to provide enhanced programs, services and supports for the vulnerable and high-risk pregnant and parenting young women, aged 13-25 and their babies who reside at the Centre or in the community. The Gala was hosted by Arisa Cox, the vibrant star of Big Brother Canada.

The main feature of the evening was a cooking competition between student chefs who were mentored by some of Toronto's finest chefs.

- Chef Suzanne Barr, Saturday Night Dinette/ Chef student Nao Akutagawa
- Chef Amber Farrell, The Flock/Chef student Saili Nalowade
- Chef Tara Lee, Eastbound Brewing/Chef student Eungi Moon
- Chef Jessica Martineau, Oliver Bonacini Group/Chef student Andrea Cosalan

Our esteemed judges, Chef John Higgins, George Brown College; Sara Lynn Cauchon, Creator, The Domestic Greek; and Chef Sebastien Centner, Eatertainment unanimously chose the Jerk chicken, buckwheat ramen and roasted tomatoes as the

winning dish. People's Choice winner was Chef Amber Farrell, The Flock/Chef student Saili Nalowade served Veggie sliders. As guests visited the food stations and sipped their refreshments, they were entertained by musical guest Amber and DJ Danny Floh Back playing lively music.

Our very own Paul Jackson, Child and Family Program Supervisor hosted a silent/live auction featuring a variety of items from dining to golf to sports to getaway packages, and much more.

The most touching and inspirational moments of the evening came when Jalisa, a client, related her experiences as a young mother and the role Massey Centre played in helping her cope with the challenges of being a teenage mother while continuing her education.



*"They always say it takes a village to raise a child, well Massey Centre is my village even to this day as I know without a doubt if I need help I can fall back on them. When I didn't have a family Massey was my family, they cared for me as if I was their child, they raised me to be strong and to never look back."*  
- Jalisa



Thank you guests, chefs, volunteers and staff for making the 2nd Annual Cook for New Lives a success!

Photos from the event are posted on our Facebook page at <https://www.facebook.com/Massey-Centre-for-Women-230785837035451/photos>.



## THANK YOU SUPPORTING PARTNERS



## THANK YOU SILENT AUCTION DONORS

MARY ADDISON	HAND & STONE MASSAGE AND FACIAL SPA, LEASIDE	GEOFFREY PENNAL, CIBC
OMO AKINTAN	KRIS HOLLENBERG	PEOPLE'S EATERY
SHELDON ARJOON	JUSTINE HUMPHRIES	PERPLEXITY ESCAPE
JASON BATTISTE, KICKBOXING STUDIO	ROY HWANG, LLB EPSTEIN LEGAL SERVICES	PHYSIO & MASSAGE INSTITUTE
BITE ME MORE	KEG STEAKHOUSE	EDDY POPP
HEATHER BLUNN	KIDS & COMPANY	SOBEY'S
CHRISTINE BUCKLEY & FAMILY	KNIFE	SPICE TRADER
CANADA'S WONDERLAND	LASHIFIED	ISAAC STEIN
CFC LABS	LEASIDE DENTISTRY	STRONG AS A MOTHER
DR. MING-YI CHOU	JORDAN LUI	STYLE BY SHEYDA
CNTOWER/LA TOUR CN	MLSE, NICK EAVES	TORONTO DON VALLEY INN & SUITES
COMPUGEN/GREEN4GOOD	JASON MAGENNIS	TORQUE FITNESS
COURTYARD MARRIOTT DOWNTOWN	OWEN MCCORQUODALE	JEANNIE VON BUTTLAR
DIMENSIONS FRAMING	MEZES	WELLCA
DISH COOKING SCHOOL	MOVE FITNESS	BARB WEINBERG, MLSE
DROM PEPPER	MUSKOKA BREWERY	WHISTLER'S GRILLE
DUKE PUB	PETER & CHRIS NEAL, NEAL BROTHERS FOODS	WILD POPPY
EAVES FAMILY	THE ONE EIGHTY RESTAURANT	WOODBINE RACEWAY
FRIEND OF MASSEY CENTRE	PARK HYATT HOTEL	TIMYU



# Alex's Story

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Alex\* is an honour roll student, maintaining straight A's at every educational level.

At age 19, her life was great—she was in her first year at Ryerson University in the four-year Biology program and had a part-time job and a boyfriend. And then, the unexpected happened—pregnancy knocked on her door, and everything turned upside down.

Alex sought help from the Sisters of Life Centre, which provided both emotional and material help and even a support companion when she broke the news to her parents. They didn't hide their disappointment, but Alex stayed at home because she had nowhere else to go.

After Yone\* was born, Alex's mother cared for him, while Alex continued her studies, and worked two jobs to support her young family. But her son's father refused to help out, and the atmosphere in the family home deteriorated. Alex felt alone and struggled with postpartum depression. Her mother abused her verbally and physically, and ignored her ideas on how her son should be raised. Always careful, Alex avoided medication, choosing to use exercise to help her deal with her problems—so she swam daily. She now practices martial arts as an outlet.

When Yone was 18 months old, Alex began dating, and her parents told her to leave. She knew about Massey Centre, and came for an Intake interview. She remembers taking Yone, his stroller and a few basic items from her parents' home and arriving here on a rainy night in December 2015. Yone started attending the onsite Early Learning Centre the same week. She'd walked away from the abuse and stress of life with her parents, but now faced a new hardship - her parents stopped paying her tuition.

Massey Centre helped solve this problem too, admitting Alex to our New Lives Start Here four-year housing and education program for pregnant or parenting adolescents aged 18-25 who are completing postsecondary studies or vocational training. In 2016 Alex received a \$1,500 scholarship from the 100 Women in Finance Scholarship Fund for tuition and she has occasionally also benefited from





incentive payments the Fund awards program participants for maintaining good grades.

At present, Alex has completed three years of the Ryerson BSc. in Biology program and proudly received a 98% grade on a recent Biochemistry exam.

Time management is vital for Alex as she raises her son, carries a full course load, and maintains a part-time job. Another draw on her precious time is a custody case initiated by her son's father, who sees him occasionally but never makes support payments. Massey Centre helped her to secure legal representation. So she makes the most of her time with Yone between picking him up from daycare and putting him to bed at 8 p.m., when she starts her household chores and study.

Despite her heavy schedule, Alex wants to do more; she can't right now, but knows she will later, "because I have the tools and drive. I want to go to med school and if I don't it's because I caused it not to happen. When I feel I can't get up, I do and keep persevering to the fullest." She also aspires to teach piano and volunteer at a hospital and has completed the First Aid Training and Certification to work with kids.

Sometimes she feels overwhelmed, but she knows that support is always available, and staff is never too busy for her—they listen, know what to say, and give more than is required. They acknowledge her feelings and offer encouragement. With other young mothers at Massey Centre, she attends the daily Breakfast Club and the weekly Food4Thought dinner and conversation program. She meets regularly with her primary care worker, sees the visiting on-site pediatrician with Yone, and participates in maternal infant mental health sessions and other workshops.

Alex is creating a home and environment where three-year-old Yone can be his best. She sees great potential in him and calls him her role model, citing his loyalty and courage. As she progresses toward her goals, she is guiding him to his own future achievements.

\*Names have been changed and stock images have been used to protect privacy.



# COMMENCEMENT DAY



*"My passion for the dental field is very strong, and I always enjoyed reading about medical issues especially about the mouth and teeth. I earned my high school diploma last year June, graduated this year June with my Dental Assistant diploma, and am now seeking a job."*





# Congratulations Class of 2017 for your achievements!

Several certificates of achievement were presented to recognize the students' academic efforts.

Ontario Secondary School Diploma was awarded to Angel Gratrix.

**The following scholarships/awards were presented:**

- Wilma P. Spence Scholarship – Kristin Black
- Dunlop-Harris Memorial Award – Simone Sutton
- George Macri Scholarship – Angel Gratrix
- Vinay Raja Memorial Scholarship – Paula Steele
- Ruby Blair Award – Simone Sutton





# A BeYOUtiful Day at Massey Centre

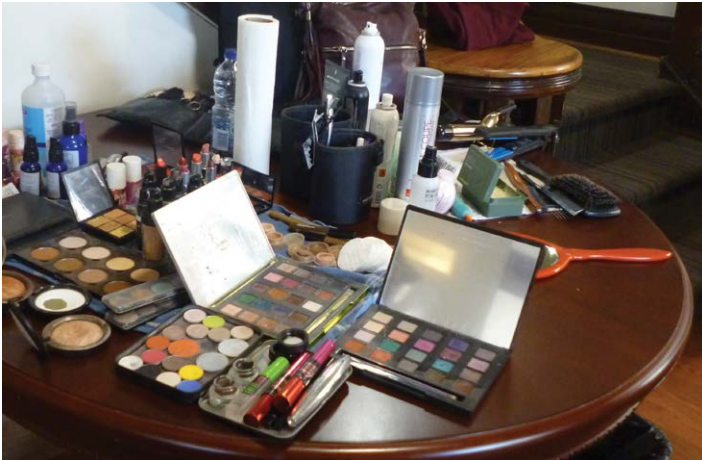
On Sunday, April 23 we hosted a Mothers' Spa Day in collaboration with JouJou Hair Studio. On this gorgeous sunny afternoon, approximately 30 current and former Massey Centre young moms and clients from partnering community organizations were pampered by JouJou's incredibly talented team of manicurists, makeup artists and hairstylists.

In this setting, the moms had manicures, contemporary haircuts/styles and make-up done. JouJou generosity continued as they gave each mom a gift bag of various high quality salon products.



While the moms relaxed, their children were cared for by staff in the Ontario Early Years Centre. The children played, laughed, enjoyed snacks and patiently awaited their rejuvenated and absolutely gorgeous mothers.

*"I have never been to such a fancy event before...I felt really special."*



On May 11 at the annual Mother's Day dinner, each mom was presented with a framed photograph of herself (taken by JouJou's photographer) showing off their stunning hair styles and make-up on April 23.

Thank you team JouJou for providing this amazingly memorable opportunity and keepsake for the young moms—they enjoyed and appreciated it.



# CERTIFICATE OF APPRECIATION

This certificate is awarded to

## Massey Centre

in recognition of valuable contributions

**M**ARVELOUS PLACE FOR THE INVEST  
IN NEIGHBOURHOOD (IIN) PROGRAM

**C**OLLEAGUES & SUPERVISORS ARE  
LIKE FAMILY & FRIENDS

**A**UTHENTIC WORKING CONDITIONS  
WITH EASY TERMS

**E**ARLY LEARNING CENTRE PROVIDES  
A POSITIVE LEARNING ENVIRONMENT

**S**AFE & SOUND LIVING ENVIRONMENT

**N**EW LIVES START HERE

**S**ATISFIES ALMOST ALL OF THE CLIENTS

**T**RANSITIONAL HOUSING IS  
VERY CHEAP & FAIR

**E**FFECTIVE TRANSITIONAL HOUSING  
WITH REAL FUN

**R**ESIDENTIAL COUNSELLORS ARE  
VERY EXPERIENCED & HELPFUL

**Y**OUNG MOMS ARE VERY HAPPY  
WITH THEIR NEWBORNS

**E**XCELLENT WORKING ENVIRONMENT  
& REALLY BEAUTIFUL

Created by: Tariqul Azizi, Accounting Clerk (IIN Program)



# Evergreen College Cooks for Massey Centre

In February, Evergreen College students Alyssa Cranston, Terika Davis, Shirley Little, Shojiro Tezuka and Tashi Yangzom held a Pop-Up Restaurant fundraiser for Massey Centre. Their menu featured mouth-watering Jamaican Jerk Chicken with Rice and Beans, Lentil soup, various desserts, and refreshments.

One of the students was familiar with the work done here and once she told her classmates about the Centre, they wanted to help because they understood how difficult it is for single young women to begin the journey into motherhood. They promoted the event at the College and were delighted with the results of their efforts, raising almost \$500. They said they felt honoured to be of service to young families.



Photo (left to right) Terika Davis, Tashi Yangzom, Paulett Ramsey (Director, Resource Development), Alyssa Cranston, Shirley Little and Shojiro Tezuka.

## GET INVOLVED

Help Massey Centre continue providing support, treatment and other services for the vulnerable pregnant and parenting young moms, aged 13-25 and their babies living at the Centre or in the community.

You can:

- Make a donation today
- Become a Best Start Monthly Giving donor
- Host an event and designate the proceeds to Massey Centre
- Honour someone's special occasion or memory with a gift to Massey Centre
- Make a gift in your Will to Massey Centre
- Register, attend, and vote at the 2018 Annual General Meeting
- Tell others about the work of Massey Centre
- Volunteer and support the young moms and babies

# Donation Form

☐ YES! I want to help new young moms and their babies because they need me!

Here is my gift of: ☐ \$50    ☐ \$100    ☐ \$250    ☐ \$500    ☐ I will give \$\_\_\_\_\_

☐ YES! I will join the **Best Start** Monthly Giving Program\* with my gift on the **last** day of each month of: ☐ \$10    ☐ \$20    ☐ \$25    ☐ \$50    ☐ I will give \$\_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone No. \_\_\_\_\_

☐ Please add me to your email list. I understand I can unsubscribe at anytime.

## Payment Options

☐ I would like to give by: ☐ Cheque

My cheque payable to **Massey Centre** is enclosed.

☐ Please charge my ☐  ☐  ☐ 

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

Name exactly as shown on card: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Name for Acknowledgement Purposes (if applicable): \_\_\_\_\_

☐ I would like this donation to be Anonymous.

\* I can revoke or change my authorization at any time in writing or by calling 416-425-6348 x 224, subject to providing 30 days' notice.

\* I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to be reimbursed for any debit that is not authorized or is not consistent with this Pre-authorization Debit (PAD) Agreement.

\* To obtain a cancellation form, or for more information on my right to cancel a PAD Agreement or my recourse rights, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

Massey Centre protects your private information and complies with all legislative requirements. We will send you information from time to time. If you wish to limit, or not receive any correspondence in the future, please contact us at 416-425-6348 x 224.

## Thank you for your support!



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