



Abiona Centre

For Infant & Early Mental Health

Formerly Massey Centre and Humewood House



New Lives Newsletter

Winter 2023 edition

Determined and on the move!

In December 2021, we shared Nikki's story with you while she was living in our prenatal program and awaiting the arrival of her baby boy. We are happy to report that Nikki and her son are doing well, and have now transitioned into our New Lives program where Nikki is working to complete her college program while receiving housing and support.

When Nikki first came to us, trust was very difficult for her, having been let down a lot in life by those she cared for. Through consistency, and taking Nikki's lead, staff were able to build a therapeutic relationship with her. Now she is moving forward, accessing the mental health services she needs to help her heal.

Nikki is an amazing mom. She was patient and calm even when her baby was colicky. Her workers here are just so amazed at her unwavering spirit, her love for her baby, and her determination to move forwards.

"I had my son, Armani, while living in the prenatal program and then the two of us moved into postnatal. Here, we've made friends and I'm working on becoming independent. I have a long way to go, but with the help of Abiona Centre, I'm getting closer to reaching my dreams. I started college, and I am working with a counsellor on some of my trauma. I want to be independent, and be strong for my son."- Nikki



Make It Monthly!

We have big news! This month CanadaHelps will be giving Abiona Centre \$20 for every new monthly donor that signs up! Our Best Start Monthly Giving program is so important to the work we do here. A monthly donation helps provide program stability and allows us to plan ahead knowing the funds are there to meet the growing need for the vital programs we offer.

Make a BIG impact in 2023. Join the Best Start Monthly Giving program. As little as \$5 a month can make a huge difference by providing stable and reliable funding for the programs and services vital to our young moms and babies! There is no long-term commitment and you can cancel online anytime!



Or visit us at abionacentre.ca to become a monthly donor today!

Not on a computer? You can use your phone to scan the QR code to sign up today!



What's cooking?

The moms and little ones at Sheppard Campus are participating in a fun life skills cooking series taught by a registered dietitian. This unique opportunity is being offered in partnership with Black Creek Community Centre.

This new program for our Sheppard Campus brings the young moms together once a week to learn how to make healthy, budget-friendly meals while their children have a safe space to learn and play. The kids love getting in on the action and helping out with recipes!



Fun with Puppets!

Our EarlyON Child and Family Centre had an exciting visit from Mike Harding of Applefun Puppetry! He put on a whimsical and fun puppet show for our families that had everyone laughing.



EarlyON Child and Family Centre Update

On February 13, 2023, our EarlyON program room was flooded. While we are cleaning up and preparing the room to invite families back we are offering virtual programming as well as outdoor activities.

For more information, our calendar, and other in-person EarlyON locations please see our website here: https://www.abionacentre.ca/earlyon_child_and_family_centre/

We will update our webpage and update our social media accounts when we re-open for in-person programs!

Hitting the Job Market

Success in Employment for Adolescent Mothers (SEAM) is an 18-week program that offers 4 weeks of paid job training plus a 14-week paid job placement to help young moms gain real work experience.

During job training, young moms work with a job coach to learn about time management, effective communication, conflict resolution, leadership, resume and cover letter writing, workplace health and safety, interviewing skills, and expanding their skillset with Microsoft Office programs.

"The program has been an outstanding success since it was piloted, helping 36 young moms secure stable employment. We are excited to announce that we have received funding to be able to offer this program for another year!"

"I loved the way the course is designed and the support my mentor showed towards me".

"Thanks for all the support. I gained new skills and got money I used for clothing for my job search"

"I learned some great interview skills that helped me obtain a job during the SEAM program. I've never had a formal interview before that!"



Meet Kimberly and Amaya

"I came to the centre 3 years ago. They gave me a safe place to stay and helped me get childcare for my daughter so I could return to school and get my high school diploma, which to me is one of my biggest accomplishments so far. My biggest struggle was learning to balance being a parent, my social life, school, and work. Being at the centre helped me because I always had someone who I could talk to when I struggled to help me think through it and come to my own solutions.

I'm now living independently with my daughter Amaya, and I am enrolled at Humber College in a course for Protection, Security, and Investigations. My career goal is to become a detective and I know I'll get there.

Amaya and I love going to the park, it's our favorite place. Spending time with her means a lot to me. I want to be a strong mom for Amaya.

Being a single mom hasn't been easy, having the support of the centre has definitely helped me get to where I am now."



Thank you for helping make our winter holidays special!

Every year we are overwhelmed by the generosity of donors during the holidays. Thanks to all of you, our families had the best end to 2022.

Cooking decorating, holiday dinners, a visit from Santa, and a pop-up shop where they could pick up exactly what they needed for themselves and their children for the holidays were just part of the fun. All of this and so much more could not have happened without support like yours! Thank you!





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Need to contact us?

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