

JULY/AUGUST 2021

# OTTAWA COALITION OF COMMUNITY HOUSES

NEWSLETTER



## 5 Fast Facts about OCCH



- 1. OCCH MEMBERSHIP WAS FORMED IN 1998.
- 2. OUR MEMBERSHIP CONSISTS OF 16 DIFFERENT COMMUNITY ORGANIZATIONS (LOCATED IN OTTAWA COMMUNITY HOUSING NEIGHBOURHOODS) ACROSS OTTAWA.
- 3. WE ARE GOVERNED BY A LEADERSHIP TEAM, CONSISTING OF 5 ELECTED MEMBERS.
- 4. OUR SERVICES INCLUDE: COMMUNITY ENGAGEMENT & OUTREACH, RESOURCES & BASIC NEEDS, FOOD SECURITY, CHILD AND YOUTH PROGRAMS & SUPPORTS, FRONT-LINE CRISIS INTERVENTION AND INFORMATION & REFERRALS.
- 5. WE ARE A COMMUNITY DRIVEN, PLACE-BASED GRASSROOTS AGENCY.

## We asked + You answered

If you follow us on social media, you may have seen our recent giveaway where we asked, 'why do you love your community?' We had some really beautiful, heartfelt responses:



**BECAUSE OF THE INNOVATION, THE CARE, COMPASSION AND HUMANITY WE WITNESS EVERYDAY**

*Because of the people*

*Because each one of our community members is so unique and special! We love learning from them and growing alongside them*

Because of the #beauty  
#diversity #resilience  
#compassion #support  
#engagement #understanding  
#love #enthusiasm #families  
#collaboration #unity  
#initiative of the tenants!

*Because of its vibrancy, beauty and resiliency. And because it's home*

**WE GOT EACH OTHER'S BACK**

*Because everyday we see resiliency, strength, leaders and caring neighbours.*

# COMMUNITY HOUSE STAFF TRAINING

In preparation for Summer Programs, the OCCH held three staff training sessions.

- OCCUPATIONAL HEALTH AND SAFETY AIMED TO RAISE WORKPLACE SAFETY AWARENESS FOR NEW STAFF
- PROGRAM PLANNING 101 OUTLINED PROGRAMMING PRIORITIES AND PROVIDED RESOURCES TO DELIVER COVID SAFE ENGAGEMENT PROGRAMS FOR CHILDREN. THE FOCUS WAS ON SOCIAL EMOTIONAL LEARNING, PHYSICAL HEALTH AND EDUCATION.
- MANDI PEKAN, REGISTERED PSYCHOTHERAPIST, FACILITATED AN INFORMATIVE SESSION ON COVID, TRAUMA AND ACES. THIS WORKSHOP INCREASED AWARENESS AROUND TRAUMA AND ADVERSE CHILDHOOD EXPERIENCES, USING A COVID LENS. IT ALSO TOUCHED ON THE IMPORTANCE OF PCES AND THE ROLE THAT COMMUNITY HOUSE STAFF PLAY IN ENSURING CHILDREN HAVE MORE POSITIVE CHILDHOOD EXPERIENCES TO BUFFER THE NEGATIVE IMPACTS OF ACES.



## POSITIVE CHILDHOOD EXPERIENCES (PCES)

Positive childhood experiences can help promote lifelong health, even for children with multiple adverse childhood experiences

Provide stable, consistent and predictable relationships

Increasing Positive Childhood Experiences (PCES) builds resilience

Children who experience PCES during childhood become adults who can seek support and get care

The absence of positive experiences and adult/parental support is stressful for children.

Have an idea for Staff Training?  
Email Beth with your ideas  
[ccyn@ottawacommunityhouses.com](mailto:ccyn@ottawacommunityhouses.com)



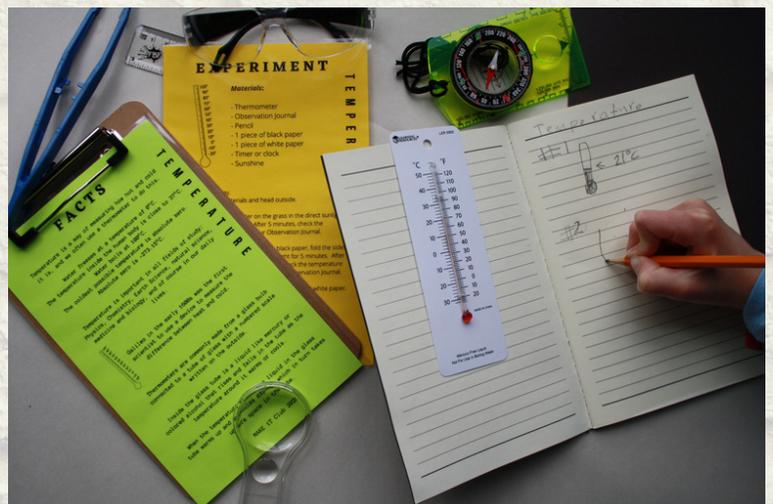
# Summer Program Resources



The OCCH's Community Child and Youth Initiatives is committed to getting children in our communities learning this summer! We have some great resources that can be used within programs or delivered to children's doors!

## SCIENCE KITS

Increase literacy and math skills, prediction and observational skills and problem-solving skills. Includes: over 30 laminated Experiment Cards, over 15 laminated Fact Sheets, compass, magnifying glass, thermometer, safety glasses, clip board, pH test strips, specimen collection containers, tweezers, Observation Journal, pencil, plastic container, and more!



## LEARN FROM HOME KITS

Includes: educational booklet with experiments, supplies and bags. (French and English).

Examples of themes:

- Sound (Kazoos, cup phones, sound vibrations)
- Light (Sun dial)
- Static Electricity (Foam balls, balloons)
- Colour (Light deflector glasses, rainbows) Weather (Rain collection, windmills)
- Chemistry (Kinetic Sand, silly putty, playdough)



## READING CLUB

To increase literacy skills over the summer, we have some great Reading Club books!

They include:

- Le Petit Prince (Antoine de Saint-Exupéry),
- L'Anniversaire (Robert Munsch),
- The Boy Who Harnessed the Wind (William Kamkwamba and Brian Mealer),
- Something Good (Munsch)
- Teamwork (Munsch).
- The Orange Shirt Story: The True Story of Orange Shirt Day (Phyllis Webstad).



Questions?

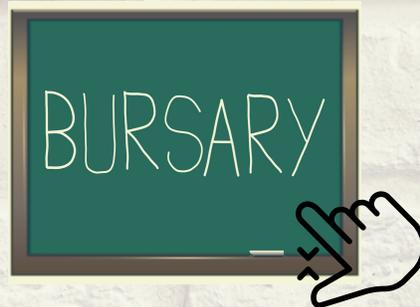
Email Beth Tooley at  
[ccyn@ottawacommunityhouses.com](mailto:ccyn@ottawacommunityhouses.com)

# Inspired by Learning

## OCH FOUNDATION

**The OCH Foundation is issuing TEN \$1,000 bursaries to tenants of Ottawa Community Housing who are entering or currently enrolled in a post-secondary academic or training program.**

**To find out more about how to apply, visit [www.ochfoundation.ca](http://www.ochfoundation.ca)**



**WE WOULD LIKE TO EXTEND A BIG THANK YOU TO OUR FRIENDS AT MESHUP OTTAWA! THEIR TEAM HAS BEEN WORKING HARD TO IMPROVE BASKETBALL MESHING ACROSS OTTAWA. SOME OF OUR COMMUNITY HOUSES HAVE ALREADY BEEN OUTFITTED WITH NEW MESHING AND SOME BASKETBALLS - THE PERFECT WAY TO START THE SUMMER!**