

MAY/JUNE 2021

OTTAWA COALITION OF COMMUNITY HOUSES

NEWSLETTER



CHANGES TO OUR TEAM

OCCH is pleased to announce that Beth Tooley has now transitioned into her new position as Child and Youth Coordinator! Beth is looking forward to shifting her focus to Child and Youth initiatives and will continue to be the main contact at OCCH for Child and Youth programming.

We would also like to welcome Laavanyan Selvendren into his new position as House Coordinator at Michele Heights Community House.



STRATHCONA HEIGHTS JOINS OCCH

Strathcona Heights is the newest addition to OCCH, bringing our membership to a total of 16 Community Houses!

We would like to extend a warm welcome to the House Coordinator of Strathcona Heights Community House,

Anabelle Gisanza.

We would also like to take this opportunity to acknowledge and thank Gerald Dragon, Community Developer at the Sandy Hill Community Health Centre for the hard work and persistence he has put forward in seeing this project to fruition.



CHILDREN & YOUTH MENTAL HEALTH

The OCCH is a proud recipient of a Happy Roots Foundation inaugural Impact Grant.

These funds will go towards building the capacity of Community Houses to better support the needs of families in our neighbourhoods.

These grants will help us to:

- Provide Mental Health First Aid Training twice a year to ensure all front-line staff are certified

- Provide 6 training opportunities each year on topics related to Child & Youth Mental Health
- Build on our Child & Youth Services Framework to include a Mental Health Strategy



COMMUNITY CHILD & YOUTH NETWORK

In September, the OCCH will be launching the first Community Child & Youth Network (CCYN) meeting.

The network is open to all Child & Youth program staff from Community Houses across Ottawa.

The CCYN will link front-line staff with opportunities to share best practices, identify and collaborate on trends in the community, build skills through professional development opportunities and increase knowledge through the Speakers Series.

An invitation for the September meeting will circulate in late June.



Emergency Community Support Fund (United Way of Eastern Ontario)

With funds from ECSF, Community House staff were able to reach out and engage 1,659 children and youth between July 2020 and March 2021.

A total of 74,681 encounters were made through Door Step Visits, outdoor activities, virtual programs and telephone check-ins.



COMING UP!

We will be offering the following courses in partnership with Safety Tree Canada in the month of June:
Home Alone Safety for Kids (Ages 9-12)
Red Cross Babysitting (Ages 11-14)

For More Information Contact:
ccyn@ottawacommunityhouses.com

MAKE IT CLUB & SCIENTISTS IN SCHOOL



Over the last few months, we have been offering really cool virtual science programs in partnership with Scientists in Schools.

The sessions include a kit bag with all the supplies needed to do really fun, engaging science experiments with a real Scientist.

Children learn new language and hone their hypothesis and observation skills.

We are excited to be offering these sessions within our virtual summer camp programs this year!

GETTING THROUGH LOCKDOWN



As we find ourselves in the midst of the third Provincial lockdown, you might be feeling frustrated and anxious. Check out the Lockdown Tool kit by Sanctus for some simple ways to re-energize. ✨



LOCKDOWN TOOL KIT



Sanctus.

DOPAMINE *The Reward Chemical*

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN *The Love Hormone*

- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

SEROTONIN *The Mood Stabilizer*

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN *The Pain Killer*

- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising

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