

# YEAR IN REVIEW 2021



*Bethany Hope* Centre  
COMPASSION. COMMUNITY. CHANGE.

---

# 2021

## MESSAGE FROM THE EXECUTIVE DIRECTOR



As we continue to navigate through this pandemic, the Bethany Hope Centre continues to offer services to young families in need. Although we were challenged and made many modifications to our programs since March 2020, we are starting to see a light at the end of the tunnel.

I cannot begin to thank our staff enough for their perseverance and adaptability to meet all the necessary changes brought forth this past year and a half. I am pleased to report that we are doing great in our new normal. We know that some of the changes we made this year will be permanent, yet we look forward to implementing some of our old ways of doing things as we get closer to the end of this pandemic. We are so happy to see children and their parents back in the centre once again. We have truly missed having larger groups in our centre, however, slowly, yet surely, we will get there once again.

In this issue, you will be able to read about how we were able to increase access to our Food Share by providing more fresh produce than ever before, learn about the Salvation Army's and the Bethany Hope Centre's new vision statements, what changes happened in our Infant and Child Development room, how parents kept themselves working on their high school credits while juggling home schooling with their children and how we continued to be able to provide virtual health care with the Bruyere Academic Family Health Team. We also have an update on our yearly Santa Shuffle fundraiser.

At this time, I would like to thank our many sponsors, donors, volunteers and Community Council members for your time and donations to the centre that help our participants to survive and thrive, especially during these unprecedented times.

On behalf of our staff, we wish all of you a very Merry Christmas and Happy New Year!  
Sandra Randall, Executive Director



# 2021

## MESSAGE FROM OUR COMMUNITY COUNCIL CHAIR, NATHALIE SCHIEBEL

Just as it was for all of us, 2021 was a year of coming to terms with the new normal of the pandemic at the Bethany Hope Centre, and settling into new routines while continuously looking for new ways to connect with families seeking support.

As a volunteer, I missed being at BHC. I always enjoy being in the building and basking in the warmth created by the people who come together there. The leadership team and staff have worked hard to move that warmth into a virtual space. The BHC Community Council met on-line in the first part of the year so that we could continue to support and encourage the leadership team and staff. For our last meeting of the year we were able to meet in person, respecting social distancing rules. On my way into the building I admired the way that the beautiful garden had been prepared for winter after providing another season of abundant, healthful produce for the Nourish program. I am hoping that we will be back to volunteering in person by the time the garden blossoms again.

Chair of the Community Council, I applaud the leadership team and staff, who have worked tirelessly to ensure that young parents and their children can continue to access support during the pandemic.

Thank you for your support of the the Bethany Hope Centre in 2021, and very best wishes for 2022.

Nathalie

---

---

2021



## **Salvation Army's new Vision Statement**

*We are an innovative partner, mobilized to share hope, wherever there is hardship, building communities that are just and know the love of Jesus.*

## **Bethany Hope Centre's new Vision Statement**

*As an innovative partner, we envision a community in which young parent families feel support, have dignity and hope, and know the love of God.*



*Bethany Hope* <sup>83</sup> *Centre*  
COMPASSION. COMMUNITY. CHANGE.

2021

# Infant and Child Development



The Child Development Room had a successful year despite the lockdowns and other restrictions. Circle Time on Zoom was run weekly during lockdowns. Parents and their young children joined together to sing songs and read stories. This was a great way for families to stay connected.

Since reopening the child development room has been running small playgroups for the families, as well as providing child care and one on one play sessions. Over 16 Ages & Stages Questionnaire meetings have been completed with the parents & their children. These screenings give the families a chance to see where their child is at with their development and any concerns they might have.

Over **1500** activity kits for the children were provided during the past year. Families shared how much their children appreciated them. It was wonderful to see parents and their children in the playroom again. We look forward to watching the children continue to learn and grow next year!



---

# 2021

# Nourish



Since the start of the pandemic, we have seen the need for food increase amongst our participants by 50%.

Last December, we celebrated Christmas 2020 by providing 57 families with hams (or halal chickens) and the ingredients and recipes for three holiday side dishes.

In August we marked one full year of our weekly Take and Makes kits. That is approximately **50 different recipes** and their ingredients handed out to our participants to make healthy meals for their whole family. Here is what one parent had to say about our Take and Make meals: ***I just want to say whosoever idea it was to make a baggy full of ingredients for dinner ideas is AMAZING.. I LOVE getting them for food share. I just made the meatloaf in the muffin tins, which may I add was craving lately. It's so good. I have all the receipts on my fridge to keep for ideas :)***

This summer we grew 149.5 pounds of vegetables in our Grow With Me Garden. Families received fresh lettuce, green beans, tomatoes, cucumbers, zucchini, and spaghetti squash. Along with the fresh vegetables we provided information sheets and tips on how to incorporate the vegetables into healthy recipes.

Between November 1st 2020 and October 31st 2021 we contributed to **2730** healthy lunches.



2021



# Nourish School Lunch Box Program

Our Lunch Box Program continues to provide school age children fresh fruits, vegetables, dairy and grains to support healthy school lunches. We continued to provide these items throughout the year while children were learning from home and also during the summer months recognizing the absence of many summer camp programs where school age children would otherwise receive daily snacks and lunches.

## Why do parents love the Nourish School Lunch Box Program?



*Bethany Hope Centre*  
COMPASSION. COMMUNITY. CHANGE.

### Nourish School Lunch Box Program

"It helps to provide healthy lunch choices for my child, and gets him to try new things at the same time. Variety is the best part of the program"  
- parent of 6 year old



2021

# Parent Support



DURING THE PAST YEAR, OUR PARENT SUPPORT TEAM HAS BEEN INTENTIONAL ABOUT CONNECTING WITH AND SUPPORTING OUR YOUNG FAMILIES. ALTHOUGH WE HAVE CONTINUED TO WORK WITHIN A MODIFIED FRAMEWORK DUE TO COVID-19, OUR SERVICES HAVE BEEN CONSISTENT AND FOCUSED ON THE OVERALL WELL-BEING OF OUR PARENTS AND THEIR CHILDREN. THE PARENT SUPPORT TEAM HAS BEEN ABLE TO CONNECT WITH PARTICIPANTS THROUGH PHONE, ZOOM AND ONE ON ONE BY APPOINTMENT. THROUGH THIS FRAMEWORK, THE TEAM WAS ABLE TO OFFER A WIDE VARIETY OF SERVICES, INCLUDING PARENTING CLASSES, PERSONAL DEVELOPMENT, ADVOCACY, CRISIS MANAGEMENT AND ESSENTIAL NEEDS SUPPORT.

MOST RECENTLY, THE TEAM WAS ABLE TO BEGIN ON-SITE GROUP WORK. OUR DADS MATTER PROGRAM, A PROGRAM REACHING OUT TO OUR YOUNG FATHERS, IS NOW OFFERING A BI-WEEKLY DAYTIME GROUP CALLED DADTALK. THIS IS AN OPPORTUNITY FOR OUR DADS TO COME TOGETHER AND SHARE THE JOYS AND CHALLENGES OF FATHERHOOD, LEARNING ABOUT THE IMPORTANT ROLE THEY HAVE IN THEIR CHILD'S WELL-BEING, HELPING TO EQUIP THEM IN THIS JOURNEY.

MOVING INTO 2022, OUR PARENT SUPPORT TEAM IS LOOKING FORWARD TO EXPANDING OUR ON-SITE SERVICES, AS WE SEEK TO BE A WELCOMING PLACE FOR YOUNG PARENTS, SUPPORTING AND ENCOURAGING THEM IN THE MOST CHALLENGING AND EXCITING ROLE THEY WILL EVER HAVE - BEING A PARENT.

**IN 2021, WE HAD 32 NEW INTAKES AND SUPPORTED 107 INDIVIDUALS IN PARENT SUPPORT.**





---

2021

# Learning Coach Program



The Learning Coach Program has been busy this year. So far, we have helped students earn 23 credits. These credits have been earned through online coursework, the Prior Learning Assessment and Recognition Program (PLAR), and through a new program called Authentic Student Learning Experiences (ASLEs). Having a variety of education pathways and resources for our participants means more targeted accommodation and increased chances of success.

We were incredibly pleased to be able to hold a small, but impactful, graduation ceremony for our sole graduate of 2021. This student started with us in 2013. Despite a few setbacks, she continued to work hard and achieve her goal. She is now employed full-time and is hoping to take the Architectural Technician program at Algonquin College.

Bethany Hope Centre's Learning Coach Program continues to punch above its weight, providing support to around 60 high school students, as well as several job seekers. We work closely with our community partners, particularly the City of Ottawa's LEAP division, the OCDSB's Continuing Education, and the HPEDSB's Quinte Adult Education. To make sure our program provides the highest level of support, our staff have taken numerous training courses this year in employment support, as well as a college certificate in Online Learning Design and Delivery. We try to be proactive by increasing our expertise, and we listen and apply the feedback we receive from our participants.

Our program aims to grow as part of a community, learn from self-reflection and client-directed evaluations, and maintain our place as an integral part of the wrap-around supports that make up the Bethany Hope Centre.



---

2021

# Spiritual Care



Over the past year the Spiritual Care Program has been able to continue programming in various ways. Participants have been able to meet with our Chaplain for Grief Support and Couple Care. The Faith Community was able to meet virtually for Bible Study and Prayer Breakfast for most of 2021. As of September 2021, Bible Study has been able to resume in person with 4 people in attendance each week. In person Sunday Services have also recommenced after a year and a half. Attendance for these services has ranged between 10-19 individuals each week.



---

2021



## Hariot Munro Community Spirit Award

This year's award was presented to Chris M. This Award is dedicated by the Munro Family in honour of Hariot Munro's generosity of spirit and love of community. The recipient of this award has demonstrated these qualities during their time at the Bethany Hope Centre. This award comes with a \$200 prize.

**Picture: Ross Munro presents Chris M. with this year's Hariot Munro Community Spirit Award.**



---

# 2021

# Health



We are proud to report that 100% of our staff team has been fully vaccinated against Covid-19. We continue to follow Public Health's guidance with strict Covid-19 health measures in order to keep both our clients and staff safe and healthy.

As our Health Clinic continues to be run virtually in conjunction with the Bruyere Academic Family Health Team, we are excited for the team to return in person in the New Year for in person appointments. In October this year, we were able to hold a flu shot clinic with help from Ottawa Public Health. We are very grateful to have had this opportunity for them to hold this clinic for us.

At this time, we would like to introduce our new Community Nurse, Miranda Jeffery. Miranda is an RPN who will be able to continue to provide our clients with a variety of services such as well-baby check-ups, administer vaccines, and facilitate prenatal classes, just to name a few.

Miranda will also help us to start our Community visits as part of our new outreach program which in turn will make health care more accessible for our clients.

This year, we also dedicated our Health Clinic in memory of Judy McIntosh. Judy retired from the Bethany Hope Centre in 2017. Judy served as our Community Nurse for 6 years and it was her perseverance and commitment to our clients that brought the health clinic to fruition. Judy passed away in April 2020.



*Judy McIntosh  
Health Care Centre*



*Bethany Hope Centre*  
COMPASSION. COMMUNITY. CHANGE.



2021

# Santa Shuffle



The Salvation Army Bethany Hope centre is incredibly grateful for the overwhelming support we have received from our community this year, through the Ottawa Santa Shuffle. In December 2020, \$44,760 was raised from this event.

The Santa Shuffle is an annual 5K fun run, or 1 k elf walk that takes place across the country each year, to help raise funds for local Salvation Army programming. The Bethany Hope Centre is the beneficiary for the Ottawa Santa Shuffle, and it has a huge impact on our community, and the young-parent families we support.

A huge thank you to our sponsors this year who are committed to helping us help our community.

## 2021 Ottawa Sponsors



**Santa Shuffle**  
Fun Run & Elf Walk



**THANK YOU!**

---

2021



# Thank you to our Community

## **Government Funders**

The City of Ottawa  
Ministry of Community,  
Children Social Services  
Agriculture Canada

## **Volunteers**

### **Community Council**

Nathalie Sheibel  
Barbara Peters  
Sandra Hession  
Neville Ward  
Glenn van Gulik

### **Algonquin College**

Child and Youth Care  
Program  
Social Service Worker  
Program  
Recreation and Leisure  
Program

## **Foundation, Individual Grants and Corporate Funders**

### **E.Neville Ward**

Children's special events and  
Fathering Program

### **Parkdale United Church**

Program Support

### **Rogers Foundation**

Covid-19 Relief

### **City of Ottawa**

Social Services Relief Funding

### **Columbus Club**

Program Support

### **Jackie Kallies**

Program Support

### **David T. Williams**

Program Support

### **Ottawa Catholic School Board**

Program Support

### **Ross Munro**

Hariot Munro Award

It is through meaningful financial or in-kind donations from these groups and individuals that Bethany Hope Centre has been able to continue to make a difference in the futures of young families in  
Ottawa

## **The Salvation Army Canada**

Finally, we must thank the Salvation Army for making the Commitment locally, provincially and territorially to ensure that young parents in Ottawa have hope for a bright future.