



# Vita Centre Newsletter

Winter 2016

This is an exciting year for Vita Centre. Join us at one of our events in 2016 to celebrate our 25th anniversary of assisting pregnant and parenting young people in Peel Region.

**Help young families during the giving season of Easter**



**"I had absolutely no money. My financial situation was so bad that I went out searching for work while I was 3 months pregnant and trying to finish my last year of high school, but of course that wasn't possible. I wasn't prepared." - Arielle, a Vita Centre client.**

At the tender age of 17 and in her final year of high school, Arielle had found out that she was pregnant. Being so young and still dependant - essentially still a child herself - she was frightened and had no idea what was coming up next. Her mother asked her to move out to live with a father she barely knew. Her partner and friends deserted her. Many of her peers stigmatized her for being pregnant and withdrew from her. Alone, isolated and feeling both emotionally and physically exhausted, Arielle was determined to find a positive solution to help her and the child growing inside her.

**"I had very small savings and I exhausted them very quickly, but my school referred me to Vita Centre. When I came to Vita, I was lost, sad, and emotionally distressed."**

Arielle's life took a major turn the moment she came Vita Centre. Arielle was amazed at how the Vita Centre Counsellor, a complete stranger,

## Upcoming Events in 2016



### Friday, March 4

8th Annual Trivia Night  
7 p.m. to 10 p.m.  
Lionhead Golf and Convention Centre  
8525 Mississauga Road,  
Brampton, ON

Register with Tara at  
[funddev@vitacentre.org](mailto:funddev@vitacentre.org)

### Friday, April 15

Open House at Vita Centre.  
Drop in and see what we do.  
5 p.m. to 7 p.m.  
101-75 Watline Avenue,  
Mississauga

For more details, contact Tara  
[funddev@vitacentre.org](mailto:funddev@vitacentre.org)

### Monday, June 6

16th annual Swing for Life Golf Tournament will be held at Royal Ontario Golf Club.

listened to her. She felt neither stigmatized nor judged, and she found herself wanting to share more and more.

In addition to accessing counselling services and the P.A.C.E. (Parenting And Catholic Education) program to complete her high school diploma, she found positive interactions and support from other girls her age that were also pregnant or parenting. After 3 months, Arielle began to participate in Vita Centre's other programs: Growing As Parents (G.A.P.) and Supper Connection. Her Counsellor also encouraged her to use the Care Closet supplies to prepare for the birth of her child. In just three short months after being referred to Vita Centre, Arielle had found belonging, acceptance, confidence and hope.

**"I have no words to describe what it means to be recipient of your services. I had a better mental state, and now I know that my baby is healthy because of it too."**

This remarkable change in Arielle's and her child's life was made possible because of generous donations from people like you! In a few short months, she was able to move from a life of fear and insecurity, to a life filled with renewed hope. Arielle wanted to share her story with you as a way to show firsthand how your selfless contributions affect the lives of pregnant and parenting youth right here in Peel. She desperately needed help, was afraid and didn't know where to turn. We can only offer this life changing support with assistance from people like you!

**"Thank you isn't enough. You have no clue how you are impacting people's lives. The donors too, who support Vita Centre, you are giving back hope to pregnant and parenting youth like myself."**

Every day, Vita Centre supports pregnant and parenting youth facing isolation, poverty and despair battling the effects of rejection, low education, limited employment opportunities, isolation and lack of family supports.

Our volunteers and staff work tirelessly with the individuals we support, guiding them towards a life of improved education, parenting preparedness, life skills and independence. Your donation will dramatically change the lives of many pregnant and parenting youth such as:

A Canadian newcomer who was alone, pregnant and with another small child, is now accessing prenatal care via Vita Centre navigation services and participating in programs to be prepared for the birth of her child and excited about her new life in Canada. Your \$25 monthly donation (\$300 annually) provides her with an emergency hamper of diapers, wipes, and formula.

A young father with a two year old child, who is trying to make ends meet on an income that is below the poverty line, is now learning the skills to budget and create healthy meals. Your \$50 monthly donation (\$600 annually) provides him with a meal for him and his child, a weekly educational session and two weeks of groceries through the Supper Connection Program.

A pregnant teenager, who was kicked out of her home, deserted by her friends and family and exposed to a life of poverty and homelessness, is finding help at Vita Centre. Your \$100 donation provides her with a session with a Vita Counsellor to identify goals, strategies and services to improve her quality of life.

A young family, who is not prepared on how to manage a household and family, is now accessing Vita Centre programs. Your \$1,000 annual donation provides 56 parents a 12 week G.A.P (Growing As Parents) program that for parenting and life skills courses.

These are only 5 of the over 850 unique people you are helping each year when you choose to support Vita Centre. Our fundraising expenses

Contact Tara at [funddev@vitacentre.org](mailto:funddev@vitacentre.org) to register or for more information.

## Saturday, Sept. 24

25th Anniversary Gala,  
Lionhead Golf and Convention  
Centre, Brampton, Ontario  
6pm to 12 am

Join Our Mailing List!

## Commemorate 25 special years of Vita Centre



Throughout  
2016, Vita  
Centre will  
celebrate  
25 years of  
making a

difference in Peel Region  
and we need your help.  
We'd love to hear your  
success stories and  
memories, and see your  
pictures from the last  
quarter-century of Vita  
Centre and Vita Manor.

Submissions, stories and  
photographs will be  
collected in time for the 25th  
Anniversary Gala on Sept.  
24. We're also looking for  
volunteer help from  
anyone skilled at video  
editing to put together a  
commemorative video to  
screen at the gala. If you  
have items to contribute or  
can assist with the video,  
contact Chris  
at [pr@vitacentre.org](mailto:pr@vitacentre.org).

are a low 6%, so you can be assured your donation will directly make a difference.

If you would like to receive your tax receipt immediately, you can make your donation securely online at [www.vitamanor.org](http://www.vitamanor.org) or you can mail or drop off cash or cheque at our office, 101-75 Watline Avenue, Mississauga. For any questions about your receipt or to make a donation In Honour or In Memory of, please contact us at 905 502 7933 Ext: 233 or [funddev@vitacentre.org](mailto:funddev@vitacentre.org)

Your donation will make a lasting and local impact throughout 2016 and for many years to come.

---

### Janelle lives her ShareLife success at Vita Centre and the Dufferin-Peel Catholic District School Board



Janelle came to Vita Centre two years ago when she was pregnant with her son, Russell, who is now one. Janelle graduated with honours from the P.A.C.E. program, Parenting and Catholic Education, where she earned her high school diploma. Janelle wants to create a better future for her and her son and she has been accepted into the Culinary Arts program at George Brown College. Watch this touching [video](#) on our Facebook page as Janelle tells her story and the difference Vita Centre made in her life.

If you need more information about the P.A.C.E. program through Archbishop Romero Catholic Secondary School, call 905.412.1000.

---

### Support Vita Centre while testing your trivia knowledge with host Jason Agnew

ALMOST SOLD OUT, **JUST 4 TABLES LEFT!**

A reserved table of 8 players is just \$175. There will be team prizes, a silent auction, and a lucky draw.

Contact Tara today to reserve your spot by emailing [funddev@vitacentre.org](mailto:funddev@vitacentre.org)

---

## Vita Centre Presents 8th Annual



### Ticket Price Includes:

- Trivia gameplay
- One complementary team photo
- Appetizer table, coffee & tea
- Door Prizes
- Cash Bar (For those 19 & up)

### Prizes Include:

- Best Team Costume
- Best Team Name
- Highest Score with Bragging Rights for one year!

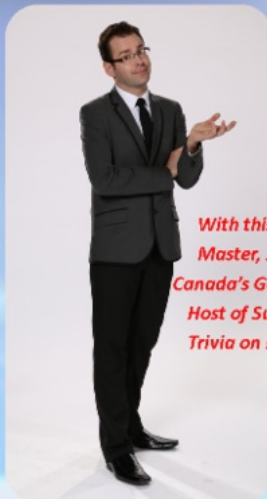
Date: Friday, March 4, 2016

Time: 7 p.m.-10 p.m.

Cost: \$25 per person or \$175 per team (up to 8 people)

Where: Lionhead Golf & Convention Centre  
8525 Mississauga Rd.  
Brampton, ON, L6Y 0C1

Register online: [www.vitacentre.org](http://www.vitacentre.org) or  
Return this form with payment to:  
Vita Centre  
101-75 Watline Ave  
Mississauga, ON, L4Z 3E5



*With this Year's Trivia  
Master, Jason Agnew,  
Canada's Game Show Guru,  
Host of Sunday Morning  
Trivia on Newstalk 1010*

For more information call

905-502-7933 or visit us at [www.vitacentre.org](http://www.vitacentre.org)

## **Christmas Family Sponsorship and Diaper and Wipes Drive - HUGE SUCCESS!**

. We thank our donors for supporting more than 75 families during Christmas. Diaper and Wipes donors graciously donated hundreds of items to assist clients with their childcare needs.

Items collected include:

252 diapers	262 wipes
21 water bottles	25 pull-ups
23 medical creams	21 baby oil
22 tubes toothpaste	28 baby wash
21 body wash	28 rash cream
22 baby toiletry kits	40 wipes refills
35 lip balm	25 plush toys
20 baby food jars	40 Similac
30 Good Start	24 Enfamil
20 baby bottles	30 baby mats
20 onesies	20 scarves
30 men's gloves	27 visors
22 baby socks	33 kid's gloves

25 headbands

30 women's gloves

20 Easy Ups

20 silicone nipples

Thank you to the following organizations that served as pick-up locations for Vita's Centre 2015 Diaper and Wipes Drive.

Brightpath Child Care Milverton  
Location  
Mississauga, ON

Brightpath Child Care Matheson  
Location  
Mississauga, ON

Angelic Treasures  
Mississauga, ON

Dixie Peekaboo Daycare  
Mississauga, ON

Ace Day Care  
Mississauga, ON

Viva Life  
Mississauga, ON  
vivalife.ca

St. Aloysius Gonzaga S.S  
Mississauga ON

St. Paul Secondary School  
Mississauga ON

Lagrafe Canada Inc  
Mississauga, ON

Keele  
Concord, ON

Knights of Columbus and Catholic  
Women's League

Merciful Redeemer  
Mississauga, ON

## Warming up to chili

On a cold winter night, Vita Centre supporters and clients braved the chill to warm up chili during the Centre's inaugural cook-off on Feb. 11 at Peel Youth Village in Mississauga. in support of the Supper Connection program.

The prize for best chili went to Denel (pictured below with her twin six-year-olds), a Vita Centre client in the Supper Connection program. Congratulations, Denel.

Supper Connection is a 12-week facilitated program that provides young mothers in Peel Region time together to share a nutritious meal, engage in valuable parenting education and learning opportunities and to connect with peers.

For more information on Supper Connection or to register, contact Nicolle at [supper@vitacentre.org](mailto:supper@vitacentre.org) or visit [vitacentre.org/supper\\_connection.html](http://vitacentre.org/supper_connection.html). If you would like to support the program financially, get in touch with Tara, our fund development manager at [funddev@vitacentre.org](mailto:funddev@vitacentre.org)





Try out Denel's delicious winning recipe:

- 2 pounds ground beef
- 2 onions, chopped
- 2 garlic cloves, minced
- 2 tablespoon chili powder
- 2 teaspoons salt
- 2 teaspoons dried oregano
- 4 (14.5 ounce) cans stewed tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans with liquid

### Growing as Parents program expands:

Directions:

- 1 Combine ground beef, onion and garlic in large stockpot. Cook and stir over medium heat until beef is brown.
2. Stir in chili powder, salt, oregano, tomatoes and tomato sauce. Break up tomatoes while stirring. Heat to boiling, reduce heat to simmer and cover. Cook for 1 hour, stirring occasionally.
3. Stir in beans. Simmer uncovered for 20 minutes. Stir occasionally.

The Arbonne Pillarist Foundation is proud to be a part of the support for programs and opportunities that promote the development of confidence and self-esteem in teenage girls and boys. The support we received is through Arbonne's Angels in Action Grant: through product donations and monetary grants to registered charities, and the volunteer efforts of Arbonne Angels, the Foundation supports charitable programs that empower the next generation.

Thank you very much to Arbonne Foundation Canada for your support in helping us to achieve our goals to improve the confidence and capacity of the young parents we serve.

For more information on the program, email Susan, our Program Manager at [program@vitacentre.org](mailto:program@vitacentre.org).

Find direction with Navigator, a new Vita Centre program



Vita Centre is excited to announce the new Navigator role.

With funding from Green Shield Canada (GSC), Vita Centre has launched a new service to be offered along with our Counselling and Case management services: access to a Navigator.

The role of the Navigator helps connect our clients to health services and supports and to help increase their confidence in navigating the health care system. This service is in addition to helping connect our clients to services that are appropriate for their situation: assistance in getting jobs, housing, food, education, and other supports.

~~Vita Centre is proud to help support GSC's mission to create innovative solutions to improve access to better health and their goal to increase access to basic health care for our uninsured and underinsured.~~



For more information on the program, contact Susan, our Program Manager at [program@vitacentre.org](mailto:program@vitacentre.org).