



Upcoming Event



AGM

Day: Thursday, September 28

Time: 5:30 pm - 7:30 pm

Place: Somerset West Community Health Centre (55 Eccles St, Ottawa ON K1R 6S3 - 3rd floor (Board Room))



Marilyn Matheson
Executive Director

Meet our NEW Executive Director!

We are proud to introduce the newest member of our team! With years of experience in nonprofit leadership and a deep commitment to the mission of promoting social justice and equality, our new Executive Director, Marilyn Matheson, is the perfect addition to Harmony House.

We're excited about the fresh perspectives and innovative ideas that she brings to the table. We're confident that

under her guidance, we'll continue to grow and have an even greater impact on our community.

Read more about Marilyn's bio here: harmonyhousews.com/board-director-staff/



PLEASE JOIN US FOR OUR

Annual General Meeting

THURSDAY, SEPTEMBER 28, 2023

5:30 PM - 7:30 PM



Saying Goodbye to Summer and Embracing the Autumnal Splendor

By Jessica Breault, MA, RP - Mental health Worker

Happy Fall! Summer always goes by too fast, but I can't complain about the beautiful leaves and the opportunity to wear my favourite cardigans (are you even a therapist if you don't have a collection of cozy cardigans?) Throughout the summer, I've been grateful to be able to meet with clients in Harmony House's beautiful (and air-conditioned!) outreach office. The office is in a secure, quiet building and is both spacious and bright, thanks to its giant south-facing windows. Having a separate space to meet with clients helps protect confidentiality and gives people a chance to leave behind their daily tasks and distractions. Physical spaces can impact our mindset and even our nervous system responses, and I hope that having a private and peaceful place to meet will help clients to decompress and tune into themselves.

We want to offer a heartfelt thank you to **Sharon Kavanagh**, whose generosity and enthusiasm for this initiative played a huge role in Harmony House obtaining the outreach office. As always, we are so encouraged by the support of our

community. We will soon need to find a new office to continue with her legacy and expand our work, and we request our donors and partners to assist us in locating a suitable space.

The changing of the seasons evokes different reactions for different people. Some of us may be looking forward to our kids being back in school, cooler temperatures, and the holidays coming up. However, for many of the women that Harmony House supports, this new season brings additional stressors and challenges. Getting your kids ready to go back to school can be expensive and time-consuming, and if your kids are changing schools as a result of changes in your living situation, this can be a big hurdle.

Supporting kids with homework and helping them to succeed in the classroom can be especially tough when your kids have been going through changes in their family and home environment. Holidays can also be an emotional time when your life is in transition, your

family structure has changed, or you don't have any family to celebrate with. For these and other reasons, September tends to be a time when more people reach out for counselling and family support. I look forward to continuing to expand the counselling program here, and I so appreciate the support of our Harmony House community as I gear up for this next season.



Give Back this Thanksgiving:

Donate to Women and Children in Need

On this Thanksgiving, let's support Harmony House families by providing them with meals. We would like to thank you for your kind contribution to our efforts. Regardless of the form of donation - either monetary or in-kind, we value and appreciate every single one. Even a small sum of **\$45 can help to provide a nourishing meal for a family of five.**





Welcome Tracy! Our new Volunteer/Program Coordinator.



I am Tracy Bray and It is with great pleasure that I have started working at Harmony House as the new Volunteer/Program Coordinator. I have worked in the social service sector for the last 17

years and have a passion for supporting and working with women. I started my career at Ottawa Victim Services where I was the Program/Volunteer Coordinator for seven years. I have spent the last ten years as a Violence against Women Counselor/System Navigator for Western Ottawa Resource Centre out of Ottawa Children's Aid. I look forward to the new opportunity of working at Harmony House and coordinating the amazing volunteers that support the women.

If you are interested in learning more about how you can help us, please feel free to contact me directly. I would be happy to provide you with further details

on our organization and the various volunteer opportunities available.

Please reach out to me at your convenience. You can contact me via **email at volunteercoord@harmonyhousews.com or by phone at P: 613.233.3386 ext. 222**. I am available to answer any questions you may have and discuss how your skills and passions align with our mission.

We greatly appreciate your willingness to contribute to Harmony House and look forward to hearing from you soon. Together, we can make a difference in the lives of women and children at Harmony House.



We appreciate the generous support we received from our donors and community partners throughout the summer of 2023!



Thank you tremendously for your outpouring of support to the Women's Open organized by **Mercedes-Benz Ottawa Downtown**, Skins Derma Care, and the New Hot 89.9. The total amount collected was an impressive \$30,820. All the proceeds will be used to provide meals and food programs like the community kitchen for the women and children at the shelter, including former residents.



We are thrilled to announce the winner of the 50/50 raffle at the women's open, Jill Heinbuch LeDuc!

Jill's incredible generosity shone through as she decided to contribute 50% of the total amount raised, which was a whopping \$420, to Harmony House.



We are beyond grateful for the donations from **DNA Genotek Inc.** for our Back-to-School program!

This fantastic campaign was put together by their dedicated and loving staff.

Provides backpacks, shoes, and school materials to families supported by Harmony House!



Summer Story Series from Harmony House

by Harmony House former residents and volunteers



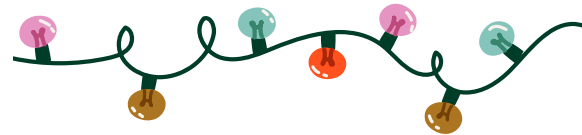
This summer, as temperatures rose and the sun blazed down upon Ottawa, many of us had the opportunity to flock to the cottages or indulge in our favourite outdoor activities. It was important to remember those who are less fortunate, who may not have a safe place to call home, and women who have been victims of domestic violence. That's why donating to women's shelters during summertime was crucial! Thank you so much for your summer donations!

We invite you to read the "Summer Story Series from Harmony House," inspired by our residents!

Read more here: harmonyhousews.com/summer-series



2023 Holiday Sponsorship Program



About the Holiday Program:

This year, we have three different programs that community members can get involved with: a Sponsorship Program, Ex-Resident Support and Holiday Extras.

1) Holiday Sponsorship Program:

Every year, we match up the families and single women staying at the shelter with individuals and organizations in the community who would like to help. This year, we have five single women and 7 families. Please indicate if you would be interested in sponsoring a single woman or a family.

2) Ex-Resident Support:

Ex-residents are able to access Harmony House whenever they need to or want to, no matter how long it has been. Many of our ex-residents continuously access us for support and for food bank. We want to support 30 ex-residents with a grocery gift card.

3) Holiday Extras Program:

Our shelter runs off of donations from folks who are community-minded like yourselves. We use these items on an ongoing basis to support all incoming and outgoing residents of Harmony House.

Please indicate which program you are interested in through this post, or feel free to message us and our contact staff member will reach out to you with the next steps.

If you have any questions, please feel free to contact **our Volunteer/Program Coordinator Tracy Bray** at volunteerco-ord@harmonyhousews.com or by phone at **P: 613.233.3386 ext. 222**

Giving Shelter Campaign

We've partnered with the @Shoppers Foundation for Women's Health™ to raise funds to support women fleeing domestic violence until Oct 6. Please consider donating at your local Shoppers Drug Mart or online at shoppersfoundation.ca #GivingShelter

Every dollar raised goes directly to organizations like Harmony House to help women in the local community!

