



A Season of Renewal: Growing Stronger Together

As the seasons begin to shift and the days grow longer, we are reminded of the power of renewal, hope, and community. Thanks to your unwavering support, Harmony House continues to be a place where women and children can heal, rebuild, and look forward to a brighter future.

This month, we are excited to share stories of resilience and transformation—testimonies from families whose lives have been uplifted by the care and generosity of our community. We are also delighted to introduce **Keisha Edwards**, the newest member of our **Childcare team**, whose dedication is already making a meaningful impact on the children we serve.

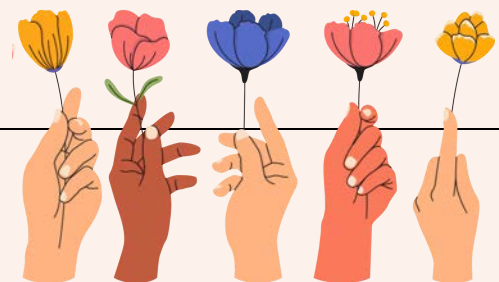
With **March Break** just around the corner, we deeply appreciate your support for our **"Give a Child a Break"** Campaign! Your generosity ensures that Harmony House children can enjoy safe, enriching activities during the break, offering them moments of joy, connection, and play.

February was truly a month filled with **love, generosity, and wonderful volunteer support**. We want to extend our heartfelt thanks to each of you who contributed to making a difference. Your kindness fuels the work we do and brings hope to families who need it most.

This Saturday, March 8th, marks **International Women's Day**, a time to celebrate women's strength, resilience, and achievements worldwide. At Harmony House, we remain deeply committed to our mission of empowering and supporting women and children to live their lives free from violence by providing transitional housing and programs that help them realize their full potential.

As we welcome this new season of renewal and possibility, we look forward to continuing this journey together. Thank you for being part of the Harmony House community and for believing in the power of change.

With gratitude, Harmony House





Honouring International Women's Day



On March 8th, we come together to celebrate International Women's Day, a time to recognize women's resilience, strength, and achievements everywhere. At Harmony House, this day is a powerful reminder of why we do what we do—because every woman and child deserves to live free from violence, with the support and opportunities to build a future filled with hope and possibility.

Our mission is at the heart of this work: empowering and supporting women and children to live their lives free from violence by providing transitional housing and programs that help them realize their full potential. Every day, we see the courage of women who take steps toward independence, healing, and renewal. And every day, we are reminded that change is possible when a community comes together to provide safety, dignity, and opportunity.

We envision a community where all families are safe, valued, and free from all forms of violence and oppression. This vision drives us forward, and we are deeply grateful for the donors, volunteers, and partners who help make it a reality.

On this International Women's Day, let's continue to advocate, support, and uplift. Together, we can build a world where all women and children have the freedom to thrive.

Happy International Women's Day! ♥



Building Hope: Housing, Infrastructure and Communities Canada Volunteers Create Welcoming Spaces for Families

Housing, Infrastructure and Communities Canada employees volunteered to help create supportive and welcoming spaces for families at Harmony House Shelter, making a meaningful impact on those transitioning to safety and stability.

At Harmony House, every act of kindness helps transform lives. We are incredibly grateful for their generosity and dedication in preparing homes for incoming families. Thanks to their volunteer efforts, we can expedite the move-in process and welcome three families into our shelter even sooner. Their support ensures that these families will have a stable and supportive environment as they take their next steps toward healing and independence.

Moving into a new space can be overwhelming, but the help of caring volunteers makes the transition smoother and filled with hope.

To our volunteers, donors, and community partners, thank you for supporting us. Your support ensures that more women and children can find safety, stability, and a fresh start. We look forward to more collaborations that continue to build a stronger, more compassionate community!



Meet Keisha Edwards: Inspiring Young Minds at Harmony House

We are thrilled to introduce Keisha, an enthusiastic and creative educator at Harmony House! Alongside Deka, our Child and Youth Program Supervisor, Keisha is dedicated to guiding and supporting young learners, especially those in shelters and families in need.

Her role goes beyond teaching—she inspires confidence, nurtures creativity, and equips children with essential life skills. Together, Keisha and Deka are looking forward to March Break, planning exciting outings and engaging activities as part of our "Give a Child a Break" initiative.

This program ensures that children facing difficult circumstances get the chance to experience joy, adventure, and a sense of normalcy through carefully planned activities that foster learning, exploration, and play. From fun-filled outings to hands-on, creative projects, the goal is to provide meaningful experiences that allow kids to just be kids.

Additionally, Keisha is passionate about introducing children to new opportunities, including physical activities, artistic expression, and interactive learning experiences that they may not otherwise have access to.

Whether it's team sports, nature walks, music workshops, or science experiments, these experiences help broaden their horizons, build confidence, and encourage personal growth. Through these activities, Keisha hopes to ignite curiosity, resilience, and a sense of empowerment, showing children that they can achieve great things, no matter their circumstances.

She looks forward to continuing to make a lasting impact and helping shape brighter futures for the young people she works with. Welcome, Keisha!



A Month of Love and Gratitude

February was a month filled with kindness, generosity, and community support at Harmony House. Thanks to the incredible generosity of Chef Joe Thottungal, Thali, and Coconut Lagoon, our residents enjoyed nourishing meals that provided both comfort and connection.

We are also deeply grateful to Smile Society Dentistry for their thoughtful donation of self-care essentials, bringing dignity and joy to the women and children in our care. Additionally, the May Court Club of Ottawa made Valentine's Day extra special by providing gift bags reminding survivors of domestic violence that they are valued and supported.

As we move into a new season, we do so with deep appreciation for this compassionate community that uplifts and empowers those in need.