



THE JUNE CALLWOOD CENTRE
FOR YOUNG WOMEN

Annual Report | 2018-2019

Learning & Growing Together



Message from Board Chair & Executive Director

“There is an extraordinary collaborative spirit when you are learning and growing.”



Upon reflecting on last year's events, we can't help but be proud of all that we have accomplished together at Jessie's. We faced challenges, but we managed to find a way to overcome these and to learn and grow together in the process.

Throughout the year, we were captivated by our amazing participants as they shared their thoughts, opinions and ideas on our radio show Powerful by Nature. We experienced complete awe watching participants perform their sweet lullabies to their children through our Lullaby Project partnership. We were extremely impressed with their bravery as they shared their written life stories through the Sister Writes project. We were overcome with joy as we witnessed eight remarkable young women graduate from Jessie's at the end of the school year. These occurrences didn't just happen by chance. They were the culmination of months and years of hard work, dedication and perseverance by the participants, their families, staff and volunteers.

We could not accomplish any of these milestones without an active board of directors and dedicated staff and volunteers.

We believe that learning and development is an integral part of how we perform every day. We have a world-class competency model that spans across all areas and gives staff and participants the ability to be empowered to take ownership of their personal development.

On behalf of the board of directors and Executive Director, we thank all the staff and volunteers for their commitment, passion and hard work. We also want to thank our participants and their families for allowing us to be a part of their journey and for choosing Jessie's.

This year also marked a significant accomplishment with respects to fundraising. Our donors continue to recognize Jessie's and the critical work that we do. We thank our donors and funders for supporting our mandate, for being a part of our community, and for their continued generosity. Our hearts are full of gratitude!

As we gear up for 2020, we look forward to continuing to learn and grow together.

**Najma Kahiye, Board Chair &
Maritza Sanchez, Executive Director**



Professional Development Enriches Service Delivery

Learning and growing is an ongoing process for our multi-disciplinary team at Jessie's.

This past year, we developed and implemented team-based reflective practice activities. Engaging in reflective practice helps to understand the participant needs better, strengths, and challenges to support families by critically reflecting on the effectiveness of our approaches. Sharing experience is a great teacher, and listening to other perspectives can open us up to new possibilities, strategies, and knowledge.

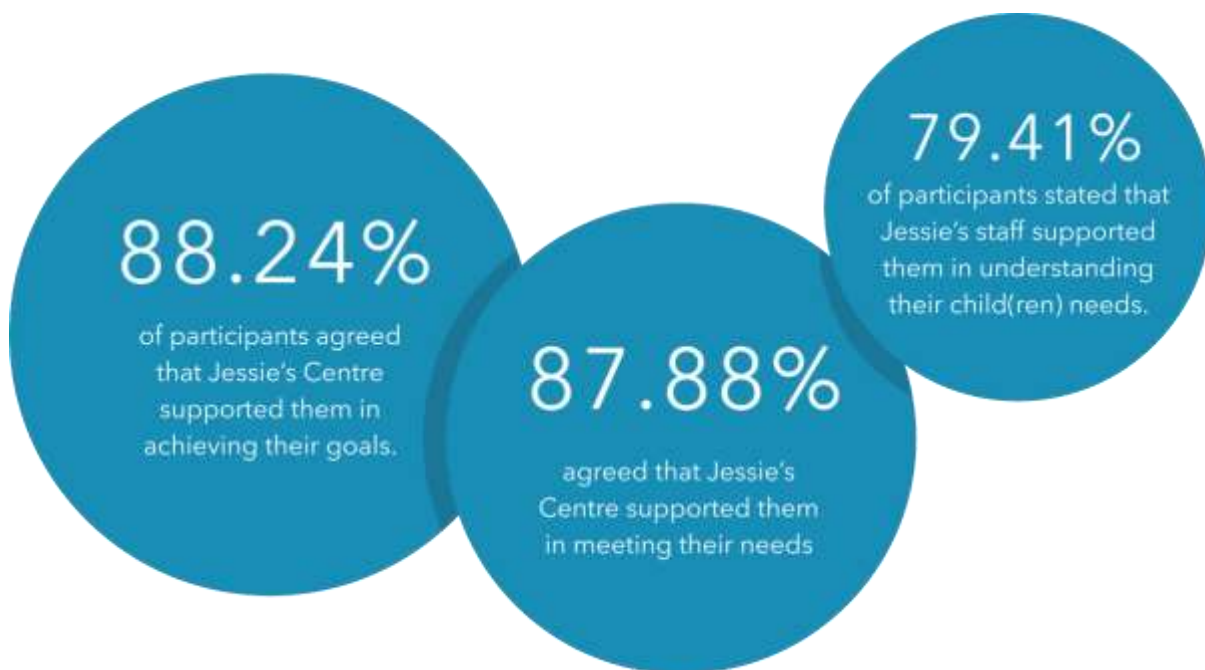
The team at Jessie's actively pursues professional development opportunities to ensure that knowledge and skills stay relevant and up to date so that they excel in their profession. This year, our Parent-Child Centre team participated in various workshops such as Parents as Active Participants in Early Years Programs; the Power of Language; and the Impacts of Stress on Young Children. Our direct service team participated in workshops such as Responding to Trauma, Challenging Behaviours in Youth; Eviction Prevention; Understanding

Mental Health and Harm Reduction in Housing; and Mindfulness Studies. Members of the direct service team also attended conferences with a focus on Changing the Child Welfare System for Ontario's Black Community; Racialized Maternal Health and Best Start. Jessie's is committed to building an understanding of racism, discrimination, and bias. And, to create an environment where all participants and their children, staff, board members, volunteers, agencies, partners, and students are treated with respect and dignity. This year, we participated in a 2-day training of Racial Healing + Racial Equity to support and embody our values of anti-discrimination, equity, and diversity. Racial healing toward racial equity is designed to raise awareness of unconscious biases and inequities to help communities heal. Together we learn to identify and challenge barriers that exist in obtaining or accessing programs and services.

All of these professional development opportunities have equipped our team with new ways to sharpen skills within their professions and to be more aware of changing trends and directions in the sector. We are confident our team will continue to expand their knowledge and skills and are committed to improve and enhance our programs and services continually.



Our Program Impact in 2018 and 2019



19 Young women enrolled in our school program

3,743 Youth & community members

144 Children cared for in the PCC

214 Well Woman & Well Baby visits

23 Youth in Leadership Building programs

237 Youth received services at Jessie's

82 Youth received housing stabilization supports

4,009 Counselling sessions delivered

92 CEP presentations delivered to **3,743** people

191 Youth attended prenatal classes

122 Youth attended parenting groups

Over 6,000 Meals served

43 Volunteers dedicating **5,600** hours

16 Live Radio Shows with **1,000** listeners

Reaching Out


The Outreach Committee is an excellent opportunity for participants in our programs to have their voices heard and affect real change within Jessie's.

Our Outreach Committee is comprised of participants and staff who meet monthly to discuss initiatives to raise awareness of Jessie's programs and services among potential service users and community partners.

The committee has begun intentionally expanding our outreach and the CEP presentations we do by targeting the neighbourhoods where young parents live and connecting further with the programs and agencies that serve youth in those areas. We determined that key target neighbourhoods are Scarborough, Rexdale, North and West Toronto.

Additionally, Jessie's reimagined its YouTube Channel launched in October 2019. Hosted by our CEP peer educator team, our new YouTube videos feature the personal stories of young parents and videos on topics ranging from high school sex education and sexual and reproductive health to abortion access, feminism, and healthy relationships. The aim of the channel is multi-pronged. We hope to raise

awareness about the services Jessie's Centre can provide while simultaneously destigmatizing teen parenting and pregnancy and providing young viewers with information about their sexual and reproductive health. Finally, our channel offers a platform for our peer educators and participants to share their stories, highlight their successes, challenge stereotypes and share their experiences juggling the demands of being both a parent and a young person. Videos will be uploaded to the channel monthly and will be shared within groups and workshops in the centre and outside of the centre. **Find us on YouTube @JessiesCentre.**



Too many decisions. Where do I start?

WE'RE HERE TO HELP. WE'RE HERE TO LISTEN.

If you are pregnant, think you may be pregnant or have a child and are 19 years old or younger, Jessie's is here to help.

FREE AND CONFIDENTIAL SERVICE

416-365-1888

Jessie's THE GIVE CALLWOODS CENTRE FOR YOUTH SERVICES

The committee also worked to create more appealing marketing material for young people, leading to the development of new postcards which focus on three key times in a young parent's life: pregnancy, parenting, and life after baby. In the coming year, we aim to provide all of our marketing materials and resources in Spanish and French.

Shakaila's Story

I was 18 years old when I found out I was pregnant.

I was going through my “live fast, die young” stage of life. I had never imagined that being a mother was in my future, hell, I barely thought I had a future. After I made the decision to become a parent, I found out about Jessie's from a friend and decided to go for an intake with a counsellor.



I found out about Jessie's from a friend and decided to go for an intake with a counsellor. Because I was a high school dropout, and with my counsellor's encouragement, I decided to enroll in Jessie's high school. My teacher Lynn was incredible and pushed me to achieve all my academic goals. Jessie's also gave me the tools I needed to parent. At Jessie's, I took my first prenatal classes where I learned about stages of pregnancy, breastfeeding, baby cues, ages and stages, and more.

My mom always told me it takes a village to raise a child and at Jessie's, I found my village.

After meeting other young parents at Jessie's and watching my prenatal friends transition into parenthood, I couldn't wait for my bundle of joy to arrive. I went into labour on New Year's Eve as we were counting down. Three days later, my daughter was finally born on January 3rd, 2016 at 7:27 am.

Being a new mom was both an overwhelming and amazing experience but with the help of Jessie's staff, especially my counsellor Regi, parenting while thriving didn't seem so unachievable. Soon after my daughter was born, my relationship took a turn for the worse. Things became toxic and eventually I knew I had to leave him. Through it all, Jessie's was there to help me out with counselling and safety planning.

I kind of lost myself during that relationship and when it ended, I had to find myself again. I learned what I wouldn't settle for in my future relationships, what I deserved and what my daughter deserved.

I graduated high school in 2017 and walked across the stage with my daughter. I am now in college for social services. My daughter is three and the light of my life. I work hard to give her everything and then some. I never thought this would be my life but it is and I'm forever thankful that it is.

Today, I'm still involved with Jessie's. My daughter loves the staff and part of my healing started when I enrolled in the Community Education Program at Jessie's, where, as a peer educator, I share my story with high school students across the city.

My name is Shakaila and I am not just a “teen mom”. I am a kickass mom to a three year old going on 30 and a survivor with a bright future ahead of me.



Our School and Graduation

Learning in school happens in various and diverse ways at Jessie's.

In partnership with TDSB, Jessie's offers 12 spaces in our high school classroom for participants to earn credits at their own pace in a range of courses. Our wraparound model provides students with support from our multi-disciplinary team to ensure their academic, parenting, and overall well-being.

Although the number of credits earned isn't the only indicator of success, our students earned an all-time high of 40 credits last year. In June 2019, we had a record number of young women graduate high school. Eight young women received their Ontario High School Diploma and were celebrated by family, friends, TDSB administration, community members, our MPP, and Jessie's team.

Some of our high school graduates spent the summer upgrading courses to apply to post-secondary. Others were learning on-the-job skills as part of Youth Employment programs to earn money towards their post-secondary tuition. Our grads are planning on pursuing careers in Justice, Health Sciences, and Education. Throughout the 2018-2019 school year, our students participated in many enriching learning opportunities.

The Ontario Justice Education Network (OJEN) facilitated a series of workshops where our youth learned about their legal rights, accessing justice, family law, and careers in law. Throughout the year, students in both semesters participated in the Lullaby Project, which paired our students with diverse, passionate, and talented local Toronto artists to co-create lullabies for their children. Once written, the students joined the artists in the recording process, and the songs were performed in a concert at the Small World Theatre in May. In collaboration with the Toronto Art Therapy Institute, we delivered an Indigenous Arts course. The students used Art Therapy to create individual art pieces based on the 7 Grandfather Teachings.

With our limited resources, technology and sciences are courses that we, unfortunately, do not offer in Jessie's school program. However, we do recognize the importance of exposing students to STEM (science, technology, engineering, and mathematics) and giving them opportunities to explore STEM-related concepts. This year, with the support of a volunteer, we facilitated Coding workshops in the classroom. Participation in these workshops has sparked the interest of these young women in coding and IT Science. We hope that these initiatives will lead to an increase in women and minorities in STEM-related fields.

While they were learning academically, they were also growing as individuals and increasing their connection to each other as young women and young mothers.

Sister Writes

“I remember standing there waiting for something to fill those two blank spots on my test. Not an ordinary test like a math or science test, but a test that would determine my whole future. It would determine what I woke up and did tomorrow and every day for the rest of my life.”

So, begins one of twelve remarkable stories written by our students and published in Sister Writes magazine, Issue 3.1, as part of a collaborative creative writing community partnership.

The students in the TDSB high school classroom at Jessie’s had the unique opportunity to begin a journey that would lead to each of them becoming published authors. The Sister Writes Project is a writing program that brings published authors to work collaboratively with women who have extraordinary lives. They initiated a partnership with Jessie’s to create space for the stories of young prenatal women and mothers. In a series of writing workshops with award-winning Canadian authors Kate Cayley, Hoa Nguyen, Aisha Sasha John, Souvankham Thammavongsa, and Andrea Thompson, our students crafted stories rooted in personal experience that took on unique creative dimensions. Their stories are about pregnancy and childbirth, parenting, coming-of-age, and relationships

with partners and family. In these stories, there is great joy and profound fear, challenges overcome, and those still lying in wait. The stories describe how they make their way through the world as young women with tremendous responsibility, with a compass that comes from fierce love for their children, family bonds, friendships, and determination.



The result was some of the most powerful writing published by Sister Writes and it concluded with the book launch at the WE Global Learning Centre. The students celebrated their publication by reading their stories to a full house. Every single student attended, and every story was shared. CBC News featured the event on television and CBC radio. That evening it was clear: these young women had something important to say and knew how to say it. And everyone was listening.

Bringing Learning to Life in the Parent Child Centre

The Parent-Child Centre (PCC) offers a drop-in program and child-minding for participants when they are accessing services or programs within the centre. The PCC team sees ourselves as co-learners alongside the children and parents we work with. Upon enrollment in the PCC, parents are asked to share goals they have for their children and information about their children's interests, strengths and areas of struggle. Program planning is done based on this information.

We incorporate the use of Learning Stories into our daily program. A learning story documents the learning that is taking place with an individual child or a small group. The stories bring learning to life. They include descriptive details of what the child is doing, how he/

she chooses to manipulate the tools provided. The childcare providers include cues, conversation, or actions of the child(ren), and most of all, it includes feedback or information shared by the parents. The compiled information is printed and kept in the child's binder or displayed in the PCC. The displays include posters or home-made books that can be read to the individual child or their friends.

The learning stories provide the team, parent, and child with a visual benchmark on the successes or developmental goals that are being developed or achieved. At the end of the school year, the parent is provided with a booklet with the entire year's achievements.

LOOK OUT, I'm coming

Jeremiah was doing tummy time while playing on the mat. He was using his upper body muscles to pull himself forward and he was able to use his arms and knees to lift to a crawling position. He repeated the actions several times and seemed to enjoy moving his body while in this tummy position

Objects were placed slightly out of reach to encourage him to move towards the object. Jeremiah followed the objects with his eyes and pivoted his body to get the object.

POSSIBILITIES

When in a crawling position continue to support Jeremiah, rocking forward and alternating his arms to crawl.

Sit at the opposite end of a short tunnel from Jeremiah and call to him to crawl through the tunnel to you. This provides practice in moving and fitting their body into the space provided.

Jeremiah, 6 months
September 2019



GROSS MOTOR

- ♥ Lifting upper body
- ♥ Rolling from side to back and from back to side



VISUAL EXPLORATION

- ♥ Searching & tracking moving objects with his eyes
- ♥ Reaching for an object when placed in front of him by doing a 180° turn.

The Community Education Program



For over a decade, our Community Education Program has trained and supported young mothers to become peereducators and advocates.

Our CEP peer educators present to youth and other audiences across the GTA about intersectional feminism, sexual and reproductive health, pregnancy options, the realities and barriers facing young parents, gendered violence, and so much more. Last year, our twelve CEP peer educators spoke to over 3,000 people across the GTA and visited over twenty schools.

A core part of every CEP presentation is the personal stories of pregnancy and parenting our CEP peer educators share with audiences. Their stories illustrate

how the barriers they face, from poverty to food insecurity, are a result of structural oppressions that require political solutions, not personal failings. Our CEP coordinator and peer educators facilitate collective learning while destigmatizing teen pregnancy and parenting. They talk openly with students about everything from healthy relationships and safer sex to abortion access without judgement.

When Shakaila first heard about the Community Education Program, she was nervous about the idea of sharing her personal story with strangers. She has now been a CEP speaker and peer educator for six months and describes how sharing her story has “been an important part of my healing journey.” The CEP program encouraged her to pursue other opportunities to further develop her public speaking, advocacy, and critical thinking skills. Today, she co-hosts Jessie’s Powerful by Nature radio show, is a member of Jessie’s Outreach Committee, and is a public speaker with United Way Toronto’s Speakers Bureau.

Volunteer Spotlight

Jody Wordsworth

“Every moment I spend at Jessie’s, I feel the warmth, love and gratitude.”

This year we are highlighting Jody Wordsworth, a volunteer who has gone above and beyond for Jessie’s. Since Jody’s been with us; she has brought joy and light to our Centre, which we value and appreciate tremendously. As a volunteer in our kitchen, she has delighted our taste buds with delicious meals and ensured the success of our Food Program. We asked Jody how she has grown and learned since being at Jessie’s and here is what she had to say:

“I’ve had the privilege of being a volunteer in the kitchen at Jessie’s Centre for approximately ten months. During this time, I’ve had the pleasure of being around the amazing women that are assisting these beautiful Mom’s overcome many obstacles to achieve their personal goals and dreams. It has reminded me that when we dream and plan and have the right support system; great things are sure to happen!



In my humble opinion; everyone at Jessie’s Centre; whether paid staff, mom’s or volunteers are all at Jessie’s Centre to be the best version of themselves. Jessie’s Centre has “raised the bar” for me! Every moment I spend at Jessie’s, I feel the warmth, love and gratitude, which is helping me grow and love without boundaries. It certainly is bringing out the best version of me. I will always be grateful for having this privilege of being a part of this beautiful organization.”

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Yujia Zhu

Community Partnerships

Creating Opportunities 2018-19

Barbra Schlifer
Commemorative Clinic

Birth Mark

Centre for Mindfulness
Studies

Child Development
Institute

Children’s Book Bank

Inner City Health
Associates (ICHA)

ME to WE

METRAC

Midwives Collective
of Toronto

Ontario Justice
Education
Network (OJEN)

Parliament Library

Radio Regent

Roy Thompson Hall

Sister Writes

St. Michael’s Hospital

Toronto Birthing
Centre

Toronto District
School Board

Toronto Public
Health

Women’s Health in
Women’s Hands

Youth Employment
Service (YES)



Summary of Revenue & Expenses April 2019 - March 2019

Revenue	
Donations	\$ 358,030
United Way Toronto	\$ 460,254
Government Grants	\$ 686,556
Miscellaneous	\$ 20,011
Total	\$ 1,524,851

Expense	
Programs	\$ 1,126,994
Operations	\$ 140,776
Administration	\$ 173,798
Fundraising	\$ 17,311
Amortization	\$ 60,666
Total	\$ 1,519,545

Restricted Funds	
Casey Frayne Fund	\$ 20,933
Endowment Fund	\$ 33,402
Scholarship Fund	\$ 50,000
Capital Improvement Fund	\$ 243,232
Total	\$ 347,567





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FOR YOUNG WOMEN



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