

Let's

connect

Spring 2010

WOCRC Building 4th Floor to Expand Services

The Western Ottawa Community Resource Centre (WOCRC) is entering into a new expansion project, whereby a 4th storey will be added to its building located at 2 MacNeil Court situated near Hazeldean and Castlefrank in Kanata.



An architectural depiction of how the WOCRC building will look with its new 4th floor. The inset shows the current structure.

The WOCRC is a non-profit community, health and social services centre open to residents in the wards of Kanata, Goulbourn and West Carleton, as well as Nepean for community support services.

The WOCRC's services include counselling, information and referral. The Centre also provides a wide range of services for specific population groups such as children, youth and their families; seniors; adults with physical disabilities;

as well as women and children who have experienced domestic violence.

Funded equally by the federal and provincial governments and WOCRC as a stimulus project, the \$3.6 million expansion will allow downtown-based groups to deliver more health and social services for residents of Western Ottawa.

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"We are thrilled to announce this historic expansion project," said Cathy Jordan, WOCRC Executive Director, on behalf of the staff, volunteers and Board of Directors.

"When the Centre was built nearly eight years ago, it was designed with the intention of eventually expanding upward and this project will see the building's potential come to fruition for the benefit of residents of all ages and backgrounds," Jordan explained.

Most of the Centre's existing services will use a portion of the new 6,000 square feet of space, along with the Ottawa Children's Treatment Centre, which will offer expanded services for children with physical and developmental disabilities. A new partnership with the Centretown Community Health Centre will see the opening of a diabetes clinic.

The expanded Centre will be ready to open its doors by March 31, 2011, the deadline for all infrastructure stimulus fund projects.

"We are very thankful to the federal and provincial governments for supporting the important role community based health and social services play in building stronger communities," said Jordan. "This 4th floor will help us partner with other organizations to bring much-needed services to Western Ottawa."

Throughout the construction process, the WOCRC will continue to offer its full range of programs so service to the surrounding community is not interrupted. Watch upcoming issues of *Let's Connect* for the latest news on this exciting project!

Expansion Schedule Milestones

Final Site Plan Submitted to City **March 2010**

Tendering to Sub-Trades Begins **July 2010**

Construction Begins **August 2010**

Substantial Completion **February 2011**

Occupancy Completed, Programs Begin **March 2011**

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Executive Director's Message

Welcome to the 'new and improved' version of *Let's Connect*!



This publication has undergone a complete re-design to better reflect the WOCRC brand. We are also increasing the frequency of publication to a minimum of four times a year – spring, summer, fall & winter – with the possibility of special issues when we have extra news to share with our clients, stakeholders and partners.

In addition, we are undertaking a comprehensive project to completely redevelop the WOCRC website at www.communityresourcecentre.ca so we can communicate more effectively in today's electronic world and provide the most up-to-date information about our programs and services for our community.

The web redevelopment will include the ability to subscribe to *Let's Connect* automatically via email and even register online to participate in all types of WOCRC events and activities!

Stay tuned to upcoming issues of *Let's Connect* for progress reports on the website redevelopment initiative and details of our historic building expansion project. We will also be launching new monthly features such as Success Stories profiling clients and volunteers who have had a positive experience with the WOCRC.

I look forward to bringing you all the latest news and views about the many initiatives we're working on at the WOCRC, and especially celebrating the Grand Opening of our enhanced facility with you in April 2011!

Sincerely,
Cathy Jordan, Executive Director, WOCRC

Viva Our Volunteers!

In recognition of National Volunteer Week, the WOCRC held its annual Volunteer Appreciation Breakfast on April 16 at the Nepean Sportsplex.

Based on the theme *'Volunteering is a Work of Heart'*, the breakfast gave WOCRC staff an opportunity to thank the countless volunteers for their dedication and commitment to the organization.

The event also gave staff the opportunity to show their appreciation for the invaluable contribution of volunteers by presenting them with a service recognition pin.

Pins were handed out to a total of 55 exceptional volunteers: 17 pins for two years of service; 23 pins for five years of service; 14 pins for a decade of service; and Sui Wai Seto was



Recipients of service recognition pins for 10 years of volunteering gather at this year's Volunteer Appreciation Breakfast

recognized for an incredible 15 years of service assisting the WOCRC with its information technology needs.

Dedicated Peer Support Volunteer Wins Eva James Award

This year's Eva James Award was recently presented to Terry Longhorn, an outstanding volunteer with five years of service to the WOCRC and the Peer Support program.

Now celebrating its 20th year, the Peer Support program provides support to women who have been in an abusive relationship. Terry began volunteering with the Peer Support program in June 2005, and also assisted with activities related to the Communications and Fundraising department.

Her nominator, Shelley Evelyn, Peer Support Program Coordinator, says that Terry's leadership and commitment to ending violence against women exemplifies the principles that the Eva James Award represents.



2010 Eva James Award recipient Terry Longhorn (centre) with nominator Shelley Evelyn (left) and WOCRC Executive Director Cathy Jordan (right)

Terry's work ethic is legendary, from organizing the 20th anniversary of the Dec. 6 Vigil in memory of the École Polytechnique massacre, to providing outreach to schools through the Healthy Dating Relationships Program, to offering one-on-one support to several abused women

and the residents of the Chrysalis House shelter. Terry is an exceptional asset to the WOCRC.

Terry even purchased and planted 200 purple tulips to help recognize the 10th anniversary of the Violence Against Women (VAW) Memorial Gardens! "Terry is always available to offer support and guidance to other Peer Supporters in an effort to further enhance our services," says Evelyn. "Terry exhibits kindness and caring which add tremendous value to our Peer Support team and our VAW services."

The annual award is named in honour of Eva James, a dedicated community volunteer who passed away suddenly in 1995. Eva enthusiastically volunteered in the community for over 15 years and was one of the key people who helped to create the WOCRC.

Success Stories Series in the Works

One of the most effective ways to demonstrate the positive impact the WOCRC can have on our community is to share the many success stories of our clients who have enriched their lives by participating in the Centre's health and social services programming.

The main objectives of the success stories are to:

- Demonstrate the tangible benefits of using the WOCRC;
- Give clients, volunteers and community partners a voice to share their positive experiences with us;
- Encourage others in our community to use the Centre by allowing readers to imagine how they too could participate; and
- Showcase the excellent work of our staff and the value of the Centre to our partners and the community.

If you or someone you know has had a positive experience with the help of the WOCRC, we'd like to hear from you! Please email info@communityresourcecentre.ca to receive a form.

What Our Clients Are Saying...

As a new feature, each issue of *Let's Connect* will publish comments received as part of the WOCRC's programs & services evaluation process. This issue's quotes come from clients who received counselling services from the WOCRC:

“I feel comfortable coming here and talking about my issues with the counsellor. I feel safe and I trust who I meet with -- it's a really great feeling, thank you!”

“The atmosphere speaking to a counsellor is very comfortable; it was an easy process that I thought would be very difficult”.

“I feel less stressed coming here and having someone to talk to.”

“(The WOCRC staff) are fantastic...a real asset to our community!”

“I feel I was respected -- you will never know how much this and all you have done means to me. Thank you.”

Keeping You Connected

Let's Connect is published a minimum of four times a year – spring, summer, fall & winter – to keep you informed of news and activities at the WOCRC. If you would like to read more about a specific topic or have a story idea, please email info@communityresourcecentre.ca and we'll try to cover it in an upcoming issue!