



ELIZABETH HOUSE - PROJECT FUNDING



Psychologist

Fund a full year for
\$ 4000

Availability of a psychologist once a month at team meeting to consult with and provide relevant training.

As we accept clients with different challenges, it allows us to give parents opportunities to try to parent their children and to also explore other options to allow them to continue to parent full-time or to help them understand that they can still play an important role in their child's life even if they cannot parent full-time. The complexity of these clients and how to manage them has an impact on staff and is also ongoing work that staff is addressing.

To date, we have used the psychologist:

- To help us identify and address complex client behaviors (case analysis and development of working strategies);
- Our first case analysis also led to building comfort kits as part of coping strategies (comfort kits highlighted in our Wellness Activities section).

Training provided:

- Facilitating behavior change - motivational interviewing;
- Trauma and attachment;
- Suicide/Self Harm.



Therapy Fund

Any amount appreciated
Fully fund the project for
\$ 5000

Set up a therapy fund:

- Some clients are dealing with mental health issues / past trauma issues.
- Non-paying therapies / programs can involve long waiting periods to access. Our young moms cannot afford the long wait periods, especially when keeping children in their care is reliant on addressing their personal issues immediately.
- Our goal is to help clients find the appropriate resources to address their needs and that are affordable (sliding scale fees).
- Accountability: EH will pay for first 8 sessions that they attend; EH will not pay for missed sessions.
- Our goal is to support clients financially at beginning of their therapy. During this time, we would also help clients to budget for future sessions.



Wellness Activities

Fund a full year for
\$ 3000

The wellness program is designed to increase awareness of healthy behaviours and to promote positive lifestyle changes.

- The residents will be participating in physical activities such as exercise, dance, and yoga classes.
- Additionally, the residents will be involved in activities / creative projects that promote self-esteem such as making quote boards, vision boards.
- The wellness program introduces new skills and interactive techniques to help residents improve their health and increase their life satisfaction.

Building Comfort Kits:

- This wellness activity came from a discussion about mental health and how to help clients in crisis - building comfort kits that provided different items to use as positive coping strategies when dealing with stress, anxiety or when in crisis.
- The clients were given bags with different items that can be used to de-stress, self-soothe and bring comfort. Some of the items that were included were: puzzles, books, markers, notebooks and stress balls, bubble bath, masks, gum, etc.

Budget covers:

- Bringing in experts for activities: yoga instructor; drama therapist;
- Gym membership cards;
- Materials for vision / quote boards;
- Beauty products: masks, etc.;
- Comfort kit items.



Summer Program

Fully fund the project for
\$ 3000

- This program is offered over the summer when a number of young parents are on summer hiatus from school and when most community organizations and activities close for the summer.
- The program consists of 2 activities per week:
 - The first activity introduces summer activities that young parents can do with their children and;
 - The second activity focuses on young parents allowing them to have fun and indulge in positive activities.
- The program will also have a learning workshop component to help parents prepare for activities and build different skill sets to help them be successful in life: The program helps parents work different skills such as time management, organization, being prepared for the unexpected and encourages them to do research about the activities they will be attending.

Objectives:

- Positive parent-child bonding opportunities.
- Promote positive activities for young people.
- Decrease social isolation.
- Connect and familiarize with community resources / activities.
- Build and practice skill sets such as time management or organization.

Budget covers:

- All outings and activities;
- Food for participants.



Summer Day Camp

Fully fund the project for
\$ 2000 - 3000

The summer program could end with a 3-day 2-night summer day camp; this would take place at a rented cabin or campsite to give the parents an opportunity to have a get away with their children.

Summer Day Camp Program:

- Involving clients who participated in the summer program,
- The goals of the camp are to have the parents prepare for a trip and to give parents and children the opportunity to take a relaxing trip together.
- The camp will consist of parents working together to prepare meals for the group and engage in activities with the children with the support of staff.

Objectives:

- Positive parent-child bonding;
- Encourage organizational, preparation and time management skills;
- Challenge parents to balance their vacation time with entertaining their children,

Budget covers:

- Renting a cabin or renting an existing site (ex.: Camp Weredale);
- Food allowance;
- Babysitting services;
- Camping activities, such as canoeing, hiking, campfire, etc.



Spring Break Activities

Fully fund the project for
\$ 1500 - 2000

An addendum to the Summer Program:

- 1 week worth of activities: mom activity and mom and child activities;
- For children, activities can be separated to suit needs of young children and older kids; for example going to the Biodôme for older kids; and going to Aquadôme for younger children. Other activities could include going to the children's library; jungle gym;
- For moms: physical activity and a pampering activity.

Budget covers:

- All activities;
- Food for participants.



Independent Living Support

Any amount appreciated
Fully fund the project for
\$ 2000

Preparing a "start-up kit" for clients as they move on from residential program to independent living or for clients in the community as they move out on their own.

- Start-up kits could include: food staples; first aid/kitchen/cleaning supplies.



Nutrition Program

Fund a full year for
\$ 500 - 750

Intersection of multiple skills:

- Learning about nutrition: Canada Food Guide; food labels & nutrition facts; meal planning and preparation; learning to read flyers; shopping for the group; cooking for the group;
- They will also be learning about the nutritional benefits of portion control, a balanced diet, healthy food/beverage choices, as well as meal preparations;
- Buying items on specials; menu planning with items on special;
- Budgeting; building of cooking skills; leadership and team building skills.

Budget covers:

- Covering specialty foods / grocery items for meal preparation;
- Vacuum seal machine and materials;
- Materials to complete a cookbook;
- Prizes as part of challenges.



Gardening Program

Already generously
funded!

- Hand-in-hand with the Nutrition program in terms of growing goods that can be used for menu planning;
- The Gardening program is for residents to learn how to grow their own produce and learn basic gardening skills;
- Residents will tend to the garden daily / weekly and will develop meal plans based on the produce they can use from the garden;
- The sessions will allow the residents to see which vegetables and fruit are ideal to plant in May and June; how to plant; how to harvest the produce, how to wash your produce; garden care and maintenance; tips on how to keep the animals away from your garden; meal planning, and benefits of gardening.

Budget covers:

- Start-up of items needed: Planter boxes and 'chicken coop' coverage to protect garden, plants, soil, etc.



Building traditions & celebrating events

Any amount appreciated
Fund a full year for \$ 2500

Our goal at Elizabeth House is to ensure families continue to celebrate special events and impart their traditions onto their children. And to help families create new traditions with their children.

Traditions:

- Strengthen your family;
- Create a connection between family members;
- Create a feeling of closeness and togetherness;
- Allow the family to spend special time together;
- Give kids a sense of belonging and identity;
- We make an extra effort to bring in different traditions around our clients' cultures to make Elizabeth House feel like Home.

Budget would cover activities to celebrate occasions such as:

- Halloween;
- Thanksgiving;
- Christmas;
- Mother's Day Celebrations;
- Father's Day Celebrations;
- Involvement in Community celebrations / activities.



Continued Education Program

Any amount or equipment donation appreciated

Fully fund the project for
\$ 5000

- Open to both internal EH clients as well as external clients living in the community who wish to complete their high school education through the D.E.A.L program (www.distanted.ca);
- No age limit, but clients must be 16 years or older;
- Continued Education Program will take place at PATH/TRACK apartment;
- On-site day care services will be available while mothers are in class (2 classrooms).

Items needed for purchase include:

- 4 computers, laptops, or tablets ;
- Tables (or desks), chairs, and all stationary for the classrooms;
- Phone line;
- Air conditioning;
- Internet;
- Smartboard or whiteboard;
- Projector and white screen.

Other costs:

- Tutors /teacher

Renovations needed include:

- Electrical and plumbing updates;
- Ramp to accommodate strollers;
- AC installation;
- Multiple electrical outlets for laptops / computers;
- Landline (or cell phone) to communicate with clients;
- Update current appliances;
- Add washer/dryer and dishwasher.



ABC Infant Stimulation Program for External Clients

Fully fund the project for
\$ 500

Goal:

- Working with parents (mothers and fathers) who have children 0 to 5 years;
- Help external clients who are experiencing difficulty adapting to their new role as a parent;
- Help parents understand their child's developmental need;
- How to incorporate learnings into everyday routines and tasks;
- Helping client understand where their child is at developmentally and providing activities to help promote development;
- Optimize visits and strengthen the parent /child bond.

Evidence of Action / Tools Used:

- Ages and Stages Questionnaire (ASQ) is a great tool to track the child's developmental milestones from 0 to 5 years;
- ASQ also provides activities for the areas that the child is struggling in;
- ASQ is user-friendly and the parent is actively encouraged to continue to use it.

Time and Location:

- 8-week sessions;
- Time and location based on client needs (parent and child).

Budget covers:

- Cost to update toys.



Ice Cream Treats Fund

Fund a full year for
\$ 250 - 500

A treat that residential clients benefit from once a week during the summer season.

- Going for a walk with their children and being treated to an ice cream.



Arts Material

Any donation appreciated
Fully fund the project for
\$ 2000

Program engagement is dependent on arts and crafts supplies to bring forward activities that highlight themes.

- Drama / art / music therapy materials for placement students in this field.



Client Emergency Fund

Any amount appreciated
Fully fund the project for
\$ 2000

Helping clients through difficult periods / emergency periods, especially for Family Assistance / Day Center clients who may be struggling in the community:

- Gift cards at practical stores: grocery stores; pharmacy; Walmart;
- Bus tickets;
- Taxi vouchers.



Dads Program

Fund a full year for
\$ 2000

6-session Father's Group

Budget covers:

- Hiring a male facilitator;
- Food for all participants.