



Spring into Action: April Highlights from The Door!

April News

Monthly Newsletter –April Updates from The Door

April was filled with creativity, learning, and community! We welcomed new placement students Emma V and Guesline, along with returning co-op student Osama, who've been a great support to our programs.

We kicked off with a powerful session from Period Purse and a special Eid dinner made by our ED, Malik. On National Autism Day lead my placement student Emma B, youth discussed about the importance of being kind to people with Autism. A few days later we hosted a lively goodbye party for our outgoing students with cake, karaoke, and VR fun.

Fridays stayed exciting with our Multicultural Young Chefs Program, sponsored by the Ottawa Food Bank, featuring baking. Youth as indulged in,

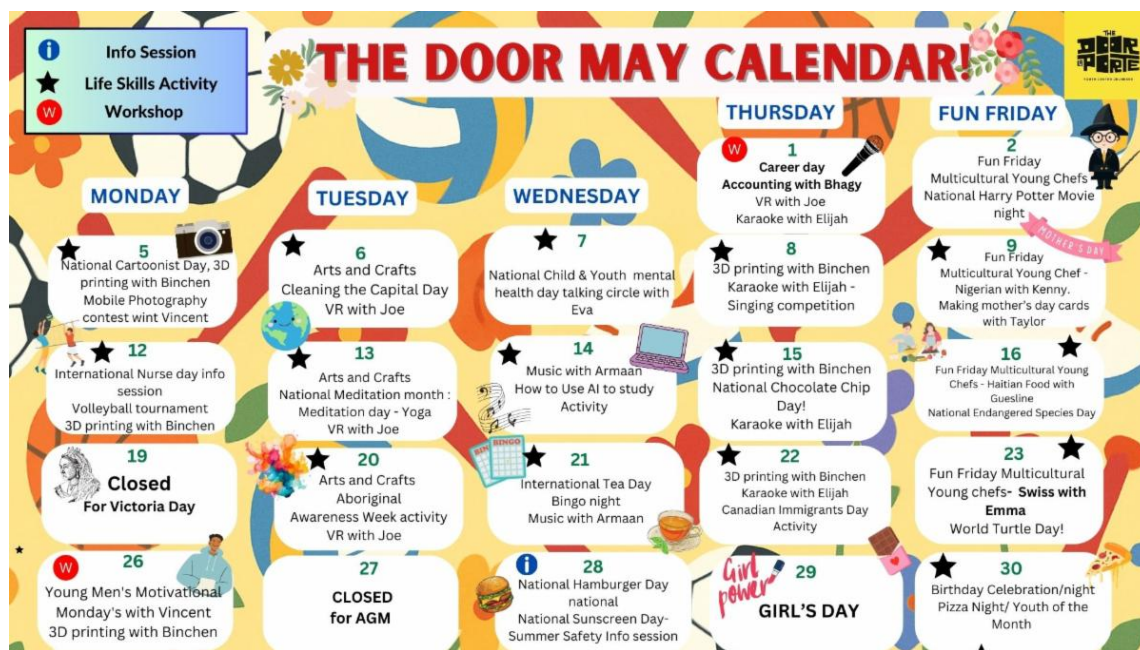
boutique browsing, and sports day, 3D printing, and arts and crafts like jewelry making and vest arts and crafts.

On Earth Day, youth learned about composting and worm farming from Akil Mesiwala, founder of The Box for Life. For the International Day of Pink, we reflected on bullying and ended the night with a fun game of musical Cups.

Our Career Day guest, Serguei, a practicing lawyer and board member to The Door, shared his journey and inspired great discussion. We also enjoyed an epic Flying Squirrel field trip, thanks to the Ottawa Community Foundation. Girl's Day, trivia nights, talking circles, We ended the month with a fantastic Volunteer Appreciation Night, where over 25 volunteers joined us for dinner and bowling to celebrate their impact. The last week induced a special bubble tea night where we made our own bubble tea for National Bubble Tea Day.

Thanks to our youth, staff, and community partners for making April such a vibrant and meaningful month at The Door!

May Monthly Calendar



Law Career Day with The Door Director Serguei

On April 10th our Career Day guest Serguei, an experienced lawyer and valued board member, shared his professional journey with our youth during dinner. He spoke about his educational path, what it takes to become a lawyer and gave insight into his daily responsibilities. Though his talk was brief and to the point it sparked thoughtful questions and meaningful conversation. The youth were engaged and inspired, gaining a better understanding of the legal field and the many possibilities within it. We hope the youth value these Career Day sessions and take away not only knowledge about different

professions but also the inspiration to pursue their own paths with confidence and curiosity.



A Night of High-Flying Fun at Flying Squirrel!



OTTAWA
COMMUNITY
FOUNDATION

The Door Youth Centre Presents

FLYING SQUIRREL FIELD TRIP!

April 17th, 2025 5-8pm
FREE FOR CURRENT MEMBERS OF THE DOOR



****Food and Transportation included****
For permission slip, please email:
programcoordinator@thedooryouthcentre.com

Thanks to the generous support of the Ottawa Community Foundation, 25 youth members and 5 staff and volunteers from The Door enjoyed an unforgettable evening at Flying Squirrel on April 17!

The night was packed with excitement as youth and even some staff and volunteers, took part in trampoline tag, free jumping, and non-stop high-energy fun. Laughter echoed throughout the venue as everyone challenged themselves, encouraged one another, and celebrated each leap and tumble. Events like these are more than just a night out, they encourage physical activity, strengthen friendships, and create joyful memories that youth (and staff!) will carry with them for years to come. It was a true reminder of the power of community, connection, and a little bit of adventure.

We are deeply grateful to the Ottawa Community Foundation for making this special experience possible. Their ongoing support helps create moments of growth, fun, and inspiration for our youth one jump (and one laugh!) at a time.



Youth take a short break from all the fun!



" Look at me!"



Even the volunteers had a a great time!



Another great field trip! Thank you Ottawa Community Foundation!



**OTTAWA
COMMUNITY
FOUNDATION**

invested for good

Earth Day at The Door: Learning from the Soil Up

On April 22, The Door celebrated Earth Day with a unique, hands-on learning experience that brought nature to life—literally!

We were thrilled to welcome Akil Mesiwala, founder of The Box of Life (@the.box.of.life), who led an engaging and interactive session with our youth focused on worm farming and composting. Youth had the opportunity to touch and observe live worms up close, learning how these small but mighty creatures play a critical role in regenerating ecosystems.

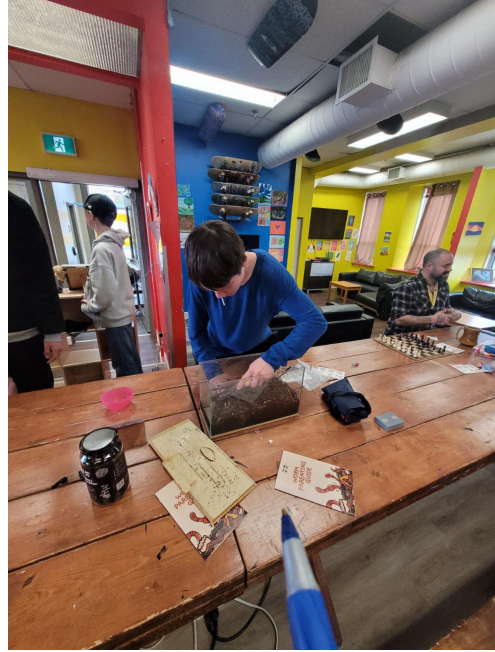
The session sparked curiosity and meaningful conversations around sustainability. As Akil shared, “In nature, there is no such thing as waste”—everything is recycled, broken down, and turned into soil that supports life.

A classroom worm farm isn’t just a fun science project, it’s a powerful educational tool that deepens understanding of environmental stewardship, healthy soil, and year-round, nature-based learning.

We’re grateful to Akil and The Box of Life for inspiring our youth to think differently about food waste, soil health, and their connection to the earth.



A youth bravely touches the solid and looks at the worms up close



Youth seemed intrigued by the worms



Pop Whiz Season 5 – The Door Youth Centre Shines!

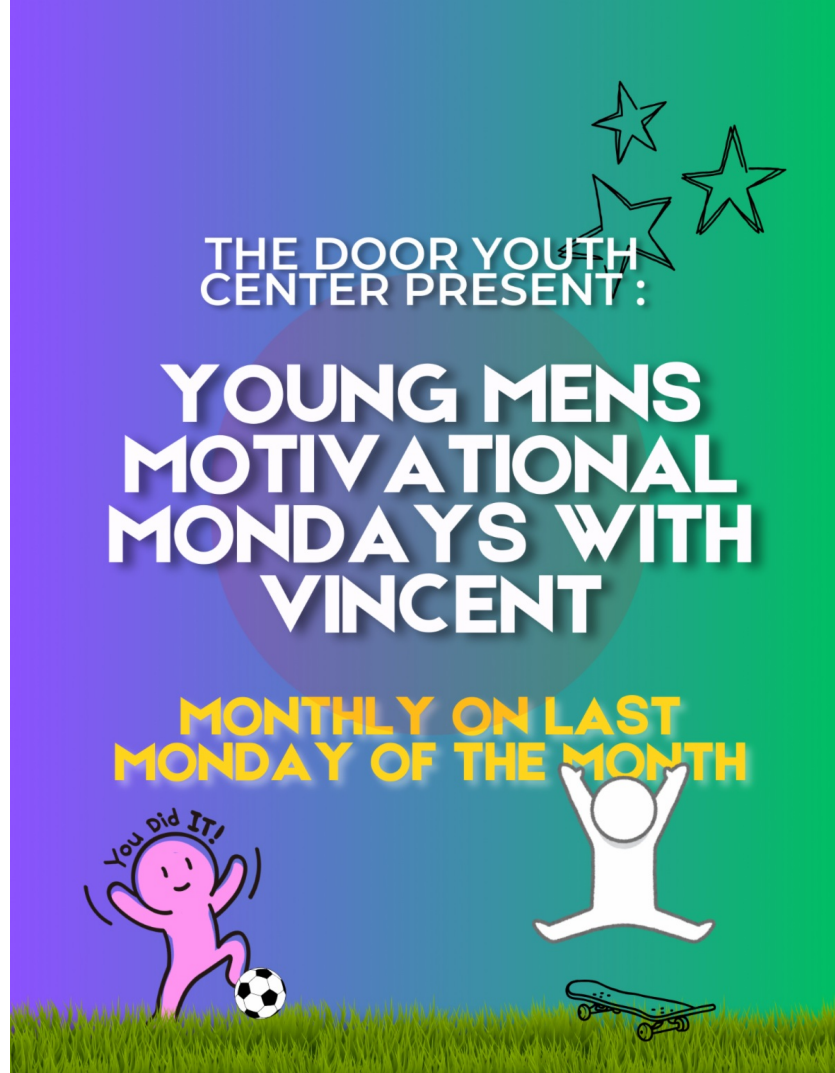


POP WHIZ is a travelling trivia game show that challenges teens from across Canada on their pop culture knowledge and it's back for an exciting Season 5 on GameTV and YouTube!

On April 12th, five of our youth Sean, Zander, Aya, Kanna, and Mohammed, had the amazing opportunity to represent The Door Youth Centre. They showed great spirit, teamwork, and courage as they competed in this fast-paced national TV quiz show. Although they didn't bring home the win, they did an incredible job representing The Door and made us all very proud!

A huge thank you to Pop Whiz for giving our youth this unforgettable experience. Be sure to catch the action on GameTV or Pop Whiz's YouTube channel ,and keep an eye out for the season finale later this year!

**Coming to The Door Youth Centre May: Young Men's
Motivational Monday's with Vincent**



We are excited to launch Young Men's Motivational Mondays with Youth Worker Vincent at The Door Youth Centre!

Taking place on the last Monday of each month, this new initiative is open to boy members of The Door Youth Centre and is all about creating a safe and supportive space for young men to connect, share, and grow.

Each session will open up important conversations around mental health, hygiene, friendships, relationships, staying safe online, stress management, job awareness, and dealing with life's daily pressures. We'll also cover everyday topics like managing chores, drug and alcohol awareness, understanding body image and body dysmorphia, and maintaining a healthy lifestyle through sports and recreation.

This summer, we'll also be welcoming special guests, including athletes and community influencers, to inspire and motivate participants by sharing their journeys and advice. We hope to continue guiding our young men into becoming confident and well-grounded individuals as we build community, confidence, and conversation, one Monday at a time.

Girls' Day – April 24th Recap

On Thursday, April 24, we hosted our monthly Girls' Day celebration! The

Girls' Day Committee planned a special evening, complete with a delicious dinner and a fun lineup of games and activities.

The evening began with the youth arriving and hanging out over snacks for the first half hour. Once everyone settled in, the committee led a series of lively games, including Musical Cups and Guess the Song. The girls competed enthusiastically for prizes and treats, filling the room with energy and laughter.

After several rounds of games, the group spent some time relaxing at the PCs until dinner was served. For dinner, everyone enjoyed spicy and flavorful Buldak ramen, which was a big hit!

Following dinner, some youth played UNO or enjoyed Roblox on the computers while waiting for the next activity to begin. The evening continued with a team improv competition, where the girls acted out creative scenes using props. Staff voted on the performances, making it a fun and spirited contest.

To wrap up the night, we ended with karaoke, a much-loved Girls' Day tradition! It was a fun and memorable evening filled with laughter, connection, and celebration. A heartfelt thank you to our independent donor for helping make Girls' Day a spectacular monthly event!



Inuit Bead Jewelry making with Sandra Thibaudeau



On Wednesday, April 16th, we hosted our first Inuit jewelry-making session at The Door, led by Sandra Thibaudeau as part of our Inuit Program initiative. Youth gathered to create beautiful earrings using traditional Indigenous beading styles, colors, and techniques.

This hands-on session offered more than just a creative outlet, it was a meaningful introduction to Inuit culture and the artistry that reflects generations of storytelling, identity, and resilience. Sandra shared insights into the cultural significance of the patterns and materials, sparking curiosity and appreciation among participants.

We're hoping to continue expanding our Inuit programming and are in conversation to bring in additional workshops that deepen cultural learning and celebration. It's opportunities like these that remind us how art can be a powerful bridge between cultures and generations.

Meet our new Co-op and Placement Students

The Door is happy to host many Placement and Co-op Students throughout the year. Each student brings valuable skill sets that help support the centre in unique ways. We asked our students to reflect on their personal journeys so far, and here's what they had to say:



Osama
Highschool Co-op Student

"Being a co-op student at The Door involves more responsibilities than being a youth member, but I really enjoy it because I get to learn new skills every day. I work three-hour shifts from 1 PM to 4 PM, and I chose to do my placement here because it's a fantastic place to learn, work, and have fun all at once.

I first discovered The Door a few years ago while walking past, it's close to where I live. That's when I joined as a youth member. Now, as a co-op student, I do a variety of tasks. My main role includes restructuring and organizing, but I also help out in the kitchen, support different programs, and occasionally take on admin tasks like making posters on Canva. I sometimes assist with activities too. Even after my co-op shift ends at 4 PM, I often stay to join in the youth programs, so on most days, I'm at The Door all day. My co-op ends on June 19, and I've really enjoyed so many aspects of being here—especially learning about the centre's history through old photos and watching how the staff and other placement students work together."





Emma. V
Placement Student

"My name is Emma V, and I'm a 19-year-old healthcare student from Valais, Switzerland. I'm currently living in Cumberland with my aunt and completing a non-specific internship outside of healthcare. This September, I'll be starting nursing school.

I chose to do my placement at The Door Youth Centre because I wanted to improve my English and gain insight into the lives of teenagers in Ottawa. I also saw this as a great opportunity to learn more about how a community centre is organized and run.

Since starting on April 16, I've already learned so much—from developing my English and digital design skills on Canva, to creating wonderful memories with the youth and staff. I'll be here until May 30, and I'm grateful for this enriching experience that will stay with me far beyond my time at The Door."





**Guesline
Placement Student**

"My time at The Door has truly been one of the most meaningful parts of my college journey so far. I genuinely enjoy working with the kids, playing with them, getting to know their unique personalities, and learning more about their behaviors. As an placement student, I've had the opportunity to observe how the staff build strong, positive relationships with the youth. Their patience, active listening, and ability to support and motivate the kids have left a lasting impression on me.

The staff have shown me what it means to lead with compassion and consistency, and they've inspired me to become the kind of leader I hope to be in the future. They remind me daily why community matters.

In addition to engaging with the youth, I've been able to take on tasks like inventory and other responsibilities that align with my academic program. The Door is a place where I feel supported, both personally and professionally. I'll be here until July, and I'm committed to using this time to keep growing, stay focused, and prepare for what's ahead."

Volunteer Appreciation Night Recap



On Friday, April 25th, we celebrated our incredible volunteers at The Door Youth Centre's Volunteer Appreciation Night! Over 25 volunteers, including current and past placement students, joined us for an evening filled with laughter, connection, and gratitude.

Guests enjoyed a delicious pizza and fries dinner from Seasons Pizza before heading out for two lively rounds of bowling. It was a wonderful night to recognize the dedication and impact of our volunteers, past and present.

The Door operates with a small but mighty team of just five staff employees and we rely deeply on our volunteers to help bring our programs to life. From assisting youth with homework and events, running activities, to supporting outreach initiatives, volunteers are essential to our mission.

The Door wouldn't be what it is without the hard work and commitment of our placement students, kitchen helpers, adult volunteers, board members, and the many behind-the-scenes heroes who keep our centre thriving. You help create a space where youth can simply be themselves free of judgment, full of support, and surrounded by care.

Thank you for all that you do. You are truly the heart of The Door.

Kids Up Front Ottawa: Creating Joy and Opportunity



Kids Up Front Ottawa connects children, youth, and their families to enriching experiences by providing free access to sporting events, theatre performances, concerts, museums, camps, and more. Their mission is to create joy, promote inclusion, and strengthen communities. In 2024 alone, Kids Up Front provided over 13,450 experiences valued at \$380,000.

By working with donors, ticket holders, and venues, Kids Up Front builds an inventory of donated tickets and distributes them through child-serving Community Agencies like ours. There is no cost for agencies to participate. Thanks to this partnership, The Door Youth Centre is able to offer youth exciting opportunities to attend events such as Ottawa Senators games, performances at the National Arts Centre, and visits to Ingenium Museums.

We are grateful for this collaboration and look forward to creating even more unforgettable memories with our youth!

For more information on events and tickets of interest, please contact Program Coordinator Susan at programcoordinator@thedooryouthcentre.com

Volunteer Opportunity: HOPE Volleyball SummerFest 2025



HOPE VOLLEYBALL SUMMERFEST 2025 VOLUNTEER WITH THE DOOR YOUTH CENTRE

hope

July 12th 2025

Help support a fun, outdoor event for a great cause

Roles include:

- **Parking Lot Monitors**
- **Bicycle Compound Monitors**
- **Greeter (Gate 2)**

Free access to the festival after your shift

Free food, water, and scheduled breaks

Orientation Night: Wednesday, July 9

**To join, email: programcoordinator@thedooryouthcentre.com
or info@thedooryouthcentre.com**

The Door Youth Centre is excited to be part of HOPE Volleyball SummerFest 2025, taking place on Saturday, July 12—and we're looking for volunteers to join us! This fun, outdoor event raises funds for local charities, and your support can help make it a success.

We're recruiting volunteers to assist as parking lot monitors, bicycle compound monitors, and greeters at gate 2. Volunteers will receive free access to the festival after their shift, as well as free food, water, and scheduled breaks throughout the day.

An orientation night will be held on Wednesday, July 9 to help you prepare.

If you're interested in joining our team for the day, please email programcoordinator@thedooryouthcentre.com or info@thedooryouthcentre.com. Let's come together to support a great cause and enjoy an exciting day in the sun!

Coming to The Door Youth Centre this May



3D Printing with Bingchen – Every Thursday

Step into the future with our hands-on 3D printing sessions led by Bingchen! Explore design, creation, and innovation every Thursday. Open to all curious minds ready to turn ideas into reality.



Mobile Photography with Vincent –May 5th

Capture the world through your phone like a pro! Join Vincent on May 5th for a creative workshop on mobile photography techniques, tips, and tricks. No fancy camera needed—just your vision!



Multicultural Young Chefs

Join us this May at The Door Youth Centre for a delicious lineup of global cooking lessons! Youth will learn to make a Nigerian dish with volunteer Kenny, a Haitian dish with placement student Guesline, and a Swiss dish with placement student Emma.

Special thanks to the Ottawa Food Bank for sponsoring this program!

ACCOUNTING CAREER DAY

with Bhagy

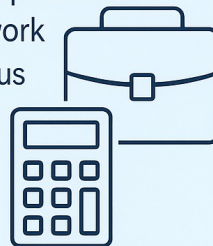
ACCOUNTING CAREER DAY

with Bhagy

DISCOVER YOUR FUTURE IN ACCOUNTING!

- Learn about career paths
- Get tips from Bhagy's experience
- Ask questions and network
- ☀ Perfect for anyone curious about finance, accounting, or business careers!

DON'T MISS OUT!



Career Day with Bhagy – May 1st

Explore future paths with lawyer and board member Serguei at our upcoming Career Day on April 10th. Get inspired, ask questions, and learn what it takes to pursue your goals in law and beyond!



Get Ready for Trivia Night!

We're excited to invite you to Trivia Night, presented by The Door Youth Centre!

Join us on Tuesday, May 14 at 7:00 PM at Fiesta & Tequila (170 Preston Street, Ottawa) for a fun-filled evening of trivia, hosted by the Ottawa Trivia League.

Tickets are \$12 per person, and both the Ottawa Trivia League and Fiesta & Tequila are helping to make this fantastic event possible. Bring your friends, test your knowledge, and compete for bragging rights in a lively atmosphere. To purchase on Eventbrite here [Eventbrite tickets](#)

Join The Door's Team Fundraiser Challenge!



Get ready for some friendly competition. Throughout May 2025, The Door is hosting our Team Fundraiser Challenge to support the incredible youth in our community—and we want you to be a part of it.

Teams will go head-to-head to see who can raise the most funds, all in support of vital programs for local youth. It's a chance to rally your friends, coworkers, or community group and make a meaningful impact. Plus, there are exciting weekly prizes and a grand finale prize pack up for grabs.

Top Team Prizes include:

A \$100 Moxies gift card + \$72 Escape Manor gift card,
or
5 Klimat Climbing Passes (\$100 value) + \$72 Escape Manor gift card

Here's how to get involved:

1. Form your fundraising team
 2. Get creative with how you raise funds
 3. Watch your impact grow throughout the month
- Don't wait—click here to register and learn more and help us make a difference, one donation at a time. Use the hashtag #FundraiserChallenge to share your journey and cheer others on.
Click here to [Register](#)

Together, we can lift up our youth and have some fun while we're at it.



Spring Wish List

We appreciate your support and generosity

Here is our spring wish list:

Hygiene products like body soaps, lotion, deodorant, tooth paste, spring and summer clothes and toothbrushes. backpacks.

For more information on how to donate email Program Coordinator Susan at [Program Coordinator](#)



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Get In
Touch



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