



## Spring Updates From The Door!

### News

#### Monthly Newsletter – Spring Updates from The Door

As we step into April, we're reflecting on the amazing energy and community spirit that's carried us through the past few months.

In February, we embraced connection and kindness through activities that highlighted Black History Month and Valentine's Day. From interactive learning sessions to creative expression, youth explored stories of resilience, love, and community. Our winter wellness focus brought cozy vibes with self-care workshops and indoor games that kept spirits high through the cold days.

March brought even more momentum with vibrant programming and meaningful conversations. We marked Transgender Day of Visibility, hosted engaging info sessions for National Autism Day, and celebrated themed days like National PB&J Day. Youth got creative in arts and crafts, shared their voices through karaoke, and took on fun challenges like Minute to Win It.

Now, April is here, and it's bursting with fresh energy and exciting activities.

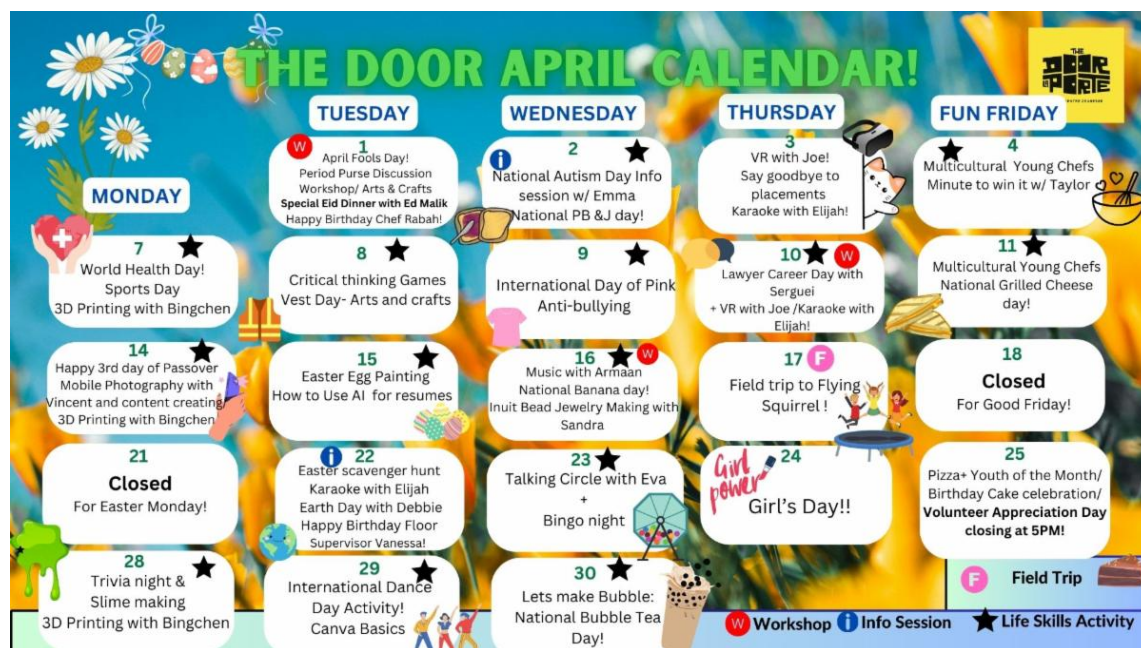


We began the month with a Period Pulse Discussion, a Special Eid Dinner with ED Malik, and plenty of hands-on fun. The calendar is packed with trivia nights, Easter egg painting, and special observances like World Health Day, Earth Day, and the International Day of Pink (anti-bullying). A major highlight this month is our field trip to Flying Squirrel, generously sponsored by the Ottawa Community Foundation — giving youth the chance to bounce, climb, and connect in a fun, active space.

Workshops this month include Indigenous jewelry making with Sandra, AI for resumes, Canva basics, mobile photography, and 3D printing with Bingchen. We're also offering opportunities for career exploration with Lawyer Day and Talking Circles, and wrapping up the month with Girl's Day, Volunteer Appreciation, and our Youth of the Month celebration.

We're so proud of the way youth continue to show up, support one another, and grow together. Here's to more learning, laughter, and community in the months ahead!

## Monthly Calendar



### Inspiring the Future: Dave Massine Visits Our March Career Day

On Thursday, March 20th, our youth centre hosted another engaging session of our monthly Career Day series. We were thrilled to welcome Dave Massine, owner of Massine's Your Independent Grocer, located at 296 Bank Street, as our special guest speaker.

Dave brought incredible energy and authenticity to the room, sharing his journey as a local business owner and what it takes to run a successful



grocery store. His passion for serving the Ottawa community shone through as he spoke about the meaningful connections he's built with individuals and families over the years.

The youth were not only captivated by his story, but also excited by the interactive element he introduced—giving out prizes to those who paid close attention and answered questions during his talk. This added a fun and engaging twist that kept everyone on their toes.

What stood out most was Dave's genuine interest in the aspirations of our youth. He asked them about their dreams and goals, encouraging them to pursue careers that align with their passions. "At the end of the day," he reminded them, "it's important to do what you love."

Dave wrapped up his visit with a Q&A session, where many of our youth eagerly inquired about job opportunities, behind-the-scenes stories from the grocery world, and more. His visit left a lasting impression, inspiring many and reinforcing the value of hard work, community, and following your passion.

We're incredibly grateful to Dave for taking the time to share his experiences and wisdom. His visit was a true highlight of our Career Day series, and we look forward to continuing to bring more inspiring voices to our youth.



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**Spirit Week at For March Break**



The Door Youth Centre Presents:

# SPIRIT WEEK

March Break: 10th to 14th



The first March Break Spirit Week at The Door Youth Centre was an engaging, fun, and positive experience for everyone involved. Youth, staff, volunteers, and placement students all joined in to make it a memorable event.

Spirit Week kicked off with Dress Up Fancy Day, where six youth participated in the contest to win a gift card. The girls came dressed in elegant outfits, complete with makeup and accessories.

For Dress Up Like Your Favorite Staff or Volunteer Day, Kylee won the contest by dressing up as Taylor.

On Twin Day, Sylvie and Sendike paired up and won the competition, receiving a bunch of goodies to share.

Pajama Day saw lower youth participation, with only three dressing up, but many staff and placement students joined in. Aya won for the second day in a row and received a small gift hamper of goodies.

Finally, Sports Day wrapped up the week with a mix of activities. . After dinner, most youth went on a swimming field trip to Plant Recreation Centre.. The ping pong tournament winner was Osama, and Simon won "Best Dressed" for the day.

Overall, Spirit Week was a fantastic way to bring everyone together, creating lasting memories and strengthening the sense of community at The Door





Placement students  
and staff dress up  
like Vincent - Youth  
Worker



Aya and Kanna look like twins!



Winners for Twin Day!





**Another great swimming day! Thank you, Plant Bath!**

### **Virtual Reality come to the Door**

We're thrilled to introduce Virtual Reality (VR) at the youth centre, thanks to the efforts of our dedicated volunteer and board member, Joe Carrigan. With equipment generously sponsored by the Catherine Maxwell Project, youth now have the opportunity to expand their technical skills while engaging in fun, immersive experiences.

VR not only sparks creativity and exploration but also promotes physical activity, hand-eye coordination, and engagement in an exciting, interactive way. Every Thursday, youth can play and enjoy VR with Joe, making it a regular highlight at the centre!

Youth are encouraged to sign up, as spots are available on a first-come, first-served basis—so be sure to arrive early to secure your spot!



We can't wait to see how this new technology inspires and empowers our youth! Stay tuned for upcoming VR sessions!





## The Catherine and Maxwell MEIGHEN FOUNDATION

**1st Girl's Day Youth Council Members Elected  
and Girl's Day Sets a New Record!**

VOTE

**GIRL'S DAY  
YOUTH COUNCIL  
VOTING DAY**

**FEB 27TH 6:30-8PM**

Leadership opportunities:  
Chair, Vice Chair and Secretary



**BAKING  
COOKIES**

**4-6PM**



Must be a girl member of The Door Youth Centre or become one.  
For more info email [programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com)



February Girl's Day was a huge success—we broke another record with 25 girls in attendance, including five new members!

The day was packed with fun and activities! The girls kicked things off by exploring the centre's amenities, including the PCs, pool table, and ping pong room, and enjoying card games with friends. New members even got a tour from their peers!

Baking and nail art were a big hit, with many girls participating in cookie-making while others enjoyed decorating their nails with leftover supplies from last month.

We also held our Girl's Day Committee Elections, where girls ran for the positions of President, Vice-President, and Secretary. After listening to their peers' speeches, everyone participated in the vote. The ballots were counted, and the newly elected members were announced! Next, we'll be setting them up with their emails and discussing their roles and budget.

To wrap up the night, the girls had a blast with our traditional karaoke session—the perfect way to end another amazing Girl's Day!

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## Q & A with The Door Girl's Day Youth Council

### President Joulia



**What are some of your hobbies and interests?:** My hobbies are drawing, baking, writing, cooking, song writing, roller skating, skateboarding, tennis, yoga. I like a lot of things, I like being adventurous and I like exploring new things.

**Why did you run for the position you did? And why do you think you will do a good job?:** I ran for the position because it can be such a good and lovely time at The Door, and I am honoured to work with The Door Youth Centre. I know it will be a fun experience for me and all of you. I will be doing something I love and I heard we can get paid for this too so it's a win-win.

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## Vice President Joanne



**What are some of your hobbies and interests?** I like makeup, badminton, I also love talking about real life issues like mental health, racism, sexism, and more. I do journaling at home and hangout with my friends is a big one.

**Why did you run for the position you did? And why do you think you will do a good job?:** I like being able to suggest ideas and be in charge. I also love when people come to me as their safe space it makes me feel trusted. From a personal experience, it made me realize I need to keep things in control. I think that makes me patient and needed.



## Secretary Soliana



**What are some of your hobbies and interests?** Playing badminton when I can, drawing, painting, shopping, and hanging out with my friends.



Why did you run for the position you did? And why do you think you will do a good job?: I ran for the secretary position because my friends were doing it and no one else was running. Another reason is that I'm good at taking notes, saving up, and presenting myself.

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## Girls' Day – March 27th Recap

Our monthly Girls' Day on March 27th was full of fun, creativity, and great energy—and it was the first one planned entirely by our new Girls' Day Committee!

We had 21 participants, including 5 new members joining us for the first time. The evening started with some delicious Tim Hortons snacks to get everyone fueled up. The main activity was tote bag decorating, and the creativity was flowing—some used iron-on patches while others sketched and painted their own original designs. Each tote became a unique work of art!

After a tasty dinner, the fun continued with free time. Some continued crafting, while others played on the PCs, sang their hearts out during karaoke, or broke out into an impromptu dance session. The space was filled with energy, laughter, and music all evening long.

A heartfelt thank-you to the generous independent donor who provided the funds to make special nights like this possible. Your support helps create safe, joyful, and creative spaces for our members.

We're already looking forward to the next Girls' Day!



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**Celebrating Black History Month at The Door Youth Centre**



## BLACK HISTORY MONTH



**BLACK QUEER HISTORY  
INFO SESSION**



**BLACK MOVIE NIGHT  
"SHOOTING STARS"**



**MODERN BLACK  
HISTORY JEOPARDY**

Throughout February, The Door Youth Centre proudly highlighted Black History Month with a variety of engaging and educational activities. Youth had the opportunity to celebrate Black culture, history, and achievements through interactive events, discussions, and hands-on experiences.

We kicked things off with Black Movie Night, where we showcased films that highlight Black stories and voices. The month also featured a thought-provoking session on Black Queer History with Shawn, focusing on the intersection of Black and LGBTQ+ identities. Youth put their knowledge to the test with our Modern Black Canadian History Jeopardy and Black History Month Trivia, which were fun and educational ways to expand awareness about Black history.

Additionally, we hosted a Nigerian-Inspired Cooking Day led by Shawn our Placement Student as part of our Multicultural Young Chefs program, where the youth had the chance to explore West African cuisine and dive into the rich flavors of Nigerian culture.

These activities provided a space for learning, celebration, and meaningful conversations, allowing youth to deepen their understanding of Black history and culture. A huge thank you to everyone who participated and helped make this month so impactful!



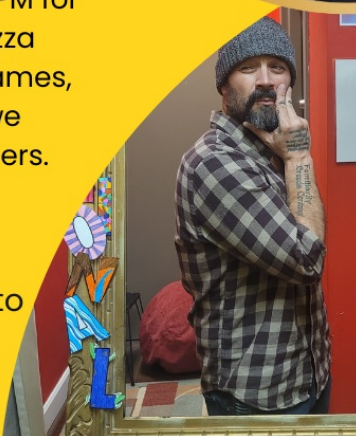
# VOLUNTEER APPRECIATION!

**WE APPRECIATE YOUR  
SUPPORT!**

**Our organization would not be what it is without the commitment and dedication of the volunteers who make The Door Youth Centre a special place for youth to be themselves.**

Join us on Friday, April 25th, at 6 PM for our Volunteer Appreciation Pizza Dinner! Enjoy a fun evening of games, karaoke, and socializing as we celebrate our amazing volunteers.

Email Susan at  
[programcoordinator@  
thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com) to  
**PLEASE RSVP**



## VOLUNTEER APPRECIATION NIGHT!

We couldn't do what we do without our amazing volunteers – past, present, and future!

Calling current & past adult volunteers, placement students, and alumni adult volunteers—this night is for YOU!

Join us on Friday, April 25th, at 6 PM for a Volunteer Appreciation Pizza Dinner at The Door Youth Centre!

Enjoy an evening of games, karaoke, and socializing as we celebrate your dedication and impact!

RSVP by emailing Susan at [programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com)

**Coming to The Door Youth Centre this April**





OTTAWA  
COMMUNITY  
FOUNDATION

The Door Youth Centre Presents

# FLYING SQUIRREL FIELD TRIP!

April 17th, 2025 5-8pm

**FREE FOR CURRENT AND NEW MEMBERS OF  
THE DOOR**



**\*\*Food and Transportation included\*\***

For permission slip, please email:  
[programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com)

## Exciting Spring Field Trip: Flying Squirrel Adventure!

The Door Youth Centre is thrilled to invite current and new members to an action-packed field trip to Flying Squirrel Trampoline Park on Thursday, April 17th, 2025, from 5:00 to 8:00 PM!

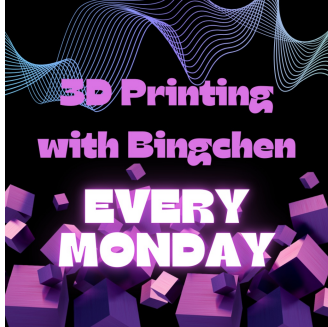
This event is completely free and includes transportation and food—just bring your energy and get ready to bounce! ♂

Spaces are limited, so don't miss out!

To receive a permission slip or learn more, please email us at [programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com).







### 3D Printing with Bingchen – Every Monday

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



### Mobile Photography with Vincent – April 14th

Capture the world through your phone like a pro! Join Vincent on April 14th for a creative workshop on mobile photography techniques, tips, and tricks. No fancy camera needed—just your vision!



### Easter Celebration – Egg Painting & Scavenger Hunt

Hop into the festive spirit at our Easter Celebration! Join us for colorful egg painting and an exciting scavenger hunt—fun for all ages and full of surprises.



### Career Day with Serguei – April 10th

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!





## Spring Wish List

We appreciate your support and generosity

Here is our winter/ early 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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