



Moments of May: A Month of Growth, Community & Celebration at The Door!



May News

Monthly Newsletter – May Updates from The Door

May was filled with creativity, outdoor fun, learning, and community!



We kicked things off with an Accounting Career Day led by our dedicated adult volunteer, Bhagy. Youth participants gained valuable insights into the educational paths and career opportunities in the field of accounting

Fridays stayed exciting with our Multicultural Young Chefs Program, sponsored by the Ottawa Food Bank, featuring cooking Nigerian Jollof Rice with adult volunteer Kenny, Haitian food with placement student Guesline, and chocolate chip cookies with placement student Emma.

Thank you to the Ottawa Food Bank for making the Multicultural Young Chef's Program possible!



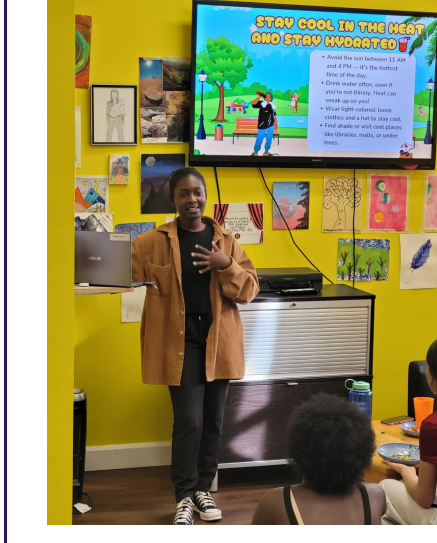
Ottawa Food Bank
La Banque d'Alimentation d'Ottawa

Later in the month, we explored another impactful profession, nursing, through an engaging info session in honor of International Nurses Day, where youth learned about the vital roles nurses play in our healthcare system.

We celebrated International Tea Day with a cozy tea party with assorted teas and biscuits and fun filled chats! On Canadian Immigration day, we celebrated the centre's diversity with an impactful discussion on what it means to be an immigrant and creation of a multilingual welcome sign!

National Sunscreen Day Summer Safety Info Session,

On May 28, we marked National Sunscreen Day with our annual Summer Safety Info Session, led by placement student Guesline. She shared practical tips on hydration, sun protection, and street safety. Youth enjoyed the relaxed dinner



setting and a fun “Would You Rather” game to reinforce key messages. We’re thankful for Guesline’s engaging delivery and dedication to summer safety!

In between, youth had a blast playing volleyball and basketball outside, as well as their favourite card and board games. We sang our hearts out every Karaoke Thursday with our adult volunteer Elijah, as well as embraced creativity and innovation through 3D printing with our adult volunteer Binchen. We started our community gardening project with planting thyme, zaatar and other plants, as well as tending to our seedlings at the centre.

We ended the month with a week of excitement, through the first Young Men's Motivational Monday, the AGM celebration, Girl's Day and our joint Birthday and Youth of the Month celebration

Thanks to our youth, staff, volunteers, students and community partners for making May such a vibrant and meaningful month at The Door! Here’s to more growth, learning, and joy in the warm months ahead!

June Monthly Calendar

Info Session

Life Skills Activity

Workshop

THE DOOR JUNE CALENDAR!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<p>2 Everybody Rows Info. Session Basketball with Emmanuel</p>	<p>3 Art and Crafts Thyme Travels with Caroline VR with Joe</p>	<p>4 Music with Armaan Pride Month Activity with Caroline Spelling Bee</p>	<p>5 3D Printing with Binghen Karaoke with Elijah World Environment Day</p>	<p>6 Multicultural Young Chefs: Youth Study with Canadian School Attendance Partnership</p>
<p>9 Speech and Debate Volleyball with Emmanuel</p>	<p>10 Arts and Crafts Thyme Travels with Caroline VR with Joe</p>	<p>11 Music with Armaan Bingo Night YOTM- Special Dinner- Burgers</p>	<p>12 Mental health circle with Eva 3D Printing with Binghen Karaoke with Elijah</p>	<p>13 Multicultural Young Chefs: Baking Dutch Speculaas Cookies with Caroline</p>
<p>16 Basketball with Emmanuel World Sea Turtle Day Activity</p>	<p>17 Art and Crafts Thyme Travels with Caroline Skilled Trades and Technologies Workshop VR with Joe</p>	<p>18 Music with Armaan International Picnic Day - Picnic Outside</p>	<p>19 Karaoke with Elijah National Garfield Day Activity Workshop Career Day: Psychotherapist 3D Printing with Binghen</p>	<p>20 Multicultural Young Chefs: Swimming at Plant Bath</p>
<p>23 Young men's motivational with Vincent International Women in Engineering Day Volleyball with Emmanuel</p>	<p>24 Arts and Crafts Thyme Travels with Caroline VR with Joe</p>	<p>25 Music with Armaan Pride Month Activity with Caroline</p>	<p>26 GIRL'S DAY</p>	<p>27 Pizza + Youth of the Month/ Birthday Cake celebration International Pineapple Day Canadian Multiculturalism Day</p>
<p>30 Basketball with Emmanuel International Asteroid Day</p>				

AGM Spotlight: Celebrating a Year of Impact!



What do you get when you mix passionate people, transformative programs, and delicious food? The answer: a night to remember at The Door's 2025 Annual General Meeting.

Held on May 27th, the event brought together board members, staff, volunteers, placement students, youth and community supporters to reflect on a remarkable year of growth and connection.

A highlight of the night came from the voices of youth, who shared heartfelt testimonials about the programs that shaped their year. Girls Night was presented by Soliana and Joulia, Multicultural Young Chefs was presented by Joanne, and Field Trips was presented by Zander. Their reflections underscored the impact of The Door's work in empowering young people and building a safe, inclusive community.

Treasurer Julie Fallon presented the 2024 financial report, offering transparency and insight into the organization's stability and stewardship. During the AGM welcomed City Councillor for Somerset Ward, Ariel Troster, whose presence reaffirmed the vital support of civic leadership in youth-centered initiatives.

The evening culminated in the celebration of exceptional individuals through the Pillar of the Community Award, Scholarship Award, Art Stinson Achievement Award, and Volunteer Appreciation Award. These recognitions highlighted the incredible spirit and contributions of youth and volunteers alike.

With the formalities complete, guests gathered for a dinner served by youth participant, a gesture that perfectly captured the heart of the event: community, leadership, and shared purpose. As conversations filled the room, it was clear that The Door is more than a program, it's a family.

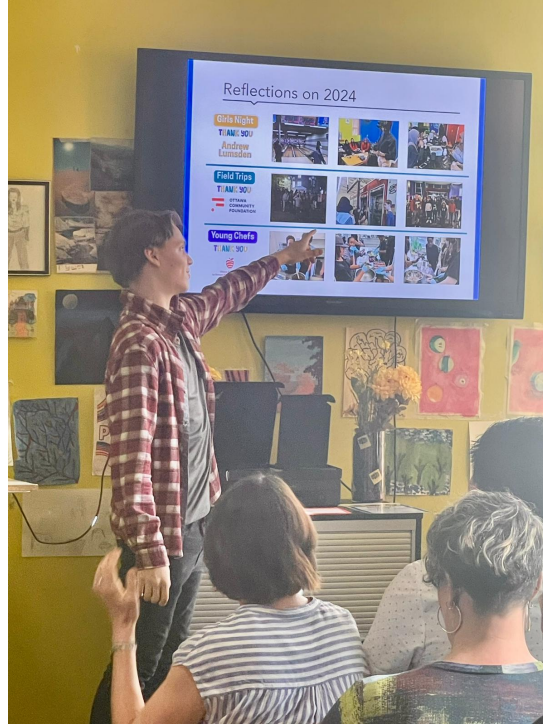
Click here for the [2024 Annual Report](#)



Youth interact with guests as they came in.



The Door Board Members and guests listen to Executive Director and Chair Rick Desclouds.

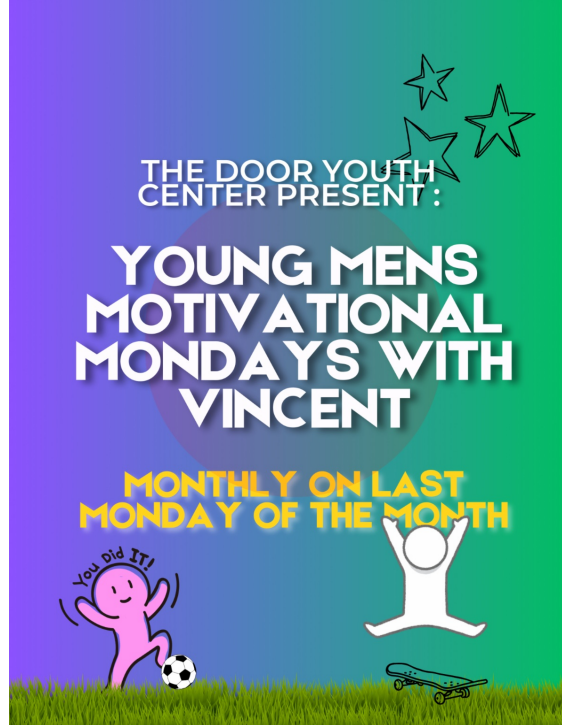


Youth Zander talks about the importance of The Door field trips sponsored by Ottawa ++Community Foundation



A delicious lineup of food served by youth

First Young Men's Motivational Monday with Vincent



Late May saw the launch of our pilot program, “Men’s Motivational Mondays,” created to empower young male youth through mentorship and connection. Led by Vincent, with support from Elijah and Bolaji, the first session encouraged open dialogue in a relaxed setting. Youth shared their hopes for the program, shaping its community-focused direction. With a foundation of trust and collaboration, we’re excited to watch this initiative grow and inspire.



Meet our new Placement Student

The Door is happy to host many Placement Students throughout the year. Each student brings valuable skill sets that help support the centre in unique ways. This month we welcomed a new placement student from Carleton University and asked her to reflect on her learning journey so far!



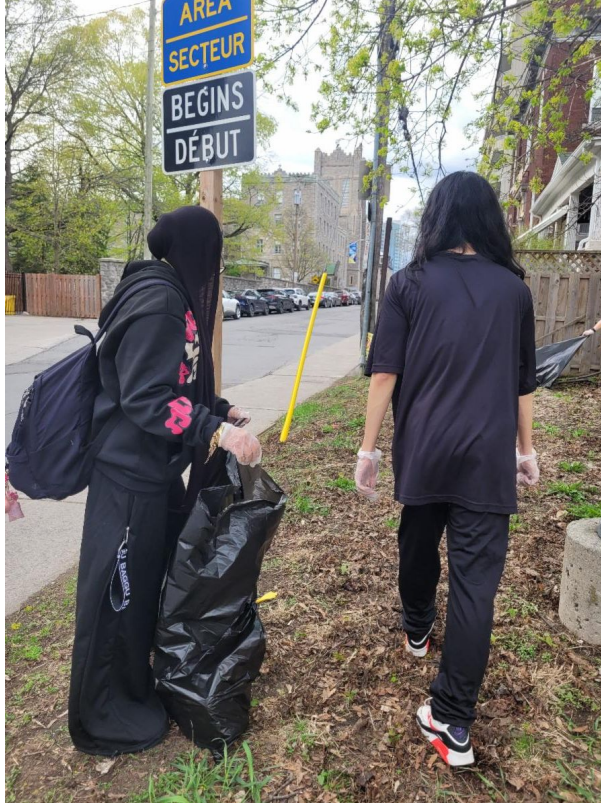
**Caroline
Placement Student**

"From the moment I first stepped into The Door, I had a strong sense that this placement would be a meaningful chapter in my education journey and it truly has been. The first month has flown by, filled with fun, fulfilling days alongside an incredible community. In just a month, this experience has made a significant impact on my development as a future social worker. I have gained skills and confidence in rapport building, conflict resolution, program building and implementation, and collaboration. I am looking forward to the next two months of continued growth and community connection!

A highlight of The Door is coming together as a community of people with various backgrounds, interests and skills that are all present and valued. The space has allowed me to apply my own experiences and passions in programming, such as gardening in the Thyme Travels program, and 2sLGBTQ+ education and rights in developing Pride month activities.

Overall, I am grateful to be able to complete my final BSW placement at the welcoming and inclusive community space of The Door!"

Youth Involved in Cleaning the Capital!



On Tuesday May 6th, the youth worked together to Clean the Capital! The small team made a huge impact on the community and planet. They demonstrated their passion for protecting the environment and raising awareness about pollution, while connecting and having fun with each other on the clean-up walk.



Volunteer Opportunity: HOPE Volleyball SummerFest 2025- We are still looking for volunteers!

VOLUNTEERS NEEDED!

July 12th 2025

Hope Volleyball SummerFest 2025

Help support a fun, outdoor event for a great cause

Roles include:

- **Parking Lot Monitors**
- **Bicycle Compound Monitors**
- **Greeters (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@](mailto:programcoordinator@thedooryouthcentre.com)

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 June



Workshop Career Day: Psychotherapist

This June we will welcome a practicing psychotherapist to learn all about the career! Youth will gain confidence in their career journey and impactful insights into the world of psychotherapy.



Thyme Travels: Community Gardening

Join us every Tuesday in June to enter the world of gardening and discover the joy of growing your own food! The youth get to plant, nurture, and harvest herbs like thyme and other greens, while learning about different cultures and traditions connected to gardening.



Multicultural Young Chefs

Join us this June at The Door Youth Centre for a delicious lineup of global cooking lessons! Youth will learn to make Dutch Speculaas Cookies with placement student Caroline,

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



Minto Park - Ward 14's No Yard, Yard Sale!



Join us for a fun and lively community event at Minto Park (315 Elgin Street) on Saturday, June 7th, starting at 9 AM.

No yard? No problem! Explore unique finds, shop from local vendors, and don't forget to visit our table to enjoy some savoury goodies.

It's a great opportunity to connect with neighbours, support the community, and discover some hidden gems. We hope to see you there.

Summer Wish List

We appreciate your support and generosity

Here is our summer wish list:
Sunscreen, summer clothes,
toothbrushes, running shoes,
backpacks, board games, video
games, PS3, PS4, PS5



SUMMER WISH LIST



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and generosity!

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- Sunscreen
- Running shoes
- Summer clothes
- Backpacks
- Board games
- Video games
- Toothbrushes
- PS3, PS4, P55

Every item helps bring joy to
someone this summer!

Thank you for being part of our
community!



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



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Get In
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