

# Happy 30th Anniversary to The Door Youth Centre!



30th Anniversary Cake



To celebrate, we held a barbeque dinner open to specific key members of The Door's community who have played important roles in the center throughout the past 30 years. A lot of work went into setting up for this event, and we would like to thank all of the staff, adult & youth volunteers, and placement students who participated. It was great to see everyone participating in the activities set up around the event, such as bean bag toss, mini golf, and the map activity. Dinner was a great success as well and included hamburgers, salad, and corn. After dinner, a few key individuals made speeches about their personal histories at The Door and how the Centre is such an important part of this community. There was also a time to recognize and appreciate the efforts of specific members of The Door's community. A beautiful piñata was brought out towards the end of the event and the youth had a great time destroying it! Overall the event was a great success and a wonderful time for the community and members of The Door. Thank you again to everyone who helped out and attended!

**ED Malik and former Councilor Catherine McKenney pose for a photo after being honored with a 30th Appreciation Canvas.**





**Our wonderful youth and adult volunteers did a great job!**

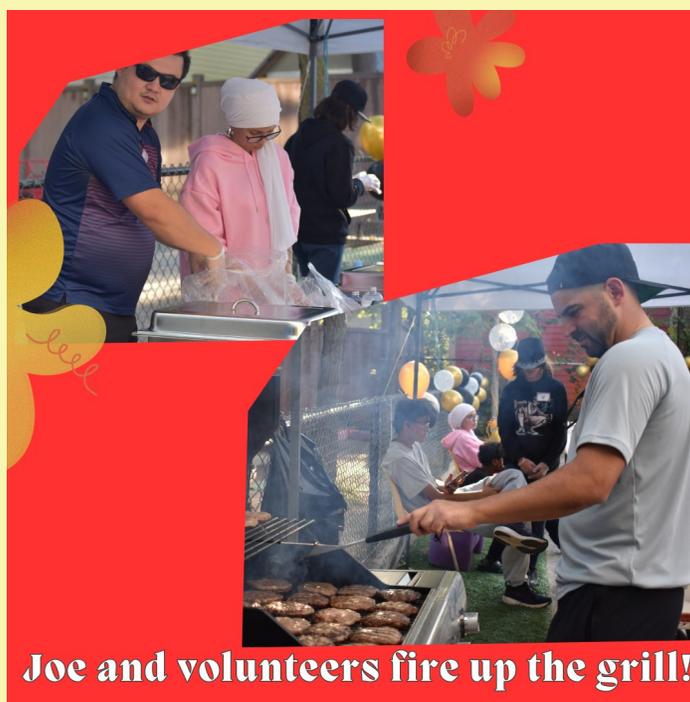


**Smiles and giggles all around!**



**Sebastian Giassert from RRRC and Suzanne Obiorah from SWCHC receive 30-year appreciation canvases from Malik ED and Chair Rick Desclouds.**

Farahnaz- Kitchen Cook, Joe- Board member volunteer, Malik- ED, Susan- Program Coordinator, Vanessa- Floor Supervisor, Evan- Youth Worker, Elijah- Youth Worker, and Nadira- previous Floor Supervisor take a moment for a picture.



Joe and volunteers fire up the grill!

## Super September at The Door Youth Centre!



### Club Nourish, learning about food with Foods

The Club Nourish program, in partnership with Just Foods, provided a rich and engaging experience for 9 enthusiastic youths over three sessions.

The journey began with an informative session in the ping pong room, followed by outdoor activities where participants explored the fundamentals of soil, seeds, and germination. They eagerly watered their seeds, looking forward to seeing them sprout by Monday.

In the second session, the group delved deeper into the anatomy of



**Just Food**  
Alimentation juste

seeds, Canada's seed imports, and the critical role of seed preservation in maintaining ecological balance. The youth were thrilled to take home a variety of seeds, allowing them to continue their learning beyond the program.

In the final meeting, the youth reflected on how food nourishes not just the body, but also the mind and spirit. They shared personal food memories and discussed the cultural significance of these experiences. A highlight of the session was enjoying a delicious salad made from the herbs they had grown, celebrating their hard work and fostering a sense of accomplishment.

Overall, Club Nourish created a positive and inclusive environment, enhancing the youth's understanding of food systems while cultivating meaningful connections to nature and their cultural heritage.



## Goodbye Elijah!

Late in September, we held a heartfelt celebration for Elijah on his last day at The Door. The event featured a special dinner, cupcakes, games, and karaoke, with youth actively engaging in the fun. Elijah's adaptability and influential presence made a significant impact on the centre.

Joining us in August 2021 as a placement student, he quickly won the hearts of the youth with his outgoing personality and encouragement. He played a key role in fostering a lively and supportive environment, especially during karaoke and recreational activities.



Known for his humor and reliability, Elijah also contributed to producing our newsletters and outreach efforts that welcomed new youth into the center. He will be deeply missed, and we wish him all the best in his future endeavors!



### September Girl's Night - Perler Beads Fun!

During this Girl's Night, the girls enjoyed working on arts and crafts with perler beads. They created colorful designs and then melted the beads together using an iron, with Julia's helpful supervision. The atmosphere was fun, with snacks, drinks, and music playing in the background. Some girls even sang together while crafting.

Everyone seemed to really enjoy the activity. Julia did a fantastic job of explaining the process and engaging the girls, encouraging some of them to try using the iron themselves, which they loved. By the end of the night, each girl had completed at least one design, showcasing their creativity and helping one another along the way.



### Our New Fall Placement Students

This month, we will welcome several dedicated placement students: Sophie, Emilie, and Taylor from Carleton University, Hayley from Algonquin College, and Eva from the University of Ottawa. Their enthusiasm and support are expected to make a significant impact on many areas of the center.

Over the next 3 to 6 months, they will be actively involved in workshops and information sessions focused on youth empowerment, mentorship, and community engagement. Their diverse skill sets will contribute to the development of engaging

content that enhances our programs and outreach efforts.

They have already shown their commitment and hard work by assisting with the September 13th Door 30th Anniversary celebration, helping to ensure the event was a success. Through their collaboration, they will help create a supportive environment that fosters personal growth and encourages active participation among youth. We are excited to see the positive influence they will have during their time with us!



## Fundraisers and Upcoming Events

**THE DOOR LA PORTE**

**Fundraiser Launch**  
**Walk, Run and Bike for the Door**

ONGOING THROUGHOUT OCTOBER 2024

HELP RAISE FUNDS FOR OUR COMMUNITIES YOUTH BY RUNNING, WALKING, OR BIKING!

CHANCE TO WIN A PRIZE!

A PRIZE WILL BE GIVEN TO THE INDIVIDUAL OR TEAM WITH THE MOST DONATIONS!

WITH EACH KILOMETRE TRAVELLED YOU OR YOUR TEAM CAN SECURE DONATIONS AND PLEDGES FROM FRIENDS, FAMILIES, COLLEAGUES AND MORE.

FOLLOW THE QR CODE FOR MORE INFORMATION AND TO REGISTER



Join the Door Youth Centre Fundraiser!

Walk, Run, and Bike for the Door  
Ongoing throughout October 2024

Help raise funds for our community's youth by getting active! With each kilometer you travel, you or your team can secure donations and

pledges from friends, family, colleagues, and more.

Win Prizes!

A special prize will be awarded to the individual or team with the most donations!

Follow the QR code or email [fundraising@thedooryouthcentre.com](mailto:fundraising@thedooryouthcentre.com) for more information and to register! Let's make a difference together!



The Door Youth Centre | 755 Somerset St W, 2nd Floor | Ottawa, ON K1R 6R1 CA

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## 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.

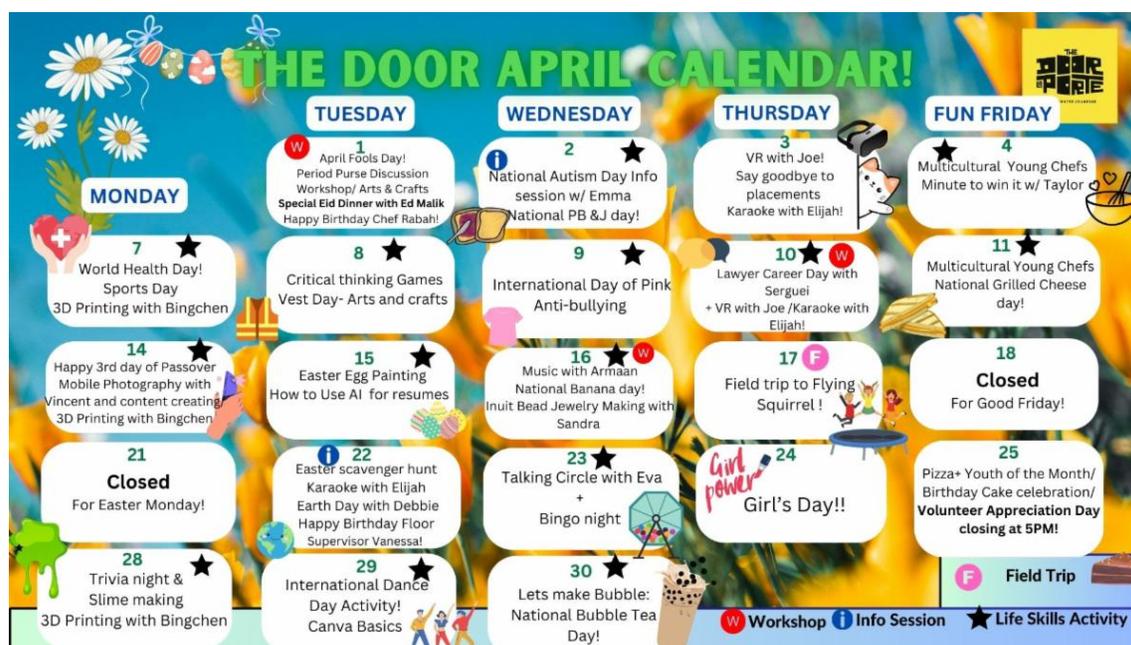
Now, April is here, and it's bursting with fresh energy and exciting activities.

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!**

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### **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!**

**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.

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## 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!





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!

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# 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 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)

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**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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Touch

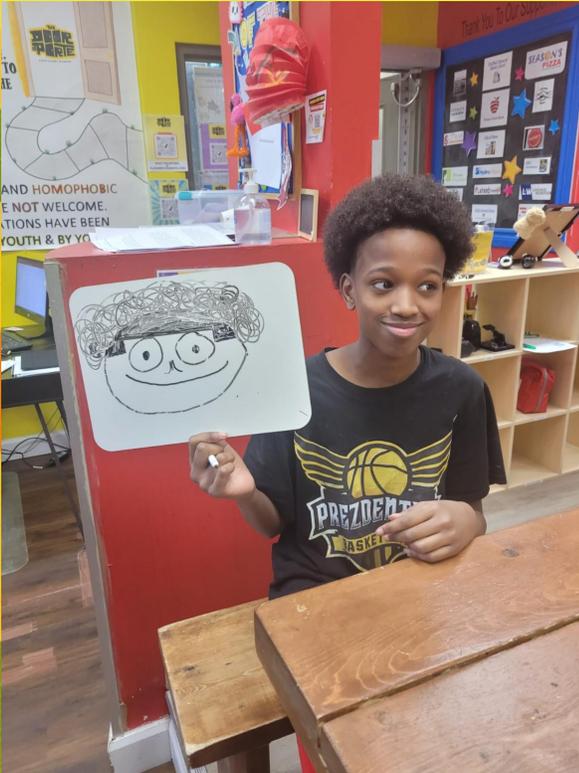


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## Spring into Action: April Highlights from The Door!

### 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

**THE DOOR MAY CALENDAR!**

**Legend:**  
i Info Session  
★ Life Skills Activity  
W Workshop

**MONDAY**

- 5 National Cartoonist Day, 3D printing with Binchen  
Mobile Photography contest with Vincent
- 12 International Nurse day info session  
Volleyball tournament  
3D printing with Binchen
- 19 **Closed For Victoria Day**
- 26 Young Men's Motivational Monday's with Vincent  
3D printing with Binchen

**TUESDAY**

- 6 Arts and Crafts  
Cleaning the Capital Day  
VR with Joe
- 13 Arts and Crafts  
National Meditation month :  
Meditation day - Yoga  
VR with Joe
- 20 Arts and Crafts  
Aboriginal Awareness Week activity  
VR with Joe
- 27 **CLOSED for AGM**

**WEDNESDAY**

- 7 National Child & Youth mental health day talking circle with Eva
- 14 Music with Armaan  
How to Use AI to study  
Activity
- 21 International Tea Day  
Bingo night  
Music with Armaan
- 28 National Hamburger Day national  
National Sunscreen Day-  
Summer Safety Info session

**THURSDAY**

- 1 **Career day**  
Accounting with Bhagy  
VR with Joe  
Karaoke with Elijah
- 8 3D printing with Binchen  
Karaoke with Elijah -  
Singing competition
- 15 3D printing with Binchen  
National Chocolate Chip Day!  
Karaoke with Elijah
- 22 3D printing with Binchen  
Karaoke with Elijah  
Canadian Immigrants Day  
Activity
- 29 **GIRL'S DAY**

**FUN FRIDAY**

- 2 Fun Friday  
Multicultural Young Chefs  
National Harry Potter Movie night
- 9 Fun Friday  
Multicultural Young Chef -  
Nigerian with Kenny.  
Making mother's day cards  
with Taylor
- 16 Fun Friday Multicultural Young Chefs -  
Haitian Food with  
Guestline  
National Endangered Species Day
- 23 Fun Friday Multicultural Young chefs-  
**Swiss with Emma**  
World Turtle Day!
- 30 Birthday Celebration/night  
Pizza Night/ Youth of the Month

## 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](mailto: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

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### 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.

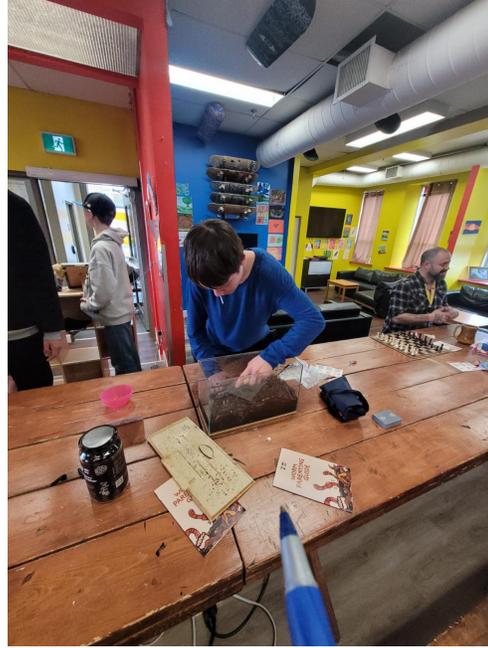
The session sparked curiosity and meaningful conversations around sustainability. As Akil shared, “In nature, there is no such thing as waste”—everything is recycled, broken down, and turned into soil that supports life.

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



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**Pop Whiz Season 5 – The Door Youth Centre Shines!**



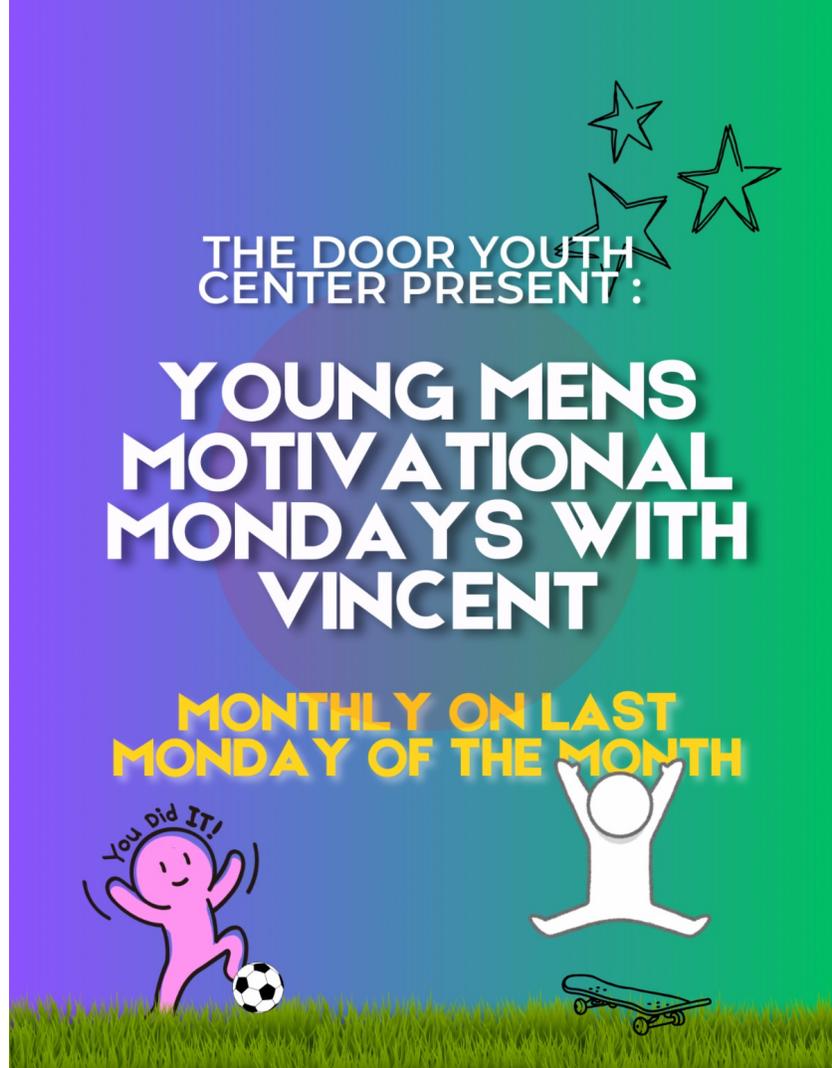
POP WHIZ is a travelling trivia game show that challenges teens from across Canada on their pop culture knowledge and it's back for an exciting Season 5 on GameTV and YouTube!

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!

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**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.

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## 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.

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## 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](mailto:programcoordinator@thedooryouthcentre.com)

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## **Volunteer Opportunity: HOPE Volleyball SummerFest 2025**



# HOPE VOLLEYBALL SUMMERFEST 2025 VOLUNTEER WITH THE DOOR YOUTH CENTRE

hope

July 12<sup>th</sup> 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](mailto:programcoordinator@thedooryouthcentre.com)  
or [info@thedooryouthcentre.com](mailto: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](mailto:programcoordinator@thedooryouthcentre.com) or [info@thedooryouthcentre.com](mailto: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**

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### 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

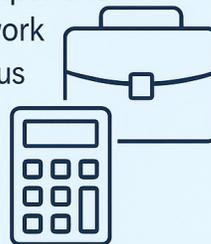
## ACCOUNTING CAREER DAY

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](mailto:Program Coordinator)



755 Somerset St W, Ottawa, ON K1R 6R1  
[\(613\) 237-3667](tel:6132373667)

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# 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

### THE DOOR JUNE CALENDAR!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<ul style="list-style-type: none"> <li>1 Info Session</li> <li>2 Everybody Rows Info. Session</li> <li>9 Speech and Debate Volleyball with Emmanuel</li> <li>16 Basketball with Emmanuel</li> <li>23 Young men's motivational with Vincent</li> <li>30 Basketball with Emmanuel</li> </ul>	<ul style="list-style-type: none"> <li>3 Art and Crafts</li> <li>10 Arts and Crafts</li> <li>17 Art and Crafts</li> <li>24 Arts and Crafts</li> </ul>	<ul style="list-style-type: none"> <li>4 Music with Armaan</li> <li>11 Music with Armaan</li> <li>18 Music with Armaan</li> <li>25 Music with Armaan</li> </ul>	<ul style="list-style-type: none"> <li>5 3D Printing with Binchen</li> <li>12 Mental health circle with Eva</li> <li>19 Karaoke with Elijah</li> <li>26 GIRL'S DAY</li> </ul>	<ul style="list-style-type: none"> <li>6 Multicultural Young Chefs</li> <li>13 Multicultural Young Chefs</li> <li>20 Multicultural Young Chefs</li> <li>27 Pizza + Youth of the Month/ Birthday Cake celebration</li> </ul>

## 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

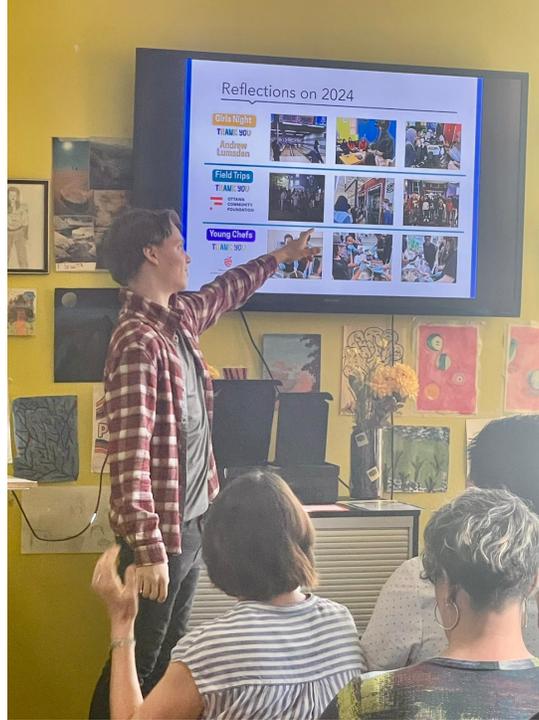
Click here for the [2024 Annual Report](#)



Youth interact with guests as they came in.



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



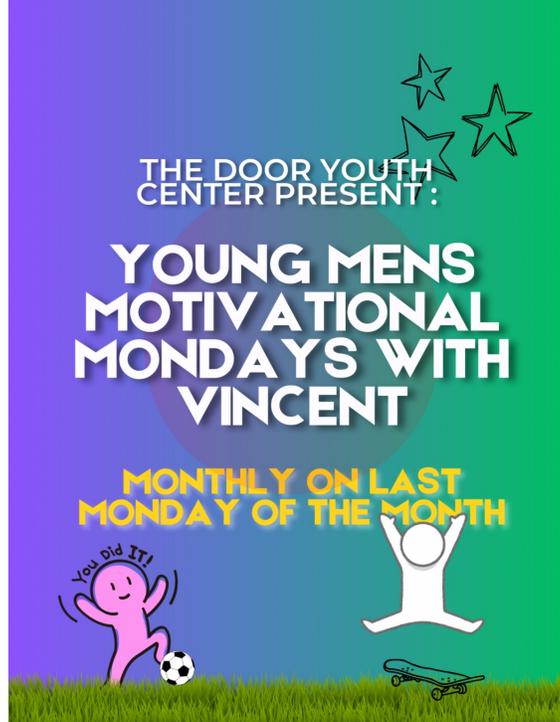
**Youth Zander talks about the importance of The Door field trips sponsored by Ottawa ++Community Foundation**



**A delicious lineup of food served by youth**

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## **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.



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## 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 12<sup>th</sup> 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](http://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](mailto:programcoordinator@thedooryouthcentre.com) or [info@thedooryouthcentre.com](mailto: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**

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### 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!



# Minto Park

## Ward 14s No Yard, Yard Sale

**S  
A  
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E**

VISIT OUR TABLE TO GET SOME BAKED GOODS, SAVOURYS, BBQ BURGERS, HOTDOGS AND VARIOUS HOUSEHOLD ITEMS!

**Starts at 9am**  
**Saturday 7th June**  
Minto Park, 315 Elgin Street



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



We appreciate your support  
and generosity!

Here is our summer wish list:

- 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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# THE DOOR LA PORTE

YOUTH CENTRE JEUNESSE

## June 2025 at The Door: A Month of Growth, Fun & Community!



June 2025

# Monthly Newsletter – June Updates from The Door

June was packed with creativity, learning, and connection at The Door! From Pride Month and World Environment Day celebrations to engaging programs like Multicultural Young Chefs, 3D printing, and our popular karaoke nights, youth had a vibrant and inclusive space to explore and grow.

We hosted info sessions with a psychotherapist, a mental health circle, skilled trade, and a rowing demo with UOttawa, while academic support helped youth tackle end-of-semester exams.



In June, The Door proudly celebrated Pride Month with vibrant and meaningful activities that honoured 2SLGBTQ+ voices. Youth participated in creative sessions like Pride flag crafts and rock painting, using art to express identity, support, and allyship. The month also included open discussions about inclusion and self-expression, creating a safe and welcoming space for all. It was a colourful, heartfelt celebration of pride, unity, and community.



Recreation stayed strong with basketball, volleyball, and a swimming trip, while peer mentorship, leadership, and unplugged “No Tech Thursdays” fostered teamwork and reflection. Girls’ Day saw a record 25 attendees for a cozy indoor picnic.

We bid farewell to Osama, our co-op student, and welcomed new kitchen volunteers supporting Chef Rabah. With 531 youth visits and 18 new members, The Door continues to thrive.

Looking ahead to July, we’re excited for a field trip to the Ottawa Humane Society, Career Day with Algonquin College, pet care certification sessions, and fun summer traditions like water balloon fights and dodgeball!

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

## July Monthly Calendar

**THE DOOR JULY CALENDAR!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<b>Closed</b>	<b>1</b> Closed for Canada Day	<b>2</b> ★ Music with Armaan Gardening with Caroline	<b>3</b> ★ 3D Printing with Binghen Karaoke with Elijah	<b>4</b> ★ Multicultural Young Chefs: Haitian Mac n Cheese Alice in Wonderland Day
<b>7</b> ★ World Chocolate Day Volleyball with Emmanuel Career day: Dental Hygiene	<b>8</b> ★ Arts and Crafts Sculpting with Caroline Water Balloon & Dodge Ball Fun	<b>9</b> ★ <b>Closing Early - 5PM</b> Gardening with Caroline	<b>10</b> ★ Mental health circle with Eva 3D Printing with Binghen Jeopardy Night	<b>11</b> ★ Multicultural Young Chefs: Popsicles with Vanessa National Slurpee Day Karaoke with Elijah
<b>14</b> ★ Basketball with Emmanuel Making Good Choices Info session - YOTM Special Meal	<b>15</b> ★ Arts and Crafts Sculpting with Caroline World Youth Skills Day	<b>16</b> ★ Field Trip to Ottawa Humane Society World Snake Day/Gardening	<b>17</b> ★ Chess Tournament 3D printing with Bingchen World Emoji Day	<b>18</b> ★ Multicultural Young Chefs: Nelson Mandela International Day Swimming at Plant Bath Karaoke with Elijah
<b>21</b> ★ Volleyball with Emmanuel Bingo Night	<b>22</b> ★ Arts and Crafts Sculpting with Caroline National Hot Dog Day	<b>23</b> ★ Music with Armaan Ottawa Humane Society Visit	<b>24</b> ★ Celebration of Joe and Julia 3D printing with Bingchen Gardening with Caroline	<b>25</b> ★ Pizza + Youth of the Month/ Birthday Cake celebration Karaoke with Elijah
<b>28</b> ★ Young men's motivational with Vincent Basketball with Emmanuel	<b>29</b> ★ International Tiger Day Arts and Crafts Sculpting with Caroline	<b>30</b> ★ Music with Armaan International Day of Friendship Ottawa Humane Society Visit	<b>31</b> ★ <b>GIRL'S DAY</b>	

i Info Session  
 ★ Life Skills Activity  
 W Workshop  
 F Field Trip

## Thyme Travels: Growing More Than Just a Garden



June marked the launch of Thyme Travels, our hands-on youth gardening program at the Sweet Willow Community Garden. Guided by placement student Caroline and former Chair Debbie Barton, youth transformed an empty plot into a thriving garden, planting thyme, tomatoes, pole beans, lettuce, za'atar, chives, and marigolds.

Each week, they learned practical skills like mulching, watering wisely, weeding, and composting, while exploring how pollinators and companion plants help gardens grow. The program blends sustainability, food literacy, and teamwork, and even produced its first harvest: a fresh salad of homegrown lettuce. We're excited to continue this journey in July with more visits, learning, and harvesting to come!



## Everybody Rows with University of Ottawa



On July 10, The Door was thrilled to host "Everybody Rows," a special event led by the University of Ottawa Rowing Team. Youth had the chance to learn about the sport of rowing, try out a rowing machine, and explore how teamwork, discipline, and perseverance play a role both on the water and in life. It was a fun and engaging afternoon where youth connected with inspiring student-athletes, asked great questions, and enjoyed some tasty

snacks. Youth were also encouraged to attend a free rowing session with the club to further explore the sport.

---

## Skilled Trades and Technologies Workshop with Skills Ontario

On June 17, The Door welcomed Shelley from Skills Ontario for an engaging workshop on the many career opportunities available through the skilled trades and apprenticeship pathways. Shelley shared real-world insights into trade school options, hands-on careers, and the growing demand for skilled workers across industries. Youth had the chance to ask questions, explore different trade sectors, and learn how apprenticeships can be a practical and rewarding alternative to traditional post-secondary education. It was an inspiring session that opened eyes to new possibilities and future career paths



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## Career Day Spotlight: Michael the Psychotherapist Inspires Youth

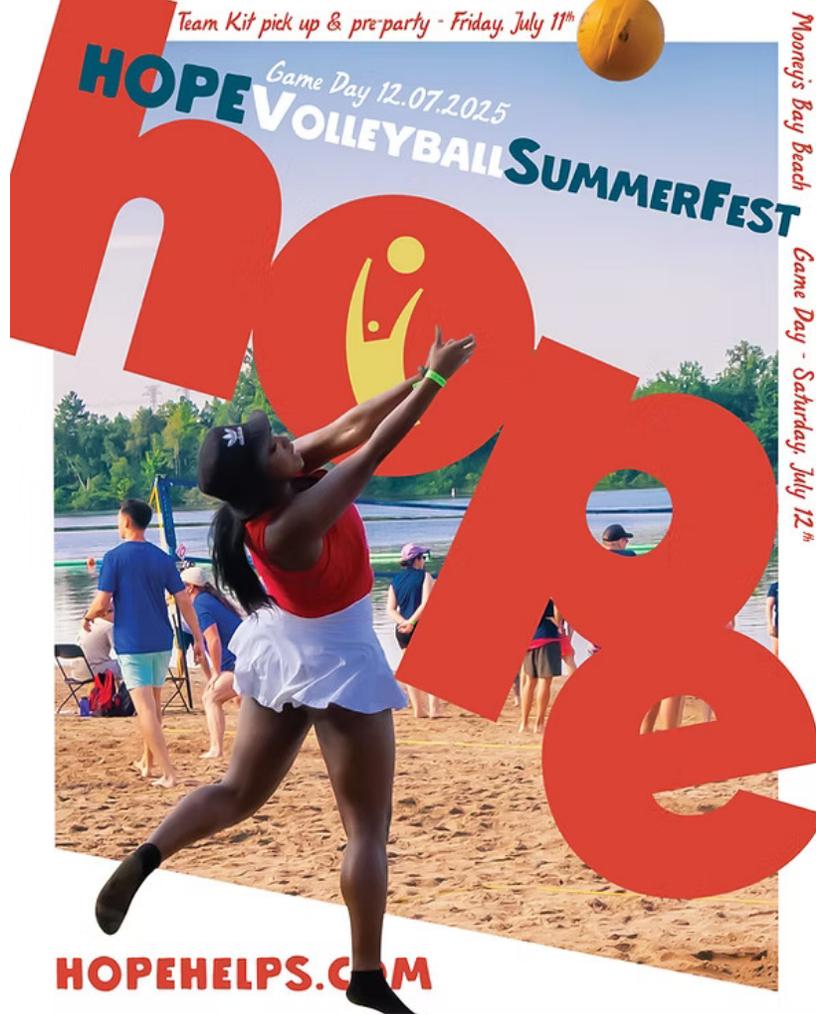


On June 19, The Door hosted a special Career Day session with Michael, a psychotherapist who shared his inspiring journey with our youth. With honesty and warmth, Michael spoke about his passion for supporting others through mental health work and what led him to pursue a career in psychotherapy.

He encouraged youth to be open to change, sharing how he made a bold shift in his own career path and returned to school later in life to follow his calling. His message that it is never too late to chase your passion and that mental health careers are both meaningful and needed left a lasting impact. Michael also spoke about the positive impact psychotherapy has on individuals, families, and communities, showing youth how careers in mental health can contribute to a healthier, more compassionate society. Youth asked thoughtful questions and gained valuable insight into what it takes to become a psychotherapist.

---

**Join Us at HOPE Volleyball SummerFest 2025!**



The Door Youth Centre is excited to be part of HOPE Volleyball SummerFest 2025, happening on Saturday, July 12 at Mooney's Bay! This fun-filled day brings together teams from across the city for a great cause—and we want you on ours!

We still have a few spots available on our team. If you're interested in playing, cheering us on, or just spending a great day outdoors, email us at [programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com) to get involved. Let's serve up some fun for a good cause!

---

**A Beautiful Day at Minto Park, Community in Action!**



We're still glowing from the joy and generosity shared at the Ward 14 No Yard Sale! Thanks to our amazing community, we raised approximately \$800 for youth programs at The Door Youth Centre.

The park was filled with laughter and connection as our table offered delicious baked goods, BBQ treats, and handcrafted keychains by our youth.

Special thanks to City Councillor Ariel Troster for her support, and to Dave Massine of Massine's Independent Grocer for the generous donation. Huge appreciation to our board, staff, and everyone who showed up to make the day so special.

Together, we're building a stronger, brighter future for our youth!



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

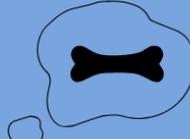
# FIELD TRIP



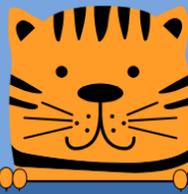
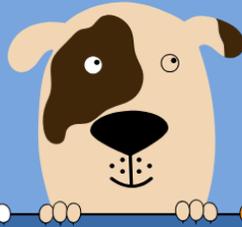
to the Ottawa Humane Society!



**+2 DAYS PET SITTING PROGRAM**



Ottawa  
**HUMANE  
SOCIETY**  
S.P.A. Ottawa



Join us on July 16<sup>th</sup> for an exciting field trip to see some furry friends! You'll get a behind-the-scenes look at how animals are rescued and cared for in our community!

**LIMITED SPOTS AVAILABLE!**

If interested, please contact Susan  
[programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com)



OTTAWA  
COMMUNITY  
FOUNDATION

## FIELD TRIP ALERT!

We're heading to the Ottawa Humane Society on July 16! 🐱  
Come meet some furry friends and get a behind-the-scenes look at how animals are rescued and cared for

Includes a 2 Days pet sitting program  
Limited spots available!

Contact Susan at: [programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com) to sign up!

Thank you to Ottawa Community Foundation and Ottawa Humane Society for making this opportunity possible!





## Workshop Career Day: Dental Hygiene

This July we're also excited to host a Career Day on July 7 featuring Algonquin College's Dental Hygiene program

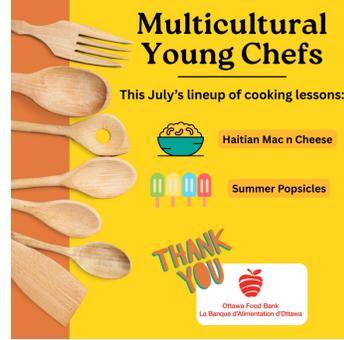


## Summer Sports with Emmanuel!

Thanks to support from ParticipACTION, youth can enjoy weekly basketball and volleyball sessions every Monday all summer long with Emmanuel! Whether you're looking to build skills, stay active, or just have fun with friends, join us for some exciting outdoor play and teamwork. Don't miss out!



Let's make room to move



## Multicultural Young Chefs

Join us this July at The Door Youth Centre for a delicious lineup of global cooking lessons! Youth will learn to make Haitian Mac n Cheese, and summer popsicles

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



## 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

For more information on how to donate email Program Coordinator Susan at [Program Coordinator](mailto:ProgramCoordinator@door.org)



# 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, P55

Every item helps bring joy to someone this summer!

Thank you for being part of our community!



755 Somerset St W, Ottawa, ON K1R 6R1  
[\(613\) 237-3667](tel:6132373667)

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# THE DOOR LA PORTE

YOUTH CENTRE JEUNESSE

## July at The Door: A Month of Growth, Creativity & Summer Fun!



July 2025

# Monthly Newsletter – July Updates from The Door

The Door Youth Centre was full of energy, learning and laughter as we welcomed youth to a vibrant mix of life skills programs, workshops and summer fun. From sculpting projects and career talks to dodgeball games and karaoke nights, our space was filled with activity and connection.



Youth kicked off the month with our gardening and art programs, exploring creative expression through clay sculpture and caring for our garden with Caroline. Our Multicultural Young Chefs sponsored by Ottawa Food Bank, cooked up tasty summer treats like homemade popsicles and desserts, while our Men's Motivational Mondays gave young men a chance to lead the BBQ and reflect on life choices.

We also offered practical learning opportunities through interactive workshops on dental hygiene led by Algonquin College's Dental Programs, as well as career planning, info sessions, and decision-making skills. Fun themed days like World Emoji Day and Alice in Wonderland Day brought playful learning to life with games, quizzes, and team challenges. Our pet-sitting certification program, in partnership with the Ottawa Humane Society, gave youth hands-on experience in animal care, highlighted by an exciting field trip to the shelter.

Of course, summer wouldn't be complete without recreation and we had plenty of it. Our weekly sports program brought everyone together for volleyball, ping pong, basketball and even a water balloon fight. Indoors, the centre came alive with karaoke, card games, video games and pool. Special highlights included Pizzas sponsored by Dominoes and Birthday Cake Night sponsored by Massine's Independent Grocer.

We celebrated the joyful union of our dedicated volunteer and board member Joe and the ever-inspiring Julia with a special wedding celebration at The Door! The festivities included a best dressed contest and a delicious homemade cake crafted by our amazing adult volunteer, Bhagy.

As July came to a close, we said a heartfelt goodbye to our remaining placement students, Guesline and Caroline. We're so thankful for the time, energy and care they brought to The Door.

As always, we're proud to offer a space where youth can grow, connect and just be themselves. We can't wait to see what August brings.



Volunteers, staff, and youth came together to create sculptures during a Tuesday session of our weekly arts and crafts program.



Youth Worker Vincent led a lively game of charades with the youth

## August Monthly Calendar

**THE DOOR AUGUST CALENDAR!**

**Legend:**  
 i Info Session  
 ★ Life Skills Activity  
 w Workshop  
 f Field Trip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
4 Closed for the Civic Holiday	5 ★ Sports and Obstacle Course Fun VR with Joe	6 i ★ Music with Armaan Broke or Ballin' Budgeting Info Session	7 ★ Speech and Debate 3D Printing with Bingchen	1 Pool tournament Multicultural Young Chefs:
11 ★ Volleyball with Emmanuel Bingo Night	12 ★ International Youth Day Make Friendship Bracelets VR with Joe	13 ★ Music with Armaan Musical Cups and Freeze Dance	14 i ★ Job Ready Info Session 3D Printing with Bingchen	8 ★ Multicultural Young Chefs: Build your own Sundaes International Cat Day Karaoke with Elijah
18 ★ Basketball with Emmanuel Hula hoop competition	19 ★ i Basic Tech Troubleshooting Info Session with Joe World Photography Day	20 ★ Music with Armaan Talking Circle with Eva: Back to School	21 ★ Movie Night 3D Printing with Bingchen	15 ★ Multicultural Young Chefs Make Slime Karaoke with Elijah
25 ★ Volleyball with Emmanuel Young Men's Motivational with Vincent	26 f Special Field Trip VR with Joe Water Balloon Fun	27 ★ w Music with Armaan Career Day: Entrepreneurship with David	28 GIRL'S DAY	22 ★ Multicultural Young Chefs Sharades
				29 ★ Pizza + Youth of the Month/ Birthday Cake celebration

## Pet-Sitting Certification Program at The Door

# FIELD TRIP

To the Ottawa Humane Society



+2 day pet sitting program certification



Meet furry friends like cats and bunnies



Learn how animals are cared for and rescued

If interested, please contact Susan!

[programcoordinator@thedooryouthcentre.com](mailto:programcoordinator@thedooryouthcentre.com)



This month, youth at The Door participated in the Ottawa Humane Society's Pet-Sitting Certification Program, a hands-on, educational experience focused on building practical skills in animal care and responsibility.

The program began with a visit to the Ottawa Humane Society, where participants received a behind-the-scenes tour and learned how to recognize key animal behaviour signs. A highlight of the visit was meeting several cats, allowing youth to observe animal behaviour up close and practice safe, gentle handling techniques.

Back at The Door, the learning continued over the next two sessions. Youth explored topics such as feeding routines, grooming, basic first aid, and creating a safe environment for pets. They also learned to identify signs of common health issues and how to safely approach unfamiliar animals.

Beyond hands-on care, the program introduced youth to the business side of pet sitting. They discussed preparing pet-sitting kits, communicating with pet owners, setting expectations, and building trust as reliable caregivers. For many, this certification represented a meaningful first step toward job readiness and resume-building.

This program not only helped youth develop valuable skills but also fostered compassion, confidence, and professionalism, traits they can carry into future

opportunities.

Special thanks to the Ottawa Community Foundation and the Ottawa Humane Society for making this opportunity possible.



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## Game On: Active Summer Fun with Emmanuel

In July, youth stayed active and energized through our weekly sports program with Emmanuel. From high-energy games of basketball to friendly volleyball matches in the sun, the program encouraged teamwork, physical fitness and plenty of fun. Thanks to the strong participation from our youth, each session was filled with energy, laughter and connection.

A special thank you to ParticipACTION for sponsoring this summer's recreational activities. Your support has helped us create a fun, inclusive space where youth can stay active, build confidence and enjoy the season together.



  
**PARTICIPACTION**  
Let's make room to move

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## Celebrating the Union of Joe and Julia



The Door Youth Centre had the joy of celebrating the union of two cherished

team members, Joe and Julia. The evening was filled with laughter, connection and meaningful moments as youth and staff came together to honour their special day.

Joe has been a dedicated volunteer for over 10 years and joined our board two years ago. He's our go-to for all things tech, whether it's fixing computers, improving Wi-Fi, offering tech tips or working the grill at events. His steady support and generosity have made a lasting impact, and we're so lucky to have him.

Julia brought her own magic to The Door. She's a constant presence at our community events and fundraisers, always ready to lend a helping hand and go above and beyond, whether it's stepping in to support a youth, helping with setup and cleanup, or simply bringing positive energy to every room she enters. In 2024, she led Girls' Night and introduced pearler bead art, which quickly became a youth favourite. Her creativity and warmth have helped create a space where young people feel empowered, supported, and included.

The celebration included games, music and a best dressed contest, along with a surprise canvas gift created by the youth. It was a joyful evening that reflected the love, care and connection Joe and Julia bring to our community.

We are so grateful to celebrate their union and to have them as part of The Door family.



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Thank You for Making H.O.P.E. Volleyball

# SummerFest a Huge Success!



Back in November 2024, The Door Youth Centre was thrilled to be named one of the charity recipients for the 2025 H.O.P.E. Helping Other People Everywhere Volleyball SummerFest, and on July 12, that dream became a reality.

Thanks to the energy and dedication of our community, the event was a resounding success. Over 50 volunteers from The Door including youth, adult volunteers, board members, staff and placement students joined hundreds of others to help manage parking, bike compounds and gates. Under the summer sun, our team showed up in full force to support a day filled with volleyball, music, vendors and community spirit.

This year's event raised funds for five impactful organizations: Ottawa Humane Society, Upstream Ottawa, Youth Services Bureau of Ottawa, Centre for Treatment of Sexual Abuse and Childhood Trauma and The Door Youth Centre. We are deeply grateful to the H.O.P.E. team for including us and to every person who contributed their time, energy or encouragement.

Your support helps us continue creating safe spaces, mentorship opportunities and empowering programs for youth in Ottawa. From all of us at The Door, thank you for standing with us and making a difference.

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

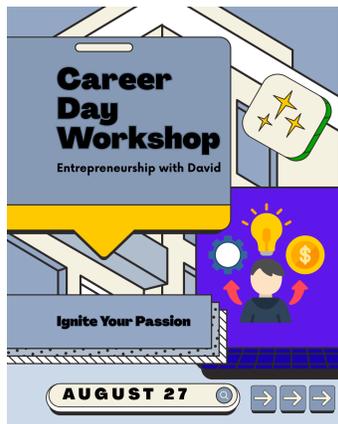


Last month, we tried something new! We asked youth to help us shape the August calendar by filling out a quick survey, and they delivered. From activity suggestions to program ideas, their input played a big role in building a schedule that reflects what they're excited about. Thanks to everyone who participated and shared their voice, your ideas helped create a month full of fun, relevant, and youth-driven programming!



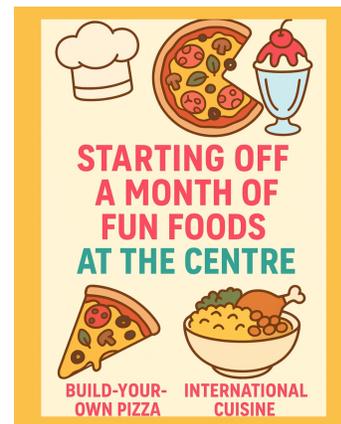
**Basic Tech Troubleshooting Info Session with Joe**  
Date: August 19

Joe will lead an engaging session focused on everyday tech challenges. Youth will learn how to troubleshoot common issues like internet connectivity, basic device problems, and computer repair. This



**Career Day Workshop: Entrepreneurship with David Pare**  
Date: August 27

David will share his journey as an entrepreneur and offer insight into what it takes to start and run a successful business. Youth will explore how to turn ideas into



**Multicultural Young Chefs**  
Dates: August 1, 8, and 15 (Fridays)

We're kicking off the month with fun food activities at the centre from build-your-own pizzas and sundaes to exploring international cuisine through our Multicultural Young

practical session is ideal for those looking to build confidence in handling technology independently.

action, understand the challenges of being your own boss, and gain tips on navigating the world of entrepreneurship.

Chefs program.



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa

## Summer Wish List



Sunscreen

Toothbrushes

Running Shoes

Board Games

Back-to-School Supplies

Video Games: PS3, PS4, PS5



THANK YOU

## Summer Wish List

We appreciate your support and generosity

Here is our summer wish list: sunscreen, toothbrushes, running shoes, back to school supplies, board games, video games: PS3, PS4, PS5.

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



YOUTH CENTRE JEUNESSE

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YOUTH CENTRE JEUNESSE

# Building Connections at The Door – August Newsletter



August 2025

Monthly Newsletter – August Updates from The Door



August was full of creativity and connection at The Door, with youth taking part in cooking sessions through the Multicultural Young Chefs program, enjoying arts and crafts, and having fun with slime-making, karaoke, and build-your-own sundaes.

The rec room stayed busy with pool, ping pong, video games, and card games like UNO, Anomia, and Spit, while outdoors youth played basketball and volleyball. Special highlights included Bingo Night, Girls' Day, Pizza Night with birthday celebrations, and a backpack drop with the OSEG Foundation and Ottawa Redblacks.

From sports with Emmanuel to karaoke nights with Elijah and Armaan, the month was filled with laughter, teamwork, and new experiences, reflecting the vibrant community that continues to grow at The Door. As summer winds down, we are excited for a full lineup of new activities, the start of back-to-school season, and the chance to welcome new placement students bringing fresh energy and ideas.



Adult Volunteer Chad and Youth engage in a critical thinking game of math and science

Youth engage in a game of volleyball lead by Emmanuel and sponsored by Participation

## September Monthly Calendar

**THE DOOR SEPTEMBER CALENDAR!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<b>★ 1</b> Closed for Labour Day	<b>★ 2</b> Music with Chad Sports day and Activities	<b>★ 3</b> Childhood Cancer Awareness Month Activity Kahoot Night	<b>★ 4</b> Back to school Party	<b>★ 5</b> Fun Friday Multicultural Young Chefs Karaoke with Elijah
<b>★ 8</b> Living Donation Week Activity Chess Tournament	<b>★ 9</b> Music with Chad World First Aid Day Activity VR with Joe	<b>★ 10</b> Vision Board with Semira #1 World Suicide Prevention Day	<b>★ 11</b> Men's Cancer Health Awareness Month Activity Quick Maths Games	<b>★ 12</b> Fun Friday Multicultural Young Chefs Karaoke with Elijah
<b>★ 15</b> Info Session : Stay safe online Bingo Night Basketball with Emmanuel	<b>★ 16</b> Music with Chad Critical thinking Games VR with Joe	<b>★ 17</b> Vision Board with Semira #2 Time Management Activity	<b>★ 18</b> Workshop : Uniqueness and Mental Strength with Nigel Best Dressed Competition	<b>★ 19</b> Fun Friday Multicultural Young Chefs : with Gleeda Karaoke with Elijah
<b>★ 22</b> Youth Initiative Fundraiser hot chocolate and cookies Volleyball with Emmanuel	<b>★ 23</b> Music with Chad Critical thinking Games VR with Joe	<b>★ 24</b> Vision Board with Semira #3 Peer Mentoring Activity	<b>★ 25</b> <b>GIRLS' NIGHT</b>	<b>★ 26</b> Fun Friday Multicultural Young Chefs Karaoke with Elijah Birthday Celebration
<b>★ 29</b> Young Men's Motivational Mondays Basketball with Emmanuel	<b>★ 30</b> Music with Chad National Day for Truth and Reconciliation. Orange Shirt Day			<b>Info Session</b> <b>★ Life Skills Activity</b> <b>W Workshop</b>

## Free Homework Help Fall 2025



We are deeply grateful to the Ottawa Community Foundation for making this opportunity possible. Their support ensures our youth have the chance to explore new experiences, build connections, and enjoy moments of pure fun outside of their daily routines.



**OTTAWA  
COMMUNITY  
FOUNDATION**

invested for good

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## Backpack Giveaway with OSEG

Thanks to our partners at OSEG and the Ottawa Redblacks, youth at The Door were treated to new backpacks filled with school supplies, just in time for the return to school.

The event was more than just about handing out backpacks. Two Redblacks players joined us at the centre, toured the space, and spent time chatting with youth and staff. During dinner, they answered questions, shared stories from their careers in sports, and encouraged the youth to chase their own dreams, whether in sports, academics, or other passions.

The evening ended with plenty of smiles, photos, and even some impromptu games of ping pong between the players and our youth. For many, it was a memorable moment to connect with professional athletes in such a personal way.

Events like these remind us of the importance of community partnerships and the positive impact they can have on young people. With new school

supplies, words of encouragement, and a fun-filled evening, our youth left feeling excited and ready to take on the year ahead.



**Thank you!**

Thank you to the OSEG Foundation and the Ottawa Redblacks Mentorship Program for investing in youth leadership, personal development, and community building at The Door Youth Centre with the generous donation of 50 backpacks filled with supplies!



## Game Nights at The Door: From UNO to Pool Tournaments

If there's one thing that never fails to bring people together at The Door, it's game time. Whether it's a fast-paced card game, a friendly pool match, or a heated ping pong rally, games continue to be a favourite way for youth to connect, laugh, and build friendships.

Card games like UNO, Anomia, Spit, and Exploding Kittens have become staples. These games are quick to pick up and easy to share with a group, making them perfect for mixed ages and skill levels. On any given night, you can hear the excitement at the card table as youth play round after round, often with staff jumping in to join the fun.

For those who prefer something a little more physical, pool tournaments and ping pong challenges have become highlights. Competition is always friendly, and youth often encourage one another, cheering on great shots and laughing at close calls. These games provide more than entertainment, they help youth practice patience, focus, and good sportsmanship.

Even as new games get added to the centre, the classics remain strong. From the thrill of calling out “UNO!” to the quiet concentration of sinking the final ball in a pool game, our game nights are proof that simple activities can create lasting joy.



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## Cooking Around the World: Multicultural Young Chefs



Every Friday, the kitchen at The Door comes alive with the sights, sounds, and smells of our Multicultural Young Chefs program. This program gives youth a chance to step into the role of chef, working alongside staff and volunteers to learn about food from around the world. It's not just about following a recipe it's about teamwork, creativity, and the joy of cooking something with your own hands.

Recently, the group worked with Rabah to make homemade pizzas using naan bread. Each youth got to add their own toppings, turning a simple dish into something truly their own. For some, it was their first time preparing food from scratch, and the sense of pride in their finished creations was clear as they shared and tasted each other's pizzas.

The youth also had the chance to cook curry chicken with Executive Director Malik Ayass. Together, they explored spices, learned how to balance flavors, and discovered the rich cultural roots behind the dish. Malik shared his own experiences in the kitchen, making the workshop not only a cooking lesson but also a chance to connect through stories and culture.

Programs like these give youth more than cooking skills. They provide opportunities to explore cultures through food, gain confidence in the kitchen, and create memories with friends. Whether it's rolling dough, chopping vegetables, or enjoying the final bite, the Young Chefs program is a recipe for fun and connection. A huge thank you to the Ottawa Food Bank for making this possible!



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa

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Coming to The Door Youth Centre this September



**Back to School Party**

Join us for a Back to School Party on September 4, 2025!

Free backpacks available for those who need them.

Come celebrate the new school year with fun, friends, and supplies to get you ready for success!





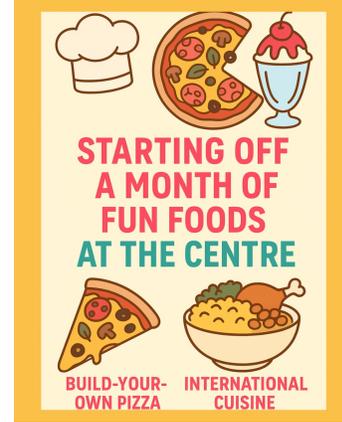
**Info Session: Stay Safe Online with Gabriel**  
**Date: September 15**

The internet is a powerful tool, but staying safe is key. Protect your personal information. Think before you click. Be smart with online shopping and social media. Remember: Stay Safe Online every day.



**Vision Board Workshop**  
**Date: 10,17,24 September**

Create the future you want to see. Join Semira for our Vision Board Workshops every Wednesday in September (10, 17, 24). Believe in the best, set your goals, and bring your dreams to life with creativity and inspiration.



**Multicultural Young Chefs**  
**Dates: 5, 12, 19 September (Fridays)**

We're kicking off the month with fun food activities at the centre exploring international cuisine through our Multicultural Young Chefs program.



Ottawa Food Bank  
 La Banque d'Alimentation d'Ottawa

## Summer Wish List



**Sunscreen**



**Toothbrushes**



**Running Shoes**



**Board Games**



**Back-to-School Supplies**

**Video Games: PS3, PS4, PS5**

**THANK YOU**

**Summer Wish List**

We appreciate your support and generosity

Here is our summer wish list: sunscreen, toothbrushes, running shoes, back to school supplies, board games, video games: PS3, PS4, PS5.

For more information on how to donate email Program Coordinator Susan at [Program Coordinator](mailto:ProgramCoordinator@ottawafoodbank.ca)



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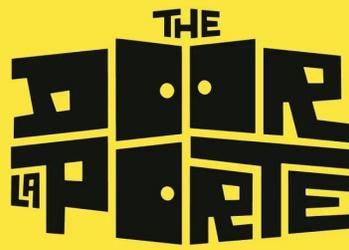


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YOUTH CENTRE JEUNESSE

# Changing Leaves and Growing Mind at The Door Youth Centre!



September 2025

Monthly Newsletter – September Updates from The Door



September at The Door was full of energy, creativity, and connection as youth balanced the return to school with meaningful programs and fun activities. They participated in awareness events for Childhood Cancer Month, Living Donation Week, and World First Aid Day, while vision board sessions with Semira and discussions led by Eva and Faith encouraged reflection and healthy expression. Recreation thrived through karaoke nights, sports tournaments, and daily games from UNO to ping pong, while special events like the Back to School Party, Girls' Day, birthday celebrations, and our Multicultural Young Chefs program sponsored by the Ottawa Food Bank added excitement and community spirit. Music, mentorship, and teamwork remained at the heart of the month, making The Door a place where youth could learn, belong, and thrive.

## October Monthly Calendar

### THE DOOR OCTOBER CALENDAR

**i** Info Session  
**★** Life Skills Activity  
**W** Workshop  
**P** Field Trip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<p><b>6</b> World day of bullying prevention/ Blue shirt day messages of kindness activity Special dinner</p> <p><b>13</b> Closed for thanksgiving</p> <p><b>20</b> Pumpkin carving contest/ Youth initiative fundraiser</p> <p><b>27</b> Young men's motivational Mondays with Vincent</p>	<p><b>7</b> Info Session: Autism awareness month</p> <p><b>14</b> Fall photo contest/ Team building activities</p> <p><b>21</b> Volunteer spotlight: Joe's 10th volunteer anniversary</p> <p><b>28</b> Halloween arts and crafts challenge Decorate the Centre</p>	<p><b>1</b> National seniors day activity Music With Armaan</p> <p><b>8</b> Bracelet &amp; keychain making with Isabel Music with Armaan</p> <p><b>15</b> Music with Armaan World mental health day tea/ coco time: Talking circle with Eva</p> <p><b>22</b> Music with Armaan/ Meme challenge</p> <p><b>29</b> Music with Armaan Henna with Mariam</p>	<p><b>2</b> Pictionary Game ASL workshop with Shayla 3D Printing with Bingchen</p> <p><b>9</b> Breast cancer awareness Info session with Melanie/ 3D Printing with Bingchen</p> <p><b>16</b> Career day: mechanic with Berry 3D printing with Bingchen</p> <p><b>23</b> Special field trip</p> <p><b>30</b> GIRLS NIGHT</p>	<p><b>3</b> Fun Friday Karaoke with Elijah</p> <p><b>10</b> Fun Friday / Multicultural young chefs/ Tacos with Alejandra/ Karaoke with Elijah lip sync battle</p> <p><b>17</b> Fun Friday / Karaoke with Elijah</p> <p><b>24</b> Fun Friday Multicultural young chefs Honey Garlic Tofu with Mariam /Karaoke with Elijah</p> <p><b>31</b> Youth of the month / Karaoke with Elijah / Birthday Celebration/ Pizza Night/Halloween Costume Party</p>

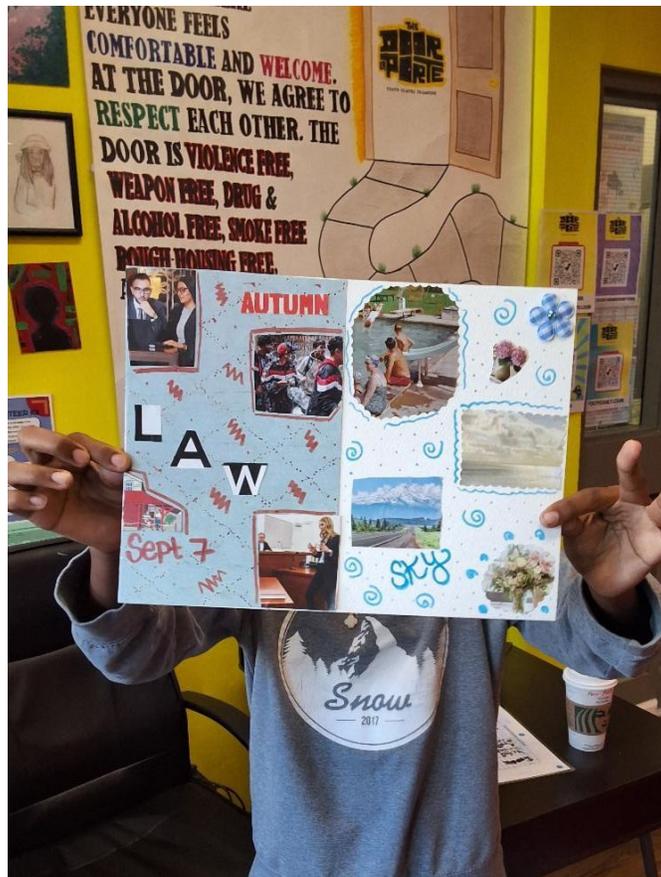
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## Back-to- school vision boards with Semira

A fun way to start up the new school year was by setting goals through vision boards. This activity was led by Semira, who has been an incredible volunteer behind the scenes at The Door.

This time, she was there to engage directly with the youth, using her creative talents to guide them through doodling warm-ups, brainstorming ideas, and cutting out images from magazines.

Over three weeks, the project grew into both individual and collective vision boards that reflected the hopes and goals of the youth. Beyond this activity, Semira continues to play a vital role in planning and shaping the future of The Door, and we are grateful for her creativity, dedication, and passion for supporting young people.



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## Fun Learning at The Door

At The Door, one of our core pillars is Education, supporting youth not only in school but also through fun, engaging ways of learning outside the classroom. This September, our focus was on building life skills, teamwork, and critical thinking through games and challenges that made learning enjoyable.

Youth enjoyed weekly riddles that stretched their English, math, and

vocabulary skills, along with word searches that kept minds active. Quick math buzzer races, Jeopardy on geography and world flags, spaghetti-marshmallow tower building, and “Find the Missing Number” puzzles all helped sharpen problem-solving while encouraging teamwork and laughter.

In addition, our staff and volunteers continued to provide homework help in a variety of subjects and languages, ensuring that youth have the extra support they need to succeed academically. At The Door, we believe learning should be fun and accessible, and that every skill gained here helps prepare youth for a brighter future.



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## Welcoming Our Five New Placement Students

From September 2024 to April 2025, The Door Youth Centre is proud to host five new placement students. Each was carefully selected through an interview process that highlighted their kindness, empathy, flexibility, and eagerness to grow both personally and professionally.

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**Gabriela**  
Carleton University, Social Work



**What brought you to do your placement at The Door?**

Since I've started at university I've always wanted to work with youth in some capacity. As I've progressed through my studies, I've also realized the importance of community engagement and how it can have valuable impacts on organizations. When searching through the available placement options, I came across The Door and realized that it was a place where I could engage with youth who need support and would benefit from a positive role model. Additionally, it will allow me the opportunity to engage with the community who help support these youth.

**What's been your favorite part of working with the youth so far?**

My favourite part so far has been connecting and playing games with different youth and building a rapport with them. I've been able to have meaningful conversations which have let me get to know them and have given me insight into how they live and work in their lives.

**How do you think this placement will help you in your future career?**

This placement will help me strengthen my experience needed to enhance my social skills and ability to engage and help those in my community. It will also provide me with experiential learning needed for planning, fundraising, and community programming. These opportunities will be crucial to my success in the future, and I am happy that I'm able to learn them in such a welcoming environment.



**Melanie**  
**Carleton University, Criminology**



**What school/program are you studying in?**

I am a fourth-year student in Carleton's Criminology program, with a minor in Sociology and a concentration in Psychology.

**What brought you to do your placement at The Door?**

When applying for placement opportunities, I knew I wanted to be a part of an agency that enacted meaningful change within the community. After researching The Door, I knew I had found the right fit.

**What's been your favorite part of working with the youth so far?**

Engaging with the youth at the Centre through conversation, playing games, and leading activities has allowed me to witness their social and developmental growth. My favourite part has been that the work is genuinely enjoyable. The youth are fun and authentic, and they also offer new perspectives. Their ability to navigate diverse challenges has been inspiring.

**How do you think this placement will help you in your future career?**

Completing my field placement at The Door has been rewarding on a personal level and has also developed key skills for my future career in law enforcement, such as problem-solving, leadership, and effective communication.



**Shayla**  
**Algonquin College, Social Service Work**



**What brought you to do your placement at The Door?**

What brought me to The Door was its mission to create a safe and inclusive space for youth. I believe that it is so important to have spaces where there are ample opportunities for youth to connect in a healthy environment that helps them create friendships and learn new, valuable skills to bring with them into their adult lives.

**What's been your favorite part of working with the youth so far?**

My favourite part of working with the youth has been getting to engage with them through a variety of different activities, especially card games and board games. I also really enjoy having dinner together every night, as I feel it is a great way to come together and strengthen community and relationships in a natural and supportive setting.

**How do you think this placement will help you in your future career?**

My placement at The Door will benefit me in my future by helping me build skills around rapport building, community involvement, and youth engagement. These experiences will be extremely useful as I continue to pursue my career in social services.



**Isabel**  
**Carleton University, Social Work**



**Why The Door?**

I loved The Door's mission to make an inclusive, supportive, safe, and fun

environment for all youth in the community. I also loved how many free opportunities and activities there are for the youth. I really wanted to be a part of this and do my placement here!

### **Favorite Part So Far**

It's a ton of fun! I love getting to know the youth while we play different games and activities together.

### **Looking Ahead**

I hope to work with children and youth in the future, so this is a great experience for me to develop my skills in that field. I am also learning about all the work that goes on behind a non-profit organization, which will be so valuable in my career.



## **Faith Carleton University, Social Work**



### **What brought you to do your placement at The Door?**

I chose The Door as my placement because I was immediately drawn to its mission and purpose after my placement coordinator described it. I love that it's an inclusive center where youth from all backgrounds, cultures, and experiences can come together to play, learn, and grow. The fact that this non-profit organization has dedicated staff and volunteers who come in weekly to teach youth valuable, life-changing skills is one of the main reasons I wanted to complete my placement here.

### **What's been your favorite part of working with the youth so far?**

So far, my favorite part of working with the youth has been connecting with them through card and board games. It's such a fun and easy way to build relationships, share laughs, and engage in a bit of friendly competition.

### **How do you think this placement will help you in your future career?**

I believe this placement will help me grow both personally and professionally. It's allowing me to strengthen my crisis intervention skills, gain confidence in handling one-on-one situations, and develop experience facilitating events and activities, all of which will be valuable in my future career, and potentially even in a continued role at The Door.



# Volunteer Yellow Vests



Thanks to the contributions of many volunteers at The Door Youth Centre, including placement students, adult volunteers, kitchen helpers, and co-op students, the Yellow Vest Initiative continues to brighten our programs and support youth.

The yellow vests help youth easily identify who they can go to for assistance, whether it's homework help, meal service, activities, or just a friendly ear. This initiative was originally created in 2024 through the Michaëlle Jean Foundation, Black Youth Leadership Program by our very own youth, making it not only practical but deeply meaningful.

Today, the vests symbolize the flow of wonderful volunteers who engage with our youth daily. They represent guidance, encouragement, and a spirit of community that makes The Door a welcoming space for all.

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**Save the Date!**

THE DOOR YOUTH CENTRE PRESENTS

# 14<sup>TH</sup> ANNUAL INTERNATIONAL DINNER FUNDRAISER 2025

## SAVE THE DATE

**\$50 A TICKET**

TO RESERVE A TICKET EMAIL [INFO@THEDOORYOUTHCENTRE.COM](mailto:INFO@THEDOORYOUTHCENTRE.COM)



**NOVEMBER. 26. 2025**

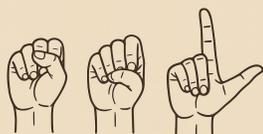
**BE A SPONSOR AND MAKE AN IMPACT!  
DEADLINE FOR SPONSORS IS NOVEMBER 8<sup>TH</sup> 2025  
FOR MORE INFORMATION EMAIL [INFO@THEDOORYOUTHCENTRE.COM](mailto:INFO@THEDOORYOUTHCENTRE.COM)**

Join us for The Door Youth Centre's 14th Annual International Dinner Fundraiser on November 26, 2025!

An evening of delicious global cuisine, community spirit, and impact. Tickets are \$50, reserve yours today at [Info](#) and help support youth programs at The Door!

## Coming to The Door Youth Centre this October

### ASL WORKSHOP



**A S L  
WITH  
SHYALA**

Info Session: ASL

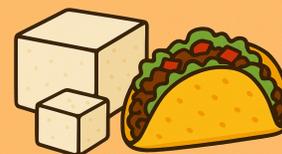
### MECHANIC CAREER DAY



**WITH BERRY  
OCTOBER 16**

Mechanic Career day

This month we are exploring healthy cooking with tofu and Mexican dishes with tacos



through our  
**MULTICULTURAL  
YOUNG CHEFS**

Multicultural Young

Worshop with Shayla  
Date: October 2

Learning the basics of ASL with Shayla a fun, hands-on introduction to sign language!

with Berry  
Date: October 16

Join us on October 16 for Mechanic Career Day with Berry, learn the skills and tools of the trade!

Chefs  
Dates: 10, 24 October (Fridays)

This month we are exploring healthy cooking with tofu and Mexican dishes with tacos through our Multicultural Young Chefs program



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa



## Open the Door to Opportunity: Support Our Youth

We've been fortunate to receive many of our previous wishlist items over the past few months, but we still truly need your support. Your financial donation

makes a real difference in the lives of our youth. Even a small monthly contribution of \$10–\$20 helps sustain our programs.

A monthly gift of \$100 provides one youth with full access to all of The Door's programs, including hot meals, workshops, music lessons, life skills training, and a safe space to belong.

[Donate Here](#)



[The Door's Website](#)



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# THE DOOR LA PORTE

YOUTH CENTRE JEUNESSE

## October at The Door: Fun, Frights, and Friendship!



October 2025

# Monthly Newsletter – October Updates from The Door



October was a month of creativity, learning, and connection at The Door Youth Centre. Youth participated in activities that built confidence and teamwork, from awareness workshops to cultural cooking and Halloween celebrations.

They marked National Seniors Day and World Day of Bullying Prevention with meaningful discussions on kindness and respect. Educational games like Autism Awareness Jeopardy and a Breast Cancer Awareness Kahoot made learning engaging. Multicultural Young Chefs, sponsored by Ottawa Food Bank, had youth making chocolate chip cookies, Chinese American infused tofu and Mexican tacos with our amazing adult volunteers. Guest speaker Berry inspired youth during Mechanic Career Day, while 3D printing, virtual reality, and sign language sessions encouraged exploration and new skills.

Recreation brought plenty of fun with UNO tournaments, arts and crafts, and Music with Armaan. Highlights included the Saunders Farm Field Trip, sponsored by the Ottawa Community Foundation, and a lively Halloween

costume party.

Youth leadership thrived through Girls' Day, where members shared self-esteem reflections, made candy apples, and welcomed new youth members continuing to show teamwork, creativity, and pride in their community.

## November Monthly Calendar

**THE DOOR NOVEMBER CALENDAR!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
★ 3 Keychain making with Gabriella	★ 4 VR with Joe National Youth Homelessness Awareness Month	★ 5 Yoga with Shayla Music with Armaan	★ 6 Broke or Ballin' Money Game 3D printing with Bingchen	★ 7 Fun Friday Multicultural Young Chefs Karaoke with Elijah
★ 10 Hockey Week Jeopardy + Right And Responsibilities For Educational Success info session with Sarah	★ 11 Remembrance Day Poppies Making VR with Joe	★ 12 Knitting with Shayla Music with Armaan Goodbye Eva Zine Project with Semira	★ 13 How to deal with the winter blues talking circle with Eva 3D printing with Bingchen	★ 14 World Diabetes Day Fun Friday Multicultural Young Chefs Karaoke with Elijah
★ 17 Workshop Transgender Awareness Week info session	★ 18 VR with Joe Goodbye Vanessa	★ 19 Yoga with Shayla Music with Armaan Zine Project with Semira	★ 20 World Children's Day-Activity 3D Printing with Bingchen	★ 21 Fun Friday Multicultural Young Chefs Karaoke with Elijah Swimming at Plant Bath
★ 24 Young men's motivational night with Vincent	★ 25 International Day for Elimination of Violence Against Women Activity Career Day: Social Work with Elijah	★ 26 Closed for International Dinner	★ 27 Girls' Day Women Empowerment Girls' Night	★ 28 Karaoke with Elijah +Pizza Birthday Celebration

**Legend:**  
i Info Session  
★ Life Skills Activity  
W Workshop

## 14th Annual International Dinner 2025



THE DOOR YOUTH CENTRE PRESENTS:

# 14TH ANNUAL INTERNATIONAL DINNER FUNDRAISER 2025

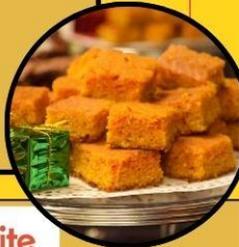


Join The Door for our largest annual fundraiser at our centre. It will be a chance to enjoy international flavors, socialize, and participate in a silent auction.

**26  
NOV  
6-8 PM**



**BE A SPONSOR AND MAKE AN IMPACT!**  
Deadline for sponsors is 8 November 2025.  
For more information email [info@thedooryouthcentre.com](mailto:info@thedooryouthcentre.com)



**\$50 A TICKET**  
TO RESERVE A TICKET EMAIL  
[INFO@THEDOORYOUTHCENTRE.COM](mailto:INFO@THEDOORYOUTHCENTRE.COM)  
OR PURCHASE ON EVENTBRITE  
<https://www.eventbrite.ca/e/14th-annual-international-dinner-tickets-1798838978809?aff=oddtcreator>



The Door Youth Centre Presents: The 14th Annual International Dinner Fundraiser 2025

Join us on Wednesday, November 26th, from 6–8 PM for an evening filled with global flavors, community spirit, and impact.

Our biggest annual fundraiser celebrates diversity through food, friendship, and giving, featuring a variety of international dishes prepared by staff, youth, and volunteers, along with a silent auction to support our youth programming at The Door Youth Centre.

**Be a Sponsor — Make an Impact**  
Sponsorship deadline: November 8, 2025  
Email: [info@thedooryouthcentre.com](mailto:info@thedooryouthcentre.com)  
Tickets: \$50 each  
Reserve your spot [Purchase Tickets Here](#) or email [Malik Ayass](#)

Come share a meal, celebrate culture, and help empower the next generation.

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## Celebrating 10 Years of Dedication: Joe Carrigan

This month, we proudly celebrate Joseph Carrigan's 10th anniversary as a volunteer at The Door Youth Centre! Since joining in 2015, Joe has been a key force in driving our technological growth and youth innovation. As our go-to IT expert, he has helped build our gaming PCs, enhanced our online presence, upgraded our Wi-Fi, and guided our transition toward paperless systems.

Beyond his technical skills, Joe continues to inspire youth by teaching coding, laptop repair, and sparking interest in future careers in IT and engineering. He's also an essential part of our community spirit always lending a hand at events like the Annual General Meeting, International Dinner Fundraiser, and serving as our sound technician for performances and presentations.

Loved by youth and staff alike, Joe's arrival on Tuesday and Thursday nights is always met with smiles and excitement. His kindness, reliability, and positive energy make The Door a brighter place for everyone.

Thank you, Joe, for ten years of incredible service, leadership, and mentorship. We are truly grateful to have you as part of The Door family!



---

## Spooky Time at Saunders Farm 2025

Sixteen of our youth members enjoyed an unforgettable evening at our annual Saunders Farm field trip! From spooky haunted houses to the thrilling hayride and lively bouncing area, the night was filled with laughter, courage, and excitement.

Before heading out, everyone gathered for dinner, shared stories, and

prepared for an evening of fun and teamwork. The trip was bursting with great energy and created memories that will last long after the hayride ended.

A heartfelt thank-you to the Ottawa Community Foundation for sponsoring this annual fall adventure and helping our youth experience such a joyful and memorable night!



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## Career Day: Mechanics with Berry

On October 16th, during dinner, our youth participated in a Career Day presentation with Berry, a talented mechanic from Freedom Harley-Davidson. Berry, known as one of the best mechanics at his shop, shared his inspiring journey from working on cars to specializing in motorcycles.

He spoke about his experiences at Ottawa Trade School, explaining the pros and cons of trade programs, the cost of tools, and the seasonal nature of the work. Berry also encouraged youth to start by experimenting and learning through hands-on practice. The youth were highly engaged and asked a range of great questions, showing genuine interest in Berry's experiences and advice.

Thank you, Berry, for taking the time to speak with our youth members about a rewarding and hands-on profession that combines skill, creativity, and passion.



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## Halloween At The Door Youth Centre

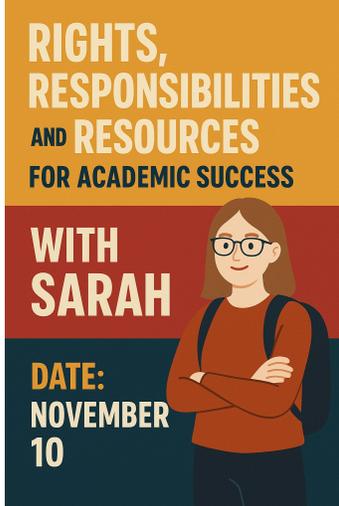
Halloween at The Door was a lively week filled with fun, laughter, and community spirit! Youth helped decorate the centre with spooky touches, carved pumpkins in pairs, and took part in a Halloween coloring contest where they voted for their favourite designs and won small prizes. The celebrations continued during our monthly pizza night sponsored by Dominos Pizza and birthday party cake sponsored by Massine's Independent Grocer , which doubled as a Halloween costume event. Youth arrived dressed in creative and funny costumes, and even some of our staff and volunteers joined in the fun by dressing up too! Prizes were awarded for the best costume and runner-up.

Dinner was followed by a delicious birthday cake generously provided by Massine's Independent Grocer, which everyone enjoyed together. The night ended on a high note with karaoke led by Elijah, along with card games like UNO No Mercy, Spot It, and Spit. Each youth also received a Halloween goodie bag to take home, adding an extra touch of excitement to the celebration.

The week was a wonderful mix of creativity, laughter, and togetherness, a perfect way to close out October at The Door Youth Centre!



Coming to The Door Youth Centre this November



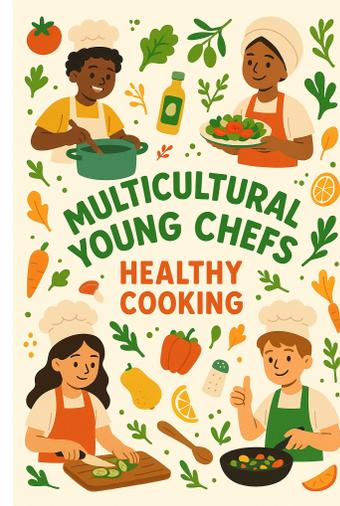
Info Session: Rights, Responsibilities and Resources for Academic Success with Sarah  
**Date: November 10**

Learn about your academic rights, key responsibilities, and school resources that help you thrive. Build confidence, stay organized, and take charge of your success with practical tools and guidance from Sarah Hawn



Social Work Career day with Elijah  
**Date: November 25**

Join us on November 25 for a Social Work Career Day with Elijah. Topics will include the role of social workers, education and career pathways, challenges and rewards of the profession, and real-life experiences from the field



Multicultural Young Chefs  
**Dates: November 7 and 21 (Fridays)**

This month we are exploring healthy cooking through our Multicultural Young Chefs program





## Open the Door to Opportunity: Support Our Youth

We've been fortunate to receive many of our previous wishlist items over the past few months, but we still truly need your support. Your financial donation makes a real difference in the lives of our youth. Even a small monthly contribution of \$10–\$20 helps sustain our programs.

A monthly gift of \$100 provides one youth with full access to all of The Door's programs, including hot meals, workshops, music lessons, life skills training, and a safe space to belong.

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# THE DOOR TO THE PORTAL

YOUTH CENTRE JEUNESSE

## November Momentum: Community, Creativity, and Youth Engagement



November 2025

# Monthly Newsletter – November Updates from The Door



November was a lively month at The Door Youth Centre, filled with learning, creativity, and strong youth participation. Youth explored real-life topics through our Broke or Balling financial literacy game, awareness sessions on homelessness, transgender inclusion, and mental wellness, along with an engaging presentation on academic rights from guest speaker Sarah Hawn. Creative learning flourished with zine-making, knitting, shrink-plastic art, and Remembrance Day activities, while the Multicultural Young Chefs program wrapped up with festive cooking and baking.

Recreation stayed energetic with lantern decorating, painting, karaoke, perler beads, Friday games, music sessions with volunteer Chad, and a wide mix of board games, PS5, VR, and arcade fun. Pizza Night sponsored by Domino's and our monthly birthday celebration sponsored by Massine's Independent brought everyone together for food and connection.

Youth leadership stood out this month. Girls' Day welcomed a CBC reporter and highlighted youth-led baking and tours, while Men's Motivational Monday continued offering mentorship. Youth supported one another during programs, homework, and group activities, and shared heartfelt farewells for Eva and Vanessa.

The 14th Annual International Dinner was a wonderful success, raising meaningful funds for youth programming. Fourteen youth volunteers were selected through thoughtful applications and recognized with \$100 gift cards. Their leadership and presence made the evening truly special.

# December Monthly Calendar

**THE DOOR DECEMBER CALENDAR!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUN FRIDAY
<p><b>1</b> World AIDS Day activity Decorate the center for Christmas</p>	<p><b>2</b> VR with Joe + Winter Movie Marathon</p>	<p><b>3</b> Music With Armaan + National Day of Remembrance and Action on Violence Against Women</p>	<p><b>4</b> 3D Printing with Bingchen + Ginger bread competition with Melanie</p>	<p><b>5</b> Fun Friday + Christmas Karaoke with Elijah</p>
<p><b>8</b> Hot chocolate night + Spoons tournament Career Day: Social Worker with Elijah</p>	<p><b>9</b> VR with Joe + National Cookie Day with Faith</p>	<p><b>10</b> Music with Armaan + Musical Cups Night</p>	<p><b>11</b> McPhail Cooks Festive Dinner + Christmas Jeopardy 3D Printing with Bingchen</p>	<p><b>12</b> Fun Friday + Christmas Karaoke with Elijah</p>
<p><b>15</b> Holiday Card making with Gabriella Young Men's Motivational Monday</p>	<p><b>16</b> VR with Joe National + Handwashing Awareness Week Activity</p>	<p><b>17</b> Music with Armaan + Christmas Bingo Night</p>	<p><b>18</b> Girls Night</p>	<p><b>19</b> Last Day Open- Christmas Santa The Door Special Holiday Dinner and Birthday Celebration</p>

Please note the centre will be **CLOSED** from December 22 until January 5th for the holidays!

i Info Session  
★ Life Skills Activity  
w Workshop

## 14th Annual International Dinner 2025: A Celebration of Culture, Leadership, and Community Support

## GOLD SPONSORS



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SOMERSET WEST  
COMMUNITY  
HEALTH  
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## BRONZE SPONSORS



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SERVICE DE POLICE D'OTTAWA

*A Trusted Partner in Community Safety  
Un partenaire fiable de la sécurité communautaire*



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Funeral Homes  
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WEINSTEIN

Thank you to our supporters : Manphong Supermarket Chinatown BIA -  
Laheeb Shawarma- Seasons Pizza- Shiraz Market  
Phuket Royal Restaurant- Stolen Goods



The 14th Annual International Dinner was a resounding success, bringing together community members, partners, staff, and youth for an unforgettable evening of global flavours and celebration. Thanks to the generosity of our supporters, the fundraiser raised meaningful funds that will directly strengthen our youth programs.

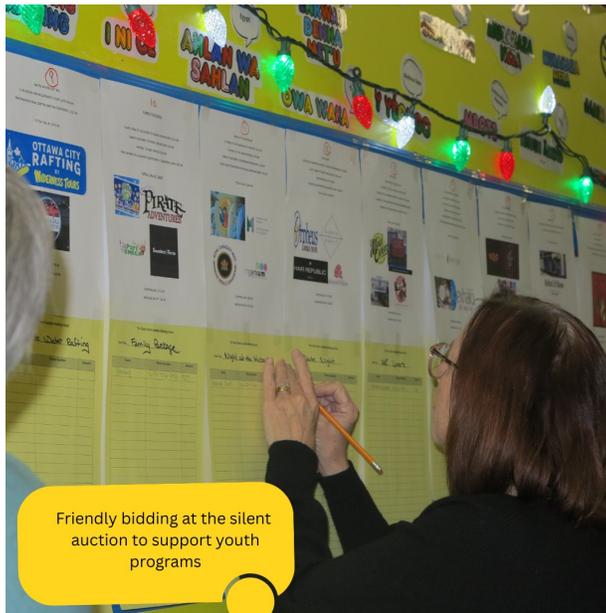
This year, our young people played an especially important role. Fourteen youth wrote thoughtful submissions expressing why they wanted to volunteer and why The Door is meaningful to them. These youth were selected and awarded \$100 gift cards in recognition of their leadership and commitment. On the night of the event, they served food, welcomed guests, and proudly shared their experiences at the centre, showcasing remarkable confidence and community spirit. Their presence truly embodied what The Door stands for: empowerment, engagement, and giving back.

A special thank you goes out to our Gold and Bronze Sponsors, Hydro Ottawa, Somerset West Community Health Centre, LaBarge Weinstein, Ottawa Police Services, Kelly Funeral Homes, Sunnyside Psychotherapy, and Rickshaw Publishing. Your generosity helped make this year's celebration unforgettable.

We also extend our appreciation to our incredible supporters: Chinatown Ottawa, Laheeb Restaurants, Phuket Royal, Stolen Goods Cocktail Bar, and the Air Canada Foundation. Your continued support strengthens our mission

and creates meaningful opportunities for the young people we serve.

Finally, heartfelt thanks to our dedicated staff, volunteers, and board members who worked tirelessly behind the scenes to make this event an amazing and memorable experience. Your hard work, passion, and commitment made every moment possible. Thank you!



Friendly bidding at the silent auction to support youth programs



Guests enjoying a warm and welcoming meal prepared with love.

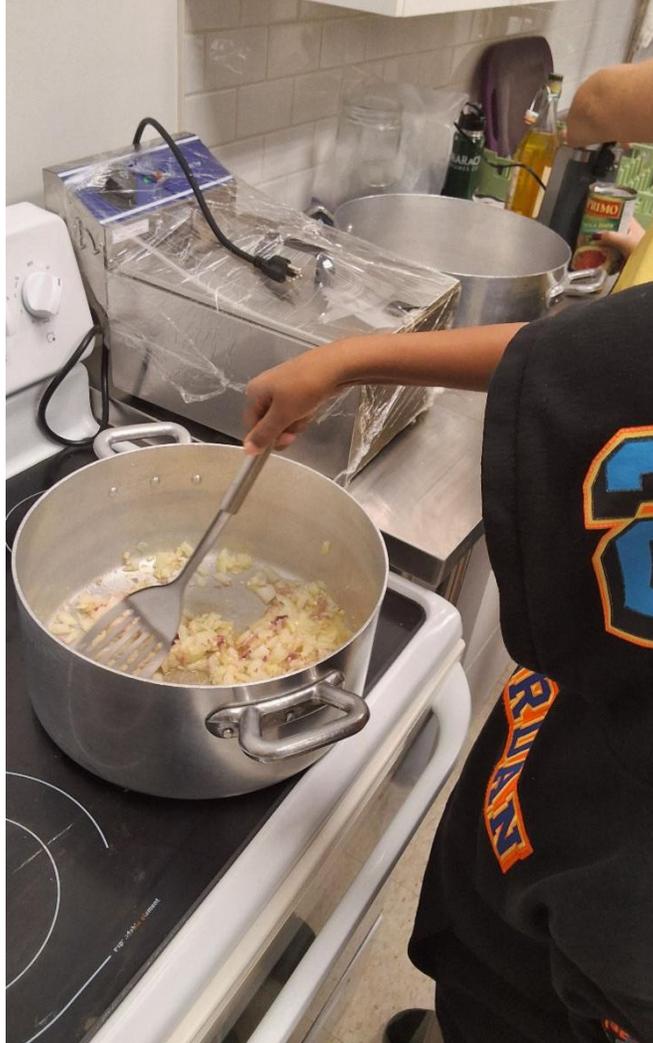


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## Multicultural Young Chefs: Youth Cooking Up Confidence and Community

Our Multicultural Young Chefs program sponsored by Ottawa Food Bank continued to shine this last month of the program, as youth gathered in the kitchen to explore new recipes, learn cooking techniques, and build confidence through hands-on experience. With Gabriella leading a simple but delicious meal of spaghetti in rose sauce and the final baking of sugar cookies- Christmas theme with Melanie for International Dinner desert table. Over the past year, youth have participants prepared delicious dishes, international and infused from home made pizza, to tofu and Mexican tacos, youth practiced teamwork, patience, and creativity.

This program has become a space where youth not only learn culinary skills but also share cultural traditions, develop leadership, and foster a strong sense of belonging. Every week, the kitchen fills with laughter, determination, and the pride of creating something meaningful together. We thank Ottawa Food Bank for sponsoring this amazing program



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa

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## Creativity in Motion: Zine Making with Semira

This month's zine-making sessions with our facilitator, Semira, inspired youth to explore storytelling in a whole new way. Using folded-paper "mini magazines," participants combined artwork, collage, poetry, comics, and personal reflections to express themselves freely and creatively. The activity created a calm, focused environment where youth could explore their identities, share their experiences, and develop new artistic skills.

The excitement grew as several youth returned for our second zine session, eager to build on their previous creations. With the chance to enter a raffle for a gift card and the pride of producing original art, this workshop became one of the month's most engaging moments, highlighting how creativity can empower young people to use their voices.



---

## Celebrating Our Staff: Farewell to Eva and Vanessa

November brought heartfelt goodbyes as we celebrated the contributions of Youth Worker Eva and Floor Supervisor Vanessa. Youth and staff gathered to share memories, write messages, and present cards filled with warm appreciation. Both Eva and Vanessa contributed tremendously to the growth, stability, and positive atmosphere of The Door Youth Centre. Through their guidance, compassion, and leadership, they played a huge role in shaping the supportive environment our youth rely on every day.

In November youth and staff came together for a warm early send-off, complete with group photos, cupcakes, and heartfelt conversations. Their presence has left a lasting impact on the centre, and they will be deeply missed. We extend our gratitude for their dedication and wish them every success in their future paths.



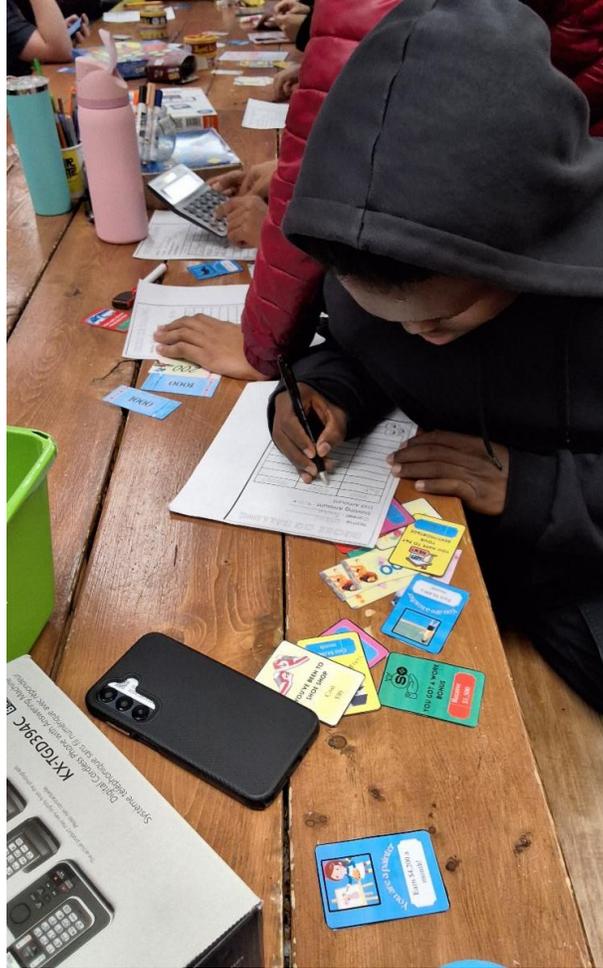
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## Broke or Balling: Learning Life Skills Through Play

One of the month's standout educational activities was the Broke or Balling game, an engaging, hands-on budgeting experience originally envisioned by Youth Worker Elijah and Program Coordinator Susan, an alumni placement student who helped shape the concept and bring it to life. Together, they recognized that youth needed a more interactive and relatable approach to learning money management, and this game has quickly become one of our most effective financial literacy tools.

During the session, youth navigated real-life financial scenarios involving spending choices, savings strategies, emergencies, and long-term planning. The game encouraged lively discussion, friendly competition, and thoughtful reflection as youth compared outcomes and learned from one another's decisions.

The continued success of Broke or Balling demonstrates how youth-focused innovation can transform important life skills into meaningful, memorable learning experiences.



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## Info Session Highlight: Rights, Responsibilities, and Resources for Academic Success

On November 10, youth participated in an engaging and informative session with Sarah Hawn, who led an important discussion on academic rights, key responsibilities, and the many school resources available to support student success. The workshop provided youth with practical tools to stay organized, advocate for themselves, and better understand the policies that shape their educational experience.

Sarah guided the group through real-life examples and interactive activities that helped youth build confidence and develop strategies they can use throughout the school year. The session encouraged open conversation, thoughtful questions, and meaningful reflection on how to take ownership of one's learning journey. By the end of the workshop, youth left feeling more equipped and empowered to navigate challenges, seek support when needed, and take charge of their academic success. This session was a valuable reminder that when young people understand their rights and responsibilities, and know where to turn for help, they can thrive both inside and outside the classroom.



# Open the Door to Opportunity: Support Our Youth

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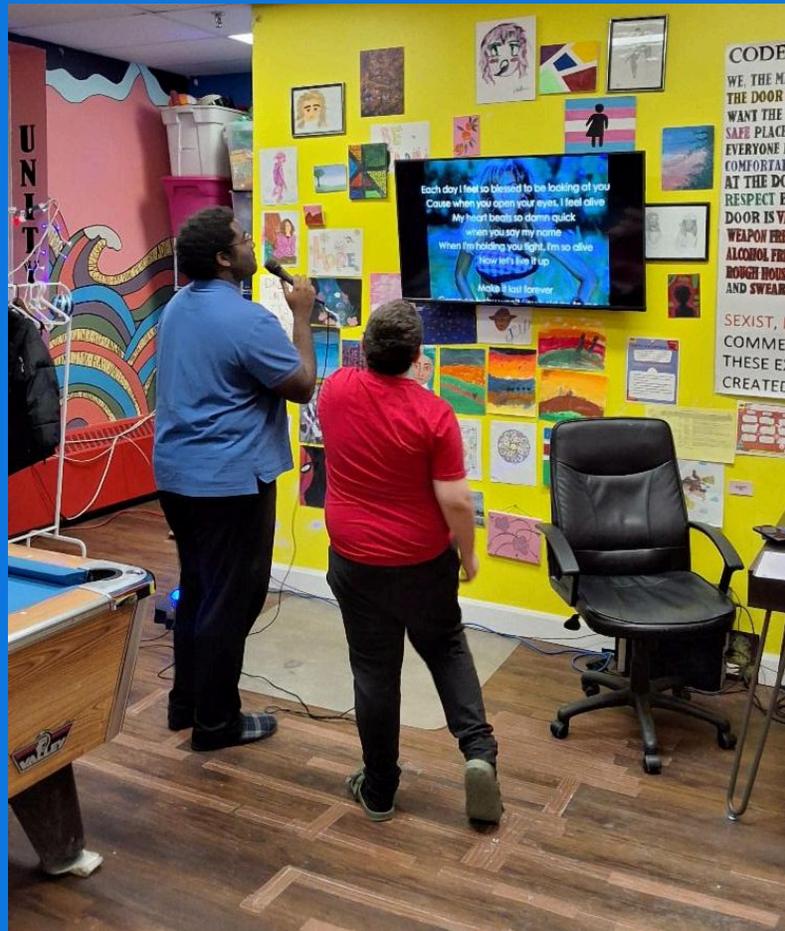


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# THE DOOR LA PORTE

YOUTH CENTRE JEUNESSE

## Closing 2025, Welcoming 2026!



December 2025/ January 2026

**Monthly Newsletter – December and January 2026**  
**Updates from The Door**

# Looking Back on 2025: A Year of Growth at The Door



2025 was a year of intentional and steady growth at The Door Youth Centre. Building on the foundation of the previous year, we expanded our programming and supports to better meet the needs of the youth we serve, while continuing to provide a safe, welcoming, and inclusive space.

Youth engagement continued to grow at a healthy pace. More youth accessed The Door throughout the year, overall attendance increased, and nightly participation became more consistent. We also welcomed a strong wave of new members, reflecting the centre's growing visibility and the trust youth place in our programs.

One of the most notable areas of growth came from the significant expansion of structured programming. Life skills activities, awareness sessions, and career workshops increased substantially as The Door moved toward more frequent, youth-driven, and skills-focused programming. As programming expanded, so did the support around our youth, creating a space they returned to night after night. Academic support also became a more regular and embedded part of daily programming, leading to a strong rise in youth participation in homework and study support.

Hands-on learning opportunities expanded as well. Cooking and food-based life skills programs grew considerably, offering youth more chances to build confidence, teamwork, and practical skills. Creative programs such as music, arts, and technology remained a consistent part of centre life, continuing to provide youth with meaningful outlets for expression and connection.

This growth was made possible by a major increase in volunteer involvement. As programming expanded, so did the support provided by volunteers, strengthening mentorship, program delivery, and daily engagement with youth.

As we look ahead, we are grateful to our youth, staff, volunteers, partners, and supporters for helping make 2025 a year of sustainable growth and deeper impact. Together, we continue to build a community where youth feel supported, empowered, and excited to return.

## February Monthly Calendar

**THE DOOR FEBRUARY CALENDAR!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> ★ Match The History - Black History Month Activity</p> <p><b>9</b> ★ Heart Health Month Awareness activity BHM: Spoken Word / Poetry Night</p> <p><b>16</b> <b>CLOSED FOR FAMILY DAY</b></p> <p><b>23</b> Charades Mental Health with Upstream Ottawa Info Session</p>	<p><b>3</b> ★ VR with Joe</p> <p>Eating Disorder Awareness Week Activity</p> <p><b>10</b> ★ VR with Joe</p> <p>Heart Disease Awareness Week activity</p> <p><b>17</b> ★ VR with Joe Lunar New Year celebration Jeopardy night</p> <p><b>24</b> ★ Young Men's Motivational Tuesdays with Vincent Martial Arts with Dan</p>	<p><b>4</b> ★ World Cancer Day Activity Bingo</p> <p><b>11</b> ★ BHM: Did You Know Activity with Gabriela Valentines Day Arts and Crafts with Kirsten</p> <p><b>18</b> ★ Preventative Health Awareness month activity BHM: Special Meal</p> <p><b>25</b> ★ Pink Shirt Day activity BHM: How To Take Care Of Your Hair with Sandrine</p>	<p><b>5</b> ★ Music with Armaan Quick Math Quiz BHM: Myth-Busting &amp; Stereotypes Discussion</p> <p><b>12</b> F Winterlude Snowflake Kingdom Field Trip</p> <p><b>19</b> ★ Music with Armaan Show and Tell Day with Vincent</p> <p><b>26</b> ★ Girls' Day And New Council Elections Henna with Mariam</p>	<p><b>6</b> ★ Fun Friday Karaoke with Elijah 3D Printing with Bingchen</p> <p><b>13</b> ★ Fun Friday Self-love Activity with Semira 3D Printing with Bingchen</p> <p><b>20</b> ★ Fun Friday Karaoke with Elijah 3D Printing with Bingchen</p> <p><b>27</b> ★ Fun Friday Karaoke with Elijah Pizza night + Birthday celebration 3D Printing with Bingchen</p>

**Legend:**  
 📌 Field Trip Invite Only  
 ⓘ Info Session  
 ★ Life Skills Activity  
 🛠️ Workshop

## Surprise Santa Brings Holiday Cheer to The Door



December 19 marked a joyful and heartfelt last day of the year at The Door Youth Centre. The afternoon was filled with excitement as the youth gathered to receive their Christmas gifts from our Surprise Santa, Alex Harden. Laughter and anticipation filled the room as the youth opened their gifts, sharing smiles and genuine moments of joy. Three youth were also selected to receive extra-special gifts, making the day even more meaningful and memorable.

We extend a sincere thank-you to Alex and her incredible team for their generosity, kindness, and care. Their support helped us end the year on a warm, celebratory note and reminded everyone of the power of community during the holiday season



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## McPhail Memorial Baptist Church Christmas Dinner

On December 11th, members of the McPhail Memorial Baptist Church arrived at the Centre for their annual Christmas Dinner with our youth—a cherished tradition that continues to bring warmth and connection to the holiday season. The church members generously prepared a delicious homemade Christmas meal, featuring turkey, stuffing, mashed potatoes, and all the classic fixings, served buffet-style for everyone to enjoy.

The atmosphere was filled with holiday spirit as youth and guests shared a meal, laughter, and meaningful conversation. The evening concluded on a sweet note with an assortment of festive desserts, including fudge, cookies, and haystacks, which were a big hit with everyone.

We are incredibly thankful to the members of the McPhail Memorial Baptist Church for their generosity, kindness, and 25 years of unwavering support to the Centre. Their continued commitment has made a lasting impact on our youth, and we are grateful for the sense of community they help create each year. We look forward to welcoming them back next Christmas for another unforgettable evening together.



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New Faces at The Door Youth Centre

Nathy: Floor Supervisor



We are pleased to welcome Nathy as the new Floor Supervisor at The Door. Nathy holds a bachelor's degree in Human Resources Management and brings seven years of experience in administration and event organization. She is currently completing a second bachelor's degree in Communications, specializing in Public Relations at the University of Ottawa, with graduation expected in 2026.

Nathy began her journey at The Door as a volunteer and now serves as a Floor Supervisor, bringing a calm, encouraging presence and strong interpersonal skills to the space. Passionate about helping youth feel heard, valued, and supported, she is deeply aligned with The Door's commitment to compassion, hard work, and meaningful youth engagement. We are excited to have her step into this role and continue making a positive impact.



## Julien: Youth Worker



Julien joined The Door Youth Centre as an adult volunteer in May 2025. He is currently studying in the Police Foundations program at Algonquin College and works professionally as a Direct Support Worker, supporting individuals within vulnerable populations.

Known for his kind, approachable nature and strong listening skills, Julien is passionate about making a positive impact in his community. He proudly represented The Door at the Hope Volleyball Summerfest 2025 and looks forward to continued involvement in future community events. Julien values encouragement, respect, and positive role-modeling, and brings a dependable, hardworking, and growth-focused approach to supporting and empowering youth.

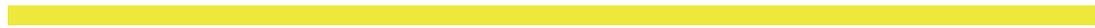


## Kirsten: Placement Student



I'm in my fourth year at Carleton University studying Criminology and Criminal Justice. I chose The Door because it's a welcoming space that genuinely supports and listens to youth.

My favourite part so far has been building connections and getting to know everyone. I have also enjoyed many of the activities! It was very fun seeing the excitement about the Talent Show. This placement is helping me strengthen my communication and interpersonal skills, and the experience will stay with me as I move forward in my future education and work.



## Project F.L.Y.: Be the Lead Workshop

On January 22nd, Project F.L.Y. delivered an engaging workshop titled "Be the Lead," focused on entrepreneurship and leadership. The session introduced youth to key aspects of starting and running a business, including building a strong business model, identifying a target customer base, and thinking creatively about innovative ideas.

Youth were actively involved throughout the workshop, working in teams to develop their own business concepts and present them to their peers and the facilitators. Their creativity, confidence, and problem-solving skills were on full display.

Prizes were awarded for first, second, and third place, with first place going to Daniel for his innovative men's shoe business concept featuring footwear that transforms from heeled to flat.

We extend our sincere thanks to Project F.L.Y. for providing youth with meaningful, hands-on business education and for inspiring the next generation of young entrepreneurs.



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## Showcasing Youth Talent at The Door





On Tuesday, The Door held its first Talent Show of the year, with youth showing great enthusiasm and engagement throughout the event. The show featured a wide range of creativity, including singing, magic tricks, dancing, drawing, and even a special appearance by a youth's pet pigeon. The atmosphere was lively and fun, filled with positive energy and encouragement. Prizes added to the excitement, with first place receiving a \$25 McDonald's gift card. Many youth shared that they would love the opportunity to participate in another Talent Show in the future. We look forward to hosting more Talent Shows and welcoming even more youth to engage, participate, and showcase their talents.

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## Girls' Day at The Door Featured on CBC

The Door Youth Centre was recently featured on Ottawa Morning, highlighting a special Girls' Day led by teens at the centre. The interview took place on November 27 and aired on December 12, 2025 on CBC Radio.

The segment spotlighted how youth took the lead in planning and facilitating Girls' Day, creating a welcoming and empowering space designed by girls, for girls. The event focused on connection, confidence-building, and peer support, giving participants the opportunity to build meaningful relationships in a safe and inclusive environment.

Girls' Day was organized by a dedicated youth committee made up of Julia (President), Joanna (Vice President), and Soliana (Secretary), whose leadership and teamwork were central to the success of the event.

We would also like to extend a heartfelt thank-you to the anonymous donor whose generous support helped fund Girls' Day and made this meaningful youth-led experience possible. This feature reflects The Door's commitment to youth-driven programming and leadership. We also thank Rebecca Zandbergen for the opportunity to share this work and help amplify the voices of youth at The Door.

[Click here to hear the clip](#)

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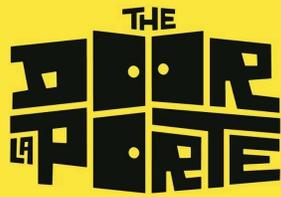


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