



YOUTH CENTRE JEUNESSE

# Winter Energy, Cultural Pride & Youth Leadership



February 2026

## Monthly Newsletter – February 2026

### Updates from The Door

February programming at The Door Youth Centre successfully integrated cultural education, life skills development, mental health awareness, and recreation within a safe and structured environment.

Through Black History Month programming, youth engaged in critical discussions around stereotypes, identity, and historical contributions, strengthening cultural awareness and analytical thinking. The centre also celebrated Lunar New Year, providing education on its cultural significance and fostering inclusivity through shared learning experiences.

Health education initiatives aligned with World Cancer Day and Eating Disorder Awareness Month, promoting open dialogue around stigma and wellness. A workshop delivered by AMANI Upstream Ottawa increased youth awareness of mental health supports and emotional regulation strategies. Skill-building initiatives included 3D printing workshops, motivational martial arts sessions, and a textured hair care workshop that connected practical self-care skills with cultural pride. Leadership development was reinforced through the successful Girls' Day Council election.

Recreational programming and a field trip to Winterlude – Snowflake Kingdom sponsored by Ottawa Community Foundation, strengthened peer relationships and positive social engagement. The month concluded with community-supported events sponsored by Domino's Pizza and Massine's, reinforcing strong local partnerships.

Overall, February demonstrated measurable engagement across educational, cultural, and wellness programming while maintaining a safe, inclusive space for youth growth and leadership development.

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## March Monthly Calendar

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# THE DOOR MARCH CALENDAR!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>★ 2 World Teen Mental Wellness Day Activity/ Bingo Night</p> <p>★ 9 International Women's Day Activity with Teegan and Faith</p> <p>★ 16 <b>SPRIT WEEK!</b> Twin Day Movie: Parent Trap with Faith</p> <p>★ 23 Special EID Dinner/ Critical Thinking Group Games</p> <p>W 30 Ottawa Paramedic Service Career Day</p>	<p>★ 3 VR with Joe/ World Wildlife Day activity with Kirsten</p> <p>★ 10 VR with Joe/ Money Management Activity</p> <p>★ 17 VR with Joe/ Best Dressed - St. Patrick's Day/ Arts and Crafts with Kirsten</p> <p>★ 24 VR with Joe/ Young Men's Motivational Tuesdays with Vincent/ Special Youth of the month Dessert</p> <p>★ 31 VR with Joe/ National Crayon Day Activity with Kirsten</p>	<p>★ 4 Optimism month activity with Isabel/ National Pancake Day</p> <p>★ 11 Tea/Hot Chocolate and Paint with Nathy</p> <p>★ 18 <b>Anime Day!</b> Cat Day with Karaya and Bizcocho</p> <p>★ 25 International Waffle Day/CSAP School Experiences Survey</p>	<p>★ 5 Music with Armaan/ Spelling Bee</p> <p>★ 12 National Nutrition Month Activity with Melanie/ Show and Tell</p> <p>★ 19 <b>80-90's Best Dressed Day!</b> Music with Armaan/ Talent Show with Prizes</p> <p>★ 26 <b>Girl Power!</b> Girls' Day</p>	<p>★ 6 Fun Friday Karaoke with Elijah/ 3D Printing with Bingchen</p> <p>★ 13 Fun Friday Info Session UOttawa Law with Sonya/ 3D Printing with Bingchen</p> <p>★ 20 <b>Fun Friday Speak French Day</b> with Nathy Karaoke with Elijah 3D Printing with Bingchen</p> <p>★ 27 Fun Friday Karaoke with Elijah/ Pizza night + Birthday celebration / 3D Printing with Bingchen</p>

S Spirit Week  
i Info Session  
★ Life Skills Activity  
W Workshop

## Winterlude Field Trip – Snowflake Kingdom Adventure



On Friday, February 13th, our youth from The Door Youth Centre enjoyed an unforgettable field trip to Winterlude, spending the day at the magical Snowflake Kingdom in Gatineau.

Snowflake Kingdom was filled with incredible snow and ice installations, towering snow slides, and endless winter fun. One of the highlights of the day was braving the giant snow slide, it was a little scary at first, but quickly turned into pure excitement and laughter! Despite the chilly temperatures, the energy and enthusiasm of the youth kept everyone warm.

This outing was about more than just winter activities. It was a meaningful opportunity for youth to bond, strengthen friendships, and welcome newer members into The Door community. Shared adventures like this help build confidence, connection, and a strong sense of belonging.

We extend our heartfelt thanks to the Ottawa Community Foundation for sponsoring this special experience. Your continued support allows our youth to explore their city, enjoy enriching recreational activities, and create lasting memories beyond the walls of the centre.

We look forward to many more outings, new adventures, and continued partnership in making experiences like this possible for our youth.



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## Celebrating Black History Month at The Door



February was a meaningful and engaging month at The Door Youth Centre as we celebrated Black History Month through education, dialogue, culture, and creativity. We began with an interactive Black History Kahoot, where youth guessed influential Black figures from Canada and the U.S. based on written descriptions. This fun activity helped expand their knowledge of historical leaders, athletes, and changemakers.

On February 9th, youth participated in a myth-busting discussion about stereotypes. Through conversation and games, they explored how stereotypes form, why they are harmful, and reflected on important movements such as the Civil Rights Movement and discussions around

Black hair and identity. That same day, youth expressed themselves through Spoken Word and Poetry Night, learning about the significance of spoken word as a powerful form of expression within Black communities.

Placement student Gabriela later led a “Did You Know?” activity focused on prominent Black Canadians, highlighting contributions that are often overlooked during Black History Month. Culture was also celebrated through food and community partnerships. Youth enjoyed a traditional Congolese meal and puff puff for dessert, learning about culture through shared experience. Representatives from AMANI Upstream Ottawa also visited to discuss youth mental health, coping strategies, and breaking stigma.

We closed the month with a hair care workshop led by Sandrine, where youth learned braiding techniques and how to care for black hair, reinforcing the importance of identity and self-care.

Black History Month at The Door was a time of learning, reflection, and empowerment, and we are proud of the growth and engagement shown by our youth throughout the month.

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## Self- Love Valentines Day with Semira

For this year’s Valentine’s Day activity, we shifted the focus from traditional cards to something even more meaningful, self love. Led by Semira, the session brought together a large and enthusiastic group of youth ready to explore creativity and confidence through art. With a little candy incentive to spark participation, the room quickly filled with energy, laughter, and artistic expression.

Youth created vibrant self portraits using craft colored paper, designing Valentine’s themed pieces that highlighted what they appreciate about themselves. The activity encouraged reflection, positive self image, and self expression in a fun and supportive environment. Once completed, their portraits were proudly displayed near the team board, transforming the space into a colorful gallery celebrating individuality and self worth.

Over the past few months, Semira has had a significant impact on our creative arts programming. Youth consistently look forward to her sessions and appreciate her thoughtful approach to exploring art through different mediums. Her workshops go beyond crafting, they build confidence, encourage self reflection, and create space for meaningful conversations.

This Valentine’s Day, love truly started from within.



## Empowering Young Men Through Martial Arts



This month, our Young Men's Motivational session took place in the rec room, where eight boys joined Ameer and Vincent for an engaging 45-minute martial arts workshop and demo. The opportunity was introduced to us through one of our placement students, helping expand the positive experiences available to our youth.

The workshop was led by Dan, who has been practicing martial arts for nearly twenty years, including over ten years in aikido and the past seven years in karate. As a part-time instructor in both disciplines, he brings valuable experience while emphasizing respect, focus, and self-control.

The boys were attentive, motivated, and eager to learn, making it a meaningful addition to Tuesday programming at The Door Youth Centre. We are grateful for the connection that made this session possible and for Dan's time and dedication. We hope to bring this motivational martial arts session back again in the near future.

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## Goodbye to our 1st Girl's Day Council 2025-2026



The first Girls Day Youth Council was a meaningful and successful step toward youth-led programming at The Door. From March 2025 to February 2026, President Joulia, Vice President Joanne, and Secretary Soliana worked together to plan and lead Girls Day with dedication and vision.

Each member played an important role. The President guided planning and final decisions. The Vice President gathered input and supported logistics and budgeting. The Secretary prepared proposals, tracked the budget, and recorded meetings. Together, they formed a strong and organized team. Their commitment to genuine youth interest made this year especially successful. The council researched ideas, listened to participants, and created activities the girls truly wanted. As a result, Girls Day nights became more engaging and exciting. Attendance grew to just under 30 girls per night, bringing in many new faces from across Ottawa and creating a welcoming and empowering space.

In February, Girls Day held its second election. The new council is composed of Saida as President, Rahaf and Sendike as Vice Presidents, and Grace as Secretary, marking the continuation of youth leadership at The Door. We are incredibly proud of both councils and look forward to seeing this leadership journey continue to grow. We also extend our sincere thanks to our independent donor whose generous sponsorship made this initiative possible and helped support the growth and success of Girls Day at The Door.



## **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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Website**



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