



March Highlights: Empowering Youth Every Day



March 2026

Monthly Newsletter – March 2026

Updates from The Door

March was a dynamic and engaging month at The Door Youth Centre, offering a balanced mix of life skills, education, recreation, and community partnerships. Youth participated in meaningful activities tied to key awareness days, including World Teen Mental Wellness Day, International Women's Day, and Nutrition Month, promoting personal growth, wellness, and learning.

Recreational programming remained strong, with popular activities like arts and crafts, gaming, karaoke, and a youth Talent Show fostering creativity and connection. Special events such as Spirit Week added energy and strengthened community spirit.

The centre also hosted valuable community partnerships, including sessions with the University of Ottawa Faculty of Law and Ottawa Paramedic Service, exposing youth to future career pathways. Cultural and inclusive events like the Eid Dinner and French Day further enriched youth experiences. Overall, March was a successful month, with high youth engagement, adaptable programming, and continued commitment to providing a safe, supportive, and empowering environment.

April Monthly Calendar

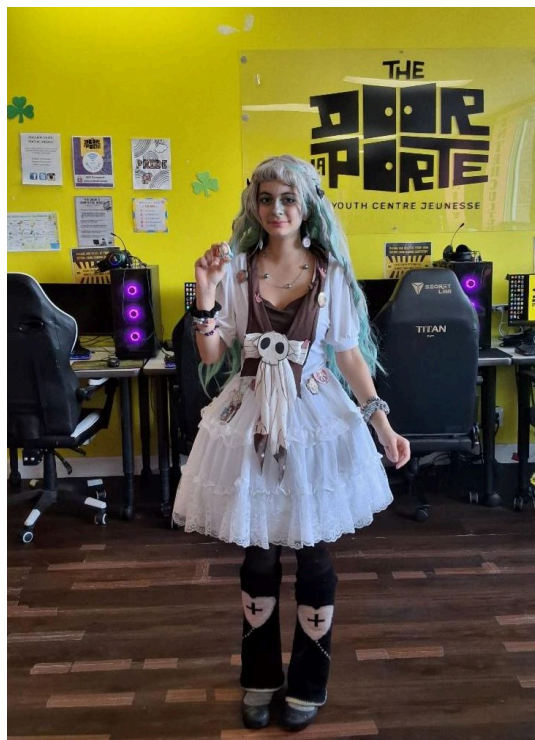
THE DOOR APRIL CALENDAR!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 CENTRE CLOSED FOR EASTER MONDAY</p> <p>13 Quick Math Games/ Young Canadians Parliament Program Infosession with Alan</p> <p>20 National Volunteer Week Activity/ Word Games</p> <p>27 Celebrating Diversity Activity/ Pool Tournament</p>	<p>7 World Health Day Activity/ Living a Sustainable Lifestyle Project Fly Workshop</p> <p>14 Alcohol Awareness Month Activity/ Special Homework Help Day</p> <p>21 Organ and Tissue Donor Awareness Week Activity</p> <p>28 Charades</p> <p>Young Men's Motivational Tuesdays with Vincent</p>	<p>1 April Fool's Day Egg Decorating Craft with Kirsten</p> <p>8 Art with Joanne/ Traders Game with Sebastien/ Goodbye Placement students party</p> <p>15 Art with Joanne/ Scavenger Hunt/ Endometriosis Awareness with Shayla</p> <p>22 Art with Joanne/ Earth Day Activity/ Closed at 6:30PM</p> <p>29 Art with Joanne/ Sexual Health Awareness/ Bingo Night</p>	<p>2 Youth of the month special meal/ Music with Armaan/ World Autism Awareness Day Activity/ Easter Egg Hunt Activity</p> <p>9 Music with Armaan/ Martial Arts with Dan 5pm</p> <p>16 Music with Armaan/ Brain Awareness Presentation with Emma Infosession</p> <p>23 Field Trip to Flying Squirrel Invite Only Centre Closed</p> <p>30 Girl's Night</p>	<p>3 CENTRE CLOSED FOR GOOD FRIDAY</p> <p>10 Fun Friday/ Karaoke with Elijah/ 3D Printing with Bingchen</p> <p>17 Fun Friday/ Karaoke Night/ 3D Printing with Bingchen</p> <p>24 Fun Friday Karaoke Night/ Pizza night + Birthday celebration/ 3D Printing with Bingchen/ Announcement of Youth of the Month - April</p>

Legend:

- F** Field Trip
- I** Info Session
- ★** Life Skills Activity
- W** Workshop

Spirit Week At The Door Youth Centre



Spirit Week took place during Reading Week, offering youth a fun, engaging, and safe space while they were out of school. The week was filled with creativity, laughter, and strong participation as youth took part in themed days, games, and group activities.

From Twin Day and St. Patrick's Best Dressed to Anime Day, Cat Day and the 80s–90s Best Dressed, a Talent Show, youth showed confidence and creativity throughout the week. During the talent show, youth sang, performed magic tricks, and even showcased graffiti art. Performances were scored by a panel of placement students and staff, and the winner received a \$20 Tim Hortons gift card.

The excitement continued into Speak French Day, where the floor supervisor, Nathy guided youth through French tips, simple phrases, and a bit of the language's history. Croissants were shared with youth who were able to try speaking a line or two in French, making the activity both fun and interactive. Youth engagement was strong all week, with placement students, volunteers, and staff actively participating alongside them, creating an even more lively and supportive environment.

Overall, Spirit Week created a welcoming space where youth stayed active, built friendships, and felt a strong sense of belonging during their time away from school.

Celebrating International Women's Day



In honour of International Women's Day, youth at The Door participated in a creative and reflective activity focused on celebrating inspiring women from around the world. The activity was led by placement student Faith, who guided youth through the process of exploring and expressing their ideas.

Through the design of mini infographics, youth highlighted influential figures such as artists, producers, actors, and changemakers who have made a lasting impact in their fields. Each participant explored the achievements, personal qualities, and challenges faced by their chosen individual, using colourful visuals, symbols, and short written reflections to bring their ideas to life.

The activity encouraged thoughtful discussions about what it truly means to be inspirational. Common themes that emerged included resilience, perseverance, and success in the face of adversity. Many youth were drawn to powerful "come-up" stories, while others chose to highlight women who have demonstrated long-term influence and leadership.

Overall, this activity not only celebrated the accomplishments of women but also provided an opportunity for youth to reflect on their own passions, goals, and future aspirations. It was a meaningful and empowering way to recognize International Women's Day while encouraging self-expression and personal growth.

Paramedics Career Day

On March 30th, youth at The Door had the exciting opportunity to take part in a hands-on Career Day experience with a paramedic from the Ottawa Paramedic Service.

Marc, who has been with Ottawa Paramedic Service for over 20 years, visited the centre and brought learning to life by guiding youth through the real-world responsibilities of paramedics. The session explored key aspects of the profession, including responding to 9-1-1 calls, performing CPR, administering medication, managing trauma, and conducting patient triage.

Youth also learned about patient care protocols, including how paramedics assess situations, gather patient history, and document care in high-pressure environments. Marc shared valuable insights from his extensive experience, along with information about the career pathway, highlighting the required certifications and training, which can range from six months to two years.

One of the highlights of the day was stepping outside to explore a real ambulance. Youth were able to see the equipment up close, learn about the tools used in emergency situations, and get a behind-the-scenes look at how paramedics provide life-saving care on the go. From stretchers and monitors to advanced medical kits, the experience made the career feel tangible and exciting.

Overall, the visit was both engaging and inspiring, giving youth a deeper understanding of emergency medical services while sparking curiosity about future careers in healthcare. ..



Thank You to Our Recent Sponsors and Funders

Because of the generosity of our recent sponsors and funders, we are able to continue creating opportunities, fostering growth, and supporting youth in meaningful ways. Your support plays a vital role in everything we do, thank you for standing with us.





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Ottawa Food Bank
La Banque d'Alimentation d'Ottawa



**Boston
Pizza**





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's
Website



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