July Highlights:
A Summer to Remember



(Youth members creating Zines on International Zine Day)

July 2026

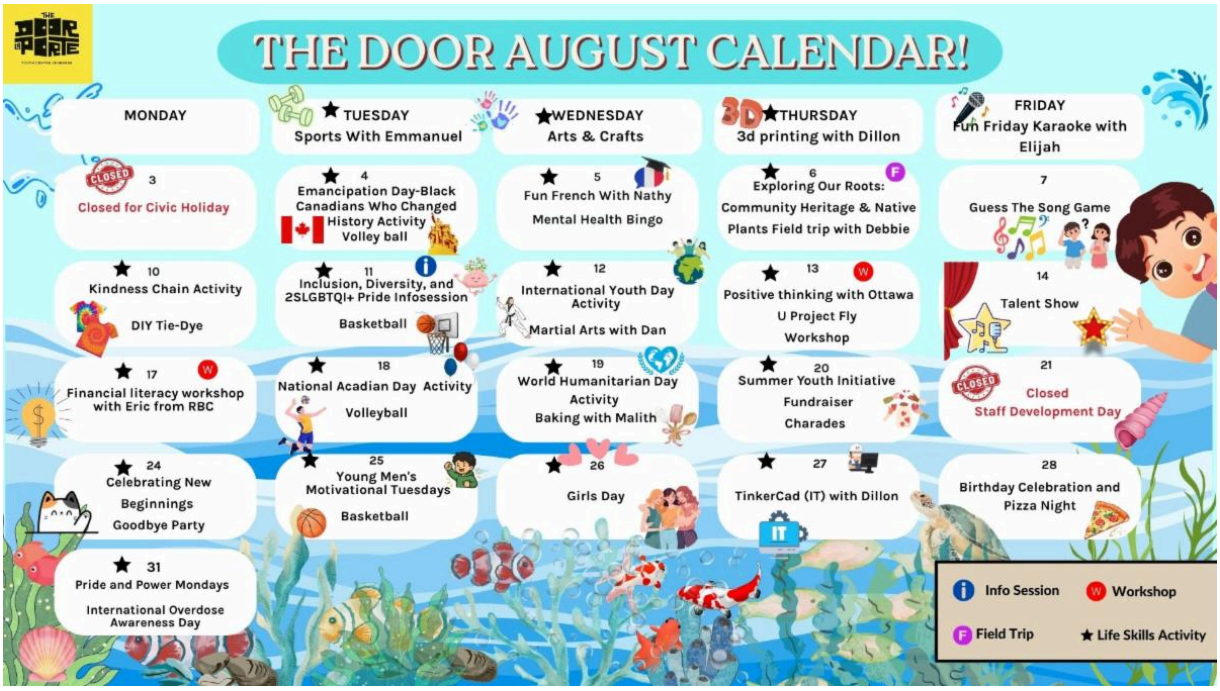
Monthly Newsletter -July 2026
Updates from The Door

July was an action-packed month at The Door Youth Centre, filled with learning, creativity, recreation, and community engagement. Youth participated in a variety of activities, including Sports with Emmanuel, Fun French Bingo, arts and crafts, tote bag decorating, zine-making, karaoke, singing, a summer water balloon fight and piñata challenge and dance competitions, Bingo Night, UNO and pool tournaments, and Go-Pro cinematography. Monthly programs such as Pride & Power, Young Men's Motivational Mondays, Girls' Day, and our Pizza Night and Birthday Celebration continued to provide meaningful opportunities for youth to connect, build confidence, and have fun.

One of the month's biggest highlights was Forward Fest '26, a special event organized by Door Youth Centre alumna Nicky in honour of her 40th birthday and as a way of giving back to the place that helped shape her journey. The evening featured a BBQ, interactive activity stations, games, raffles, and generous prize giveaways, bringing youth together for a memorable celebration of community, gratitude, and giving back.

Youth also benefited from valuable learning opportunities through the Canadian Red Cross Be Ready emergency preparedness workshop and Carleton University's Drugs and the Brain presentation. Throughout the month, awareness activities such as Canada History Week, International Nelson Mandela Day, World Hepatitis Day, and Coral Reef Awareness Week encouraged youth to explore new topics while developing important life skills in a safe, welcoming, and supportive environment.

August Monthly Calendar



Forward Fest '26: Celebrating Community, Giving Back, and Looking Forward

On Friday, July 3, The Door Youth Centre proudly celebrated Forward Fest '26, a special event organized by Door alumna Nicky in celebration of her 40th birthday and her desire to give back to the place that played such an important role in her life.

The celebration brought together current youth, alumni, volunteers, staff, and community members for an afternoon filled with fun, laughter, connection, and reflection. The centre was transformed into a vibrant space where everyone could celebrate The Door's past, present, and future.
Youth participated in a variety of interactive activity stations, completing a Forward Fest Circuit Scorecard as they moved from one activity to the next. The day featured bracelet making, team challenges, games, a Gratitude Wall, a free BBQ, a clothing giveaway, and opportunities to connect with former Door members. Completing the scorecard earned youth entries into an exciting raffle at the end of the event.

One of the day's highlights was hearing from Door alumni who shared heartfelt memories of their time at the centre. They spoke about The Door as a safe space, a home away from home, and a place where lifelong friendships were formed and where they always felt welcomed, supported, and encouraged to grow.The excitement continued during the raffle draw, where many youth won fantastic prizes, including basketballs, soccer balls, baseballs, handbags, jewellery, perfume sets, hygiene kits, and many other gifts. The smiles and excitement throughout the afternoon reflected how much the event meant to everyone who attended.

We are especially grateful to Nicky and her team for their incredible generosity. Along with organizing this memorable celebration, they presented The Door Youth Centre with a $3,000 donation, which will directly support future youth programs, activities, and opportunities.Forward Fest '26 was a powerful reminder that The Door's impact extends far beyond a young person's time at the centre. The friendships, confidence, support, and sense of belonging built here continue to inspire alumni to give back and invest in the next generation.

Thank you to Nicky, her team, our volunteers, donors, and everyone who helped make Forward Fest '26 such a meaningful celebration. Together, we continue building a stronger future for the youth in our community.









Staying Prepared: Building Confidence Through Emergency Readiness

On July 21, The Door Youth Centre welcomed the Canadian Red Cross for another engaging Be Ready workshop, giving youth the opportunity to learn valuable skills that can help them stay safe during emergencies.

The Be Ready program is the Canadian Red Cross' flagship emergency preparedness initiative, designed to strengthen individual and household resilience through practical and accessible planning. During the interactive session, youth learned about the importance of understanding the risks in their community, creating an emergency plan, preparing an emergency kit, and building a network of family, friends, and neighbours who can provide support during difficult situations. They also learned about the many free resources available through the Canadian Red Cross and how the organization supports communities before, during, and after emergencies and disasters.

During dinner, everyone gathered for the workshop, where all of the youth present participated respectfully and remained engaged throughout the presentation. The session encouraged meaningful discussions and gave participants practical knowledge they can take home and share with their families.

We are grateful to the Canadian Red Cross for continuing to partner with The Door Youth Centre and for equipping our youth with the knowledge and confidence to be prepared for emergencies. Workshops like Be Ready help build resilience, strengthen communities, and empower young people with skills that will benefit them for years to come.



Drugs on the Brain Workshop with Carleton University- Department of Neuroscience

On July 20, The Door Youth Centre welcomed facilitators from Carleton University's Department of Neuroscience for an interactive workshop on Drugs and the Brain. The session introduced youth to the science behind how the brain works and explored how different substances can affect brain development, decision-making, memory, motivation, and overall well-being.

Through engaging discussions and activities, participants learned about neurotransmitters, the brain's reward system, the role of the prefrontal cortex in decision-making, and how different substances can affect the brain in different ways. The workshop also explored topics such as addiction, tolerance, and the importance of understanding the risks associated with substance use, encouraging youth to think critically and make informed choices.

The session concluded with a discussion that encouraged participants to reflect on how knowledge about the brain can support healthy decision-making. Youth were engaged throughout the workshop, asked thoughtful

questions, and gained valuable information that will help them make informed choices now and in the future.



Fun French: Learning Canada's Second Official Language Through Play

This month, our Floor Supervisor, Nathy, led an engaging Fun French activity that introduced youth to Canada's second official language in an interactive and enjoyable way. Rather than a traditional classroom lesson, the session used a lively game of French Bingo to help participants build their French vocabulary while having fun.

The bingo cards featured French words related to fruits, cities, and names, giving youth the opportunity to recognize, pronounce, and learn new vocabulary in an encouraging environment. As the game progressed, participants became more confident using French while enjoying friendly competition. Prize winners were recognized for their participation, adding excitement and motivation throughout the activity.

Living in a bilingual city like Ottawa provides youth with valuable opportunities to learn and use French as a second language. Activities like Fun French help participants build their vocabulary and confidence while developing skills that can support future educational, employment, and everyday communication opportunities in both of Canada's official languages.

The session was a great success, with all youth actively participating, demonstrating excellent behaviour, and supporting one another throughout the game. By combining learning with recreation, Nathy created a positive experience that encouraged curiosity, built confidence, and showed that learning French can be both meaningful and fun





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

755 Somerset St W, Ottawa, ON K1R 6R1
(613) 237-3667

Someone forwarded you this newsletter?
We're glad it found its way to you! You can subscribe here to get it straight to your inbox next time.

Subscribe

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

Unsubscribe | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!