THE DOOR LA PORTE

YOUTH CENTRE JEUNESSE

Back to School, Back to The Door!



(Adult volunteer Bhagy helps youth with homework)

September 2026

Monthly Newsletter -September 2026
Updates from The Door

September was a busy and exciting month at The Door Youth Centre! Youth celebrated the Back-to-School season with goal setting, water-bottle decorating, team games, and plenty of fun. We also continued our regular sports, arts and crafts, karaoke, 3D printing, life-skills, and youth leadership programming.

Youth took part in meaningful learning opportunities, including a Suicide Prevention Workshop with Zoe and Em from YNRA, International Day of Democracy activities, healthy relationships, food waste awareness, and career exploration.

We were also grateful to the OSEG Foundation and Ottawa REDBLACKS for donating 50 backpacks filled with school supplies, helping our youth start the school year feeling prepared and supported.

September was a month filled with learning, connection, creativity, teamwork, and community at The Door!

October Monthly Calendar



Back-to-School Support from OSEG Foundation and Ottawa REDBLACKS



The Door Youth Centre kicked off the new school year with a fun-filled Back-to-School Party on September 3rd! Youth had the opportunity to set goals for the school year, decorate their own water bottles, and take part in a variety of fun team games and challenges.

The afternoon included a Spelling Bee, where youth worked together in teams, as well as Musical Cups and Cup Toss challenges. These activities encouraged teamwork, friendly competition, creativity, and lots of laughter as youth celebrated the beginning of a new school year.
The celebration was made even more meaningful thanks to the generous support of the OSEG Foundation and the Ottawa REDBLACKS, who donated 50 backpacks filled with school supplies for our youth.

The backpacks provided youth and their families with helpful supplies to start the school year prepared and supported. Youth members were able to visit The Door Youth Centre during regular hours to pick up a backpack while supplies lasted.

We are incredibly grateful to the OSEG Foundation and Ottawa REDBLACKS for helping make back-to-school season a little brighter for our youth!



Suicide Prevention Workshop with YNRA

As part of our World Suicide Prevention Day programming, The Door Youth Centre hosted an important Suicide Prevention Workshop led by Zoe and Em from YNRA.

The workshop gave youth an opportunity to learn about suicide awareness and how to identify suicidal thoughts. Through discussion and education, youth were encouraged to better understand the importance of recognizing when someone may be struggling and the value of seeking support.
The session created a safe space for youth to learn, ask questions, and have meaningful conversations about mental health and well-being. It also highlighted the importance of looking out for one another and knowing when to reach out for help.

We would like to thank Zoe and Em from YNRA for taking the time to connect with our youth and provide this important educational session.



The Door Youth Take Their Art to Chinatown Remixed 2026

This October, The Door Youth Centre is proud to see the creativity and talent of our youth showcased as part of the Chinatown Remixed Art Festival 2026. Art can be a powerful way for young people to express themselves, share their experiences, and connect with their community. At The Door, we believe creativity gives youth a meaningful way to explore their ideas, build confidence, and have their voices seen and heard.

As part of this year's festival, five wonderful pieces created by youth from The Door are being displayed at Ben Ben Restaurant, located at 697 Somerset Street West, from October 3 to October 31, 2026.

The artwork reflects the unique perspectives, creativity, and imagination of our young artists. Having their work displayed in a local business gives youth an opportunity to step beyond the walls of The Door and share their creativity with the wider Ottawa community.

We encourage everyone to stop by Ben Ben Restaurant throughout October to check out the six pieces and support our talented young artists.

A special thank you to Chinatown Remixed and Don & the Chinatown Remixed Collective for creating this opportunity for our youth to showcase their artwork, express themselves through art, and be part of this wonderful community festival.

We are incredibly proud of our youth and excited to see their creativity celebrated throughout Chinatown!
Come check out their artwork and celebrate the creativity of The Door youth!

📍 Ben Ben Restaurant
697 Somerset Street West, Ottawa
October 3–31, 2026





Meet Our Placement Students

At The Door Youth Centre, we are proud to welcome placement students who bring fresh perspectives, enthusiasm, and a passion for supporting youth in our community. From September through April, our placement students become an important part of the Centre community, gaining hands-on experience while contributing to our programs, activities, and welcoming environment.

Through their placements, students have the opportunity to build meaningful relationships with youth, develop their professional skills, and gain valuable experience in a community-based setting. Each student brings their own unique experiences, interests, and goals to The Door, adding new perspectives to our team and programs.

Get to know the students behind the placements! In the profiles below, our placement students share a little about themselves, what brought them to The Door, their favourite parts of working with youth, and how their experience at The Door is helping prepare them for their future careers.

We invite you to learn more about the six amazing students who will be part of The Door Youth Centre and the contributions they are making to our Centre community.



Kaydra. J

What school/program are you studying in?

I am currently studying Social Work at Carleton University.

What brought you to do your placement at The Door?

I chose to complete my placement at The Door because I wanted to gain hands-on experience working with youth and learn more about working in a community-based setting.

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

My favourite part has been getting to know the youth and learning about their different personalities, interests, and experiences. I also enjoy being able to support and engage with them through different activities.

How do you think this placement will help you in your future career?
I think this placement will help me in my future career by giving me experience working with different communities and individuals with diverse needs. It will also help me develop my communication, relationship-building, and social work skills.

Jasmine. L



What school/program are you studying in?

I am studying at Carleton University in Criminology and Sociology, Honours Major.

What brought you to do your placement at The Door?

My coordinator, Danette, coordinated my placement, and The Door was my second choice out of the four choices. I have enjoyed my time here.

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

My favorite part of working with the youth so far is helping in the kitchen and preparing meals for them. Seeing them enjoy their food motivates me to work even harder every shift.

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

I think this placement will help me kick-start my career because I would like to work with youth and do administrative work in the future. It also helps me seek out other similar job opportunities.



Abarna. S

What school/program are you studying in?

I am studying Criminology and Criminal Justice at Carleton University.

What brought you to do your placement at The Door?

I chose to do my placement at The Door Youth Centre because I wanted to learn more about the different types of support and resources the youth are receiving. I also wanted to gain experience from working directly with youth who come from different backgrounds.

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

My favourite part so far at the Centre is getting to know the youth, interacting with them while playing social games such as Uno or foosball, and helping with different activities hosted by the staff, such as a treasure hunt.

How do you think this placement will help you in your future career?
I think this placement will help me in my future career by giving me hands-on experience working with youth and learning about leadership and program-planning skills.

Mattie. M



What school/program are you studying in?

I am in my third year studying Social Work at Carleton University.

What brought you to do your placement at The Door?

I was brought to The Door through a discussion with my practicum coordinator about possible opportunities for my placement. I have previous experience working with young children up to 12 years old, so I decided that I'd like to gain experience working with youth older than 12. My practicum coordinator then suggested The Door based on this interest!

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

My favourite part about The Door is interacting with all of the youth each night that I'm there. I love joking around with them, doing activities, playing games, and especially hearing about how they are doing. I really appreciate the opportunity to make connections with so many great kids.

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

The Door will help me in my future career in so many ways, but one way that it will help me in particular is through the community connections that The Door has. The Centre partners with so many great organizations and has connections to many community resources. This has helped me learn about the support that is offered throughout the community, which I look forward to connecting with and referring others to in the future.



Mack. C

What school/program are you studying in?

I am studying Child and Youth Care at Algonquin College.

What brought you to do your placement at The Door?

I came to The Door because I was looking for something different from the other jobs I've had working with youth. I wanted to broaden my horizons of what being a youth worker looked like.

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

My favorite part of working at The Door and with the youth there has been how much fun we have at the centre. Whether it's card games like Uno or Flip 7, playing bingo, or a game of ping pong, there's always something fun going on.

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

I think this placement will help me in my future career by giving me a new perspective on working with young people. I've worked a lot in the education system. It's been really cool to step out of the classroom and into a different role at the centre.

Jayke. M



What school/program are you studying in?

I am a fourth-year student at Carleton University. I am currently studying Criminology and Criminal Justice with a concentration in law, and I am minoring in Disability Studies.

What brought you to do your placement at The Door?

Before I decided where to complete my placement, I considered many options in the field as I wanted to explore what I could do with my degree. Some of those included law firms, government agencies, and other community programs. The Door stood out to me because it focused on youth, who I want to work with in the future, and this placement felt like a strong way for me to explore this field.

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

My favourite part of working with the youth so far has been playing games and activities such as UNO or Bingo with them. Also, the workshops that take place are interesting for learning more about different topics, like relationships and real estate.

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

Looking into the future, this placement will help me in my career as it gives me experience with

youth who all have different lived experiences. I know in my future career I want to work with youth in some way, and this placement allows me to see the needs of the community and what needs to be done to improve for them.



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

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The Door's Website

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