I really love this time of year. You can see the leaves change, as we get ready for the shift in seasons. Cornerstone has experienced enormous growth thanks to our community. In a short time, we have almost doubled our ability to give safe, secure affordable housing tailored to women that have experienced homelessness.

As I reflect on this, I am deeply grateful. I also have two important updates to share with you.

Firstly, I am happy to announce that Cornerstone Housing for Women has entered into partnership with Christ Church Bells Corners and their affordable housing development. CCBC has a proposal in and if successful, construction is projected to begin in 2020. It is a wonderful opportunity to partner as Cornerstone will have 5-units for women struggling with homelessness in the 35-unit mixed housing building. We will also provide the property management services. This relationship is new for us, and will allow us to expand our mission of ending homelessness and creating safe, secure housing.

In September, Cornerstone’s Board of Directors passed a motion to move forward with the creation of an ad-hoc Emergency Shelter Committee. Our busy, and out-of-date emergency shelter has now been heavily used everyday since 1994. Each day we turn women away, and sixty-one women sleep in shelter each night in a heritage building, downtown. In the coming months, the committee will explore different options for Cornerstone to consider how we use our current Emergency Shelter, how we could potentially renovate, or simply build a new space for women needing emergency shelter in our community.

This is a pivotal moment in our history. I am so glad that I can share with our forward momentum on this vital need with you. This October, when I reflect in the season of Thanks Giving what I am truly grateful for, it will be that we have such a caring, passionate and committed community.

Because of our partners, donors, volunteers and community supporters we can offer vulnerable women the chance to transform their lives.
Summer: In Pictures

I have been welcomed into the women’s homes. As a summer student, they are quick to say hello or strike up a short friendly conversation. Being here has made me feel like I am walking into my second home, plus I’ve built friendships with many of the residents. I am grateful for such an opportunity, and will cherish my experience and time with each one of these residents.”

- Sarah (Summer Student)

Volunteer Partnerships

For several years, we’ve had a wonderful partnership with the University of Ottawa’s, Michaëlle Jean Centre for Global and Community Engagement. It’s Community Services Learning (CSL) program promotes lifelong commitment to community engagement and social responsibility among all uOttawa Students. On average, up to six students volunteer every semester, for a minimum thirty hours. Many are first year medical students who help fill shifts in our two licensed kitchens by working with the Chef in food preparation, serving and kitchen clean-up. Over the past three years, CSL students have provided Cornerstone with over 1,000 hours of volunteer service.
Simple Beauty: Resident Photography Club

I joined the Photography Club in June 2019. I’ve gone out on two occasions so far to take a few photos, and very much enjoyed it. I value the opportunity it gives to see and capture passing moments through a lens. This allows the mind to appreciate and meditate on those short and precious moments; compared to the wandering eyes, which tends to overlook/dismiss and underappreciate the beauty and peace that are found almost anywhere.

The second time I went out to take a few pictures, it allowed me to separate myself from the chaos and noise of the world by just focusing on capturing some of the most simple forms of beauty—Nature.

- Rosie, Resident

Janet’s Retirement

It is with mixed emotions that I am retiring after 17 years as Human Resources Manager with Cornerstone. There have been many changes over the years: New buildings, people, and processes. The constant has been the commitment of the staff, volunteers and the organization as a whole to the principle that all women truly deserve a safe and respectful place to live. I want to thank everyone at Cornerstone for all the support and good humour they have afforded me over the years. My very best wishes to you and to all the amazing women you serve. My garden, the birds and artistic endeavours await me.

-Janet, Human Resources Manager

Nicola: Congratulations on twenty-five years!

I have worked at Cornerstone for 25 years. Working at Cornerstone has allowed me to work in a job that reflects my core values. There are few jobs that live a person’s values and given I am passionate about social justice, this is a good fit. Where else could you work where you have an opportunity to make a difference? Where else also are you lucky enough to be surrounded with colleagues that share your beliefs?

- Nicola, Sr. Manager, MacLaren
Spiritual Care this Fall

“Each human being has something to bring to humanity. As we start to really get to know each other, as we listen to each other’s stories, things begin to change. It is a movement of the heart.”

The Spiritual Care team members has gone into the fall re-energized after the summer.

Currently, the five volunteers of the Spiritual Care team are doing two prayer circles a week, at Booth Street and the O'Connor Emergency Shelter. We offer a short liturgy that draws on Anglican and contemporary traditions. We read and reflect on a passage. The leader gives a brief commentary on the Scripture and then opens things up for people’s reactions, their thoughts and feelings. Music, the visual arts and craft activities complement our practice. We hear women’s stories of struggle, pain and joy. Their vulnerability and insight are gifts for us all. Regularly, many women say how much they appreciate and need Spiritual Care.

This work of building relationships also includes conversations we have at teatime and at the shelter. We are planning a Thanksgiving celebration and a Remembrance Day service. Sometimes women chose not to pray but want to socialize, talk and connect nonetheless.

Living at Cornerstone has helped me on my journey with my mental health issues.

The staff are great and ready to help me without any judgment. The women that I live with are wonderful and it’s nice to live and belong in a community where I can be myself. I owe Cornerstone a lot for the help and understanding that I get from staff and the other residents.

- S.A., Cornerstone Resident

- Jane Enticknap, Volunteer

Left: Spiritual care volunteers and friends at a recent celebration, with members of musical guests Plaid.

Photo Credit: Beverly Chen
Fieldtrip to Waupoos Farm

Recently, Cornerstone staff and residents were able to take a breath of fresh air, and pause to enjoy the sunshine. Nineteen residents and four staff participated on an outing to Waupoos Family Farm, just south of downtown Ottawa for some much needed rest and relaxation.

Excitement and jitters filled the bus as it stopped outside each Cornerstone location to pick-up participants. After only a short drive, Waupoos Farm was in sight. We exited the bus, and heard crickets chirping and goats bleating. Barn cats and chickens roamed the property as friendly guides. The women excitedly claimed their beds in the cabins, then ate lunch together in the main hall.

As a group, we hiked a couple of trails before sunset. At the end of the night, we gathered by the warm fire to enjoy singing and s’mores. The moon appeared and shone through as a natural night light.

We left the next morning after breakfast. Wonderful memories were made, as well as wishes to come back next year. Thank you to Waupoos for a lovely time outside of the city!

- India, Case Manager, Princeton

Kara Eusebio: Monthly Giver Profile

I give monthly because women experience homelessness every day, not just around the holidays. My regular donation reminds about the issues that cause women to experience homelessness, often and allows me to contribute to Cornerstone’s programs and services year round. I'm a young woman in Ottawa and I know I am around the average age of women who call Cornerstone home. It is so important to me to be part of building a community that I am proud to live in, where everyone has safe, affordable housing. I would encourage anyone questioning how to make a difference and to support women in our community to give a monthly gift - and you don’t have to be wealthy to make an impact. Gifts can be as little as $5 a month, the cost of a sandwich or cup of coffee. It's incredibly empowering to be a part of supporting a more accessible, inclusive, safe city and see that impact being made monthly.
**Boutique Cornerstone: Couture With a Cause!**

Join us on Saturday, November 16, 9 am to 4 pm, for this special one day POP UP Sale at All Saints Event Space, 10 Blackburn Avenue in the Sandy Hill neighbourhood of Ottawa. Shop a curated selection of fashion-forward, gently-worn Women’s clothing + accessories and connect with our network of stylish volunteers. Bring a friend to help raise funds and awareness for Cornerstone - 100% net proceeds of the sale will go directly to Cornerstone’s initiatives: providing emergency shelter, wholesome meals and safe, affordable, permanent housing for women in Ottawa.

Admission is free, hosted in the spectacularly renovated Chapel room. The event will run concurrently with Mistletoe & Ivy’s Handmade Market, so there will be plenty to see and do. Coffee Bar and Street Parking available. Follow #cornerstonecouture on Instagram.
Contact: andrea.laurin@laurin.ca, anna.rumin@gmail.com

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**Emma: Educational Bursary Recipient**

My name is Emma and I live at Cornerstone. I have an emotional support service dog, and I also have a passion for all animals. I was able to complete both Pet First Aid courses offered by the Ottawa Humane Society after receiving the Cornerstone Education Bursary.

Three years ago, I found an abandoned Pomeranian/Chihuahua puppy. I decided to keep him and use my skills and knowledge to train him. Now, he is a registered ESA (Emotional Support Animal). Raising my dog took a lot of time, patience, and research, and it sparked an interest in me to continue working with animals on a higher level.

I have over 20 years of experience working with animals, but I have no schooling past high school. Completing these courses gave me more confidence when dealing with pet emergencies and wild life rescues.

Staff have given me so much encouragement and resources to allow me to support animals with minor ailments independently. During the summer, I found a four-week-old cottontail rabbit who was seemingly abandoned. I kept him overnight to check for injuries, and then I released him in a safe area the following morning. I have also been able to support other residents with their concerns about their own pets and have made myself available to them as a resource.

Completing the Pet First Aid courses was step one towards my future. I am now a volunteer with Safe Wings, an agency dedicated to bird advocacy and safety from window collisions. I will also be continuing my studies by applying to a veterinary assistant program. I am grateful for the opportunities provided by the Cornerstone Education Bursary.

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[www.cornerstonewomen.ca](http://www.cornerstonewomen.ca)
Cornerstone Wish List for Fall and Holidays

Cornerstone Wish List for Fall & Winter 2019

Please bring all donations to 314 Booth St. We are unable to pick-up donations.

Donations are stored and distributed to all other Cornerstone locations.

We appreciate your support and are very grateful that you have taken the time to donate to us.

Your generosity makes women’s lives better.

Please note: due to limited storage space, we are unable to accept donations of used clothing, large appliances and all furniture. We also do not accept items for children.

In red writing appear our most urgent needs

Full size shampoo, conditioner, body wash, deodorant and lip chap
New twin/single sheet sets for new arrivals to all locations
$10 Gift cards for Tim Hortons, Giant Tiger, Walmart, Presidents Choice
Hats, mitts, gloves and scarves, socks
Face cream, hand cream
New twin comforter sets
Warm blankets - Twin/Double only please
New pajamas (size S, M, L, XL, XXL, XXXL, XXXXL) and slippers
Kitchenware items, new or nearly new i.e. dishes, cutlery and pots and pans

Holiday/Christmas Gift Ideas

Advent Calendars
Coffee cup or water bottle
Chocolate/candy/cookies
Nail polish
Notebooks, journals, writing paper, drawing paper, pens, markers, pencil crayons
Activity books: word searches/mandalas/ crosswords/coloring books
Picture frames / small wall art or a sign with an affirmation
Christmas ornament

Food Items

Frozen Turkey (for holiday meals) - transported frozen
Frozen Hams (for holiday meals) - transported frozen
Packaged goods such as; rice, instant noodles, pasta
Vegetable oil
Pasta sauce
Canned tuna
Peanut butter
Kraft Dinner
Cheerios

314 Booth St., Ottawa, ON K1R 7K2  Tel: 613-254-6584 x 503
jessie-lee.wallace@cornerstonewomen.ca
**2019 Upcoming Community Events—Save the Date!**

Sunday, October 20 Ladies of the MDW—Wine and Cheese Celebration for Cornerstone  
$25 Tickets on Eventbrite.ca

Saturday, November 16  POP UP SHOP FOR CORNERSTONE  
9 am - 4 pm  ALL SAINTS EVENT SPACE 10 Blackburn Ave. (Sandy Hill) Come shop for Cornerstone. Fashionable, gently used women’s clothing, shoes and accessories carefully selected to bring you joy! You will also want to visit our “Cornerstone Couture Corner” – Fabulous deals, brand names at great prices. All proceeds to benefit women who live at Cornerstone, who otherwise would be homeless or at-risk.

Mary Kay Holiday Makeover Event Saturday, November 16  
Details TBC  Villagio in the Glebe

Sunday, November 24  Ottawa Little Theatre Event ‘Miss Bennet’  
Tickets on sale Eventbrite.ca

Thursday, November 21  Share the Fair Ten Thousand Villages

Shopping Night for Cornerstone - 5 pm to 8 pm, 373 Richmond Rd, Westboro

**Connect with us**

Did you know that we’re on Facebook, Twitter and Instagram? Keep up with all of the latest

@hopecornerstone  
@HopeCornerstone  
@Cornerstonehousing

**Make a Difference**

You have the power to transform Ottawa into a better, safer place for women. By joining our Cornerstone family as a donor, a volunteer, or an advocate in your community, you can help women take control of their own lives. Your contribution will make a difference by ensuring that every woman who comes to Cornerstone will receive the supports she needs to rebuild her life after experiencing trauma, abuse and homelessness. Please consider making a gift today.

Please help us use our resources effectively by signing up to receive our newsletter electronically.

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**YES! I would like to make a gift to support women making a fresh start this summer.**

Cornerstone Housing for Women

I am enclosing: amount $__________

$250  $120  $35

Please make my gift monthly  Credit Card #  
Expiration date ________ CVN # ______

Name (on Card): ________________________________

Address: _______________________________________

City: ___________________ Prov: _________Postal Code: ___________________

Email: _________________________________________

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**In person or by mail:**

Cornerstone Housing for Women  
Attn: Jessie-Lee Wallace  
314 Booth St., Ottawa, ON K1R 7K2

**Donate Online:**

www.cornerstonewomen.ca

**Phone or email:**

(613)254-6584 x 503  
jessie-lee.wallace@cornerstonewomen.ca

**Our Charitable Registration Number:**  
83725-8854-RR0001