I have now been with Cornerstone for almost a month. I have toured Cornerstone’s emergency shelter and four housing communities. I have met terrific residents, volunteers, supporters and staff. It has been great getting to know our Managers, as they share with me a clearer picture of their needs, and how we can approach our work as we move forward. **Plus, I am proud to mention that we recognized sixteen staff members for their 10+ years of service!**

I have had the privilege to meet donors that have supported our 373 Princeton Avenue development, that just opened at the end of 2018. It is inspiring to me how our community cares genuinely about helping the most vulnerable people. **Plus, I am looking forward to greeting more of our supporters and friends at Cornerstone’s first annual Purple Tie Gala on September 14th to be held at the Ottawa Art Gallery (turn to page 2 to learn more.)**

I have been busy making connections with our service partners and like organizations. I have met with Directors at Options Bytown, The Salvation Army, The Ottawa Mission, The Shepherds of Good Hope, the Social Housing Registry of Ottawa, the Alliance to End Homelessness, Ottawa Inner City Health, Centretown Citizens of Ottawa Corporation, and The Somerset West Community Health Centre. I am looking forward to working and collaborating with these organizations.

“I look forward to this fall when I will meet many more residents, volunteers, new staff, community partners, donors and community members. I am excited to work with you to ensure that Cornerstone continues to be a safe place where women can reach their full potential.”

**OUR MISSION**

Cornerstone provides emergency shelter and supportive housing for a diversity of women. Our services are offered in an environment which promotes dignity and a sense of hope. We are committed to public education and advocacy. We strive to increase safe, affordable housing and to end homelessness.
Over a thousand women become homeless in Ottawa every year. With your help and that of our community, we can serve almost half on their journey away from homelessness into loving, supportive communities and a safe, secure home. Be a change-maker in your neighbourhood. We will be delighted if you join us at our very special signature event this September, The Purple Tie Gala. Please help make this event a success!

We are thrilled to welcome her Excellency the British High Commissioner Susan le Jeune d’Allegeershecque as our honourary event chair. Emcees of the evening, CBC’s Lucy van Oldenbarneveld and Joseph Cull, winner of the Mayor’s City Builder award, will keep the energy high. Our emcee Joseph, remarks, “we want this to be like Ottawa’s MET Gala, but wear what feels good to you.”

We are happy to announce that this event is presented by Livingston MacDonald Wealth Management of RBC Dominion Securities Inc. Thanks to our Media sponsors the Ottawa Business Journal and the Kitchissippi Times, it promises to be a sophisticated night of signature cocktails by Top Shelf Distillers, beer by Flora Hall Brewing, and wine by Château des Charmes, gourmet food stations by the exclusive Jackson Café, live music by 9-piece powerhouse band Sly High presented by Third World Bazaar, and fashion by Sukhoo Sukhoo Couture. Enjoy art and dance in one of the newest and most dynamic settings in downtown Ottawa. Attendees will also have the opportunity to view new OAG exhibitions during the event.

Silent and live auctions will include an African safari, Gin tasting for nine at the British High Commission, event and sports tickets, gourmet gift baskets and dozens more exclusive items. Because of amazing support, more items are being added to the list every week. Dress is formal to cocktail, but wear what feels right to you. There will be prizes for best dressed! Please join us and help the women of our community transform their lives from crisis to hope and home. Tickets are $125 with a $25 tax receipt. We are currently 70% sold out. Please help us make this event a success benefitting the women in Ottawa. To purchase tickets or to learn more, please visit www.cornerstonewomen.ca.
Volunteers at Cornerstone this Spring

Our volunteer coordinator, Rosemary, can’t say enough great things about Cornerstone’s volunteers. Over two hundred and fifty volunteers help call Bingo, prepare meals, spring clean, accompany women on appointments and offer dozens of other acts of service each year.

Rosemary says, “Cornerstone is so fortunate to have the support of volunteers as well as many local businesses, who give their time to help us with special projects. This spring we have welcomed volunteer groups from Adobe, the Canadian Institute for Health Information (CIHI), Export Development Canada (EDC), Mitel, RBC, and Sherwin Williams. The continued support of our corporate partners is very much appreciated.

We recently recognized the incredible contribution of volunteers at our Above & Beyond event. Guests were treated to food and beverages prepared by the residents and staff of Princeton Avenue. Volunteer Elizabeth Reicker, was recognized for 20 years of volunteerism. The Head of Mission to Mexico and friends from the Mexican Embassy were also in attendance to thank our volunteers and to present a special screening of the film Roma.

A special thank you to our friends at Christ Church Bells Corners for helping make our garden at Princeton Avenue come alive with colour and beauty. Plus, volunteers called the Rolling Barber provide free haircuts to the women in our emergency shelter.

Are you interested in volunteering? Cornerstone is a recipient charity partner for this year’s Westboro Fuse Street Festival. Join us on August 17th and 18th. And consider giving your time and having a great time. To volunteer, please visit www.westborovillage.com/fuse/. It takes an army of volunteers to make this fun weekend run smoothly! #ChooseHopeOttawa
Daily Life at Cornerstone

We offer many different programs, including housing search support, addictions counselling and case management. Sometimes, it is the little things that make the biggest impact. Our Booth St. Manager Genevieve tells a couple of stories of how little moments offer the biggest hope.

“One of the women who has been struggling recently came down today dressed-up nicely, with makeup on and smiling from ear to ear. She came to show us the lovely necklaces they made last night at the craft group. She was absolutely beaming and felt so special after they were also gifted earrings to match the necklaces. Such a cool idea! “Our creative arts programming helped this resident feel more included and she began to thrive.

Genevieve also shared what happened when Cornerstone was gifted two Ottawa Senator’s box seats for the residents to enjoy. “The other day we had a donation of hockey tickets. Two of the residents went, one of which was a huge hockey fan and had not been able to go in many years. Our resident says, “It was amazing! Being so close to the players and you could actually hear them talking to each other while they were playing, which we’ve never experienced before. The seats were so comfortable and big enough to fit us, which meant a lot since we’re normally uncomfortable. It was a really fun time and an amazing experience!”

“Cornerstone has guided and helped me survive. I have managed to accomplish many stepping stones here and consider the staff as close friends... They are like family.”

- Erin, shelter client

By the Numbers: Who and How We Serve

420 women were served in 2018
296 women stayed in emergency shelter
The average age of residents was 30 years of age
The average length of stay in our downtown women’s emergency shelter was 75 days
The average length of stay in Supportive Housing is 3.5 years
272 women in emergency shelter received case management supports
109 women in Cornerstone supportive housing received case management supports
79 women living at Cornerstone received support from the Direct Engagement Worker
97 women took part in programs offered by the Spiritual Care Team
Cornerstone has 250 volunteers and 67 full and part time employees
A Birthday Party for India

Community is essential to all we do at Cornerstone. We believe, and know to be true, that when you create a kind community where women are supported in their recovery from crisis, trauma, abuse, and homelessness, new beginnings happen.

Princeton’s manager Terri-Lynn, had this to say, “the residents put together a surprise birthday party for India, our case manager. Part of building community is becoming and being invested in each other’s well-being and making connections. Here is proof that we are moving in the right direction. It warms my heart!”

In the words of a proverb...“If you want to go quickly, go alone. If you want to go far, go together.” Princeton Avenue was built thanks to hundreds of caring and compassionate individuals, organizations, businesses, and faith groups.

Poetry Written by Our Residents

Cornerstone

Cornerstone, Cornerstone, Cornerstone
Is they’re home away from home
For in Cornerstone you are never alone
And you are well fed
Ad have a nice clean bed
And shelter from the cold
And they stay at Cornerstone till they get old
For Cornerstone, Cornerstone, Cornerstone is they’re home away from home.

- Christine, Spring 2019

Now

Now I am not ashamed of my scars. I call them my battle wounds.
Now I am able to talk about what is going on in my head without fear that someone is going to turn away from me.
Now I am taking my power back.
Now I am not in hospital as often as I used to be.
Now I do not dwell on the negative so much.
I try and focus on the positives in my life.
Now I realize I am not a victim anymore but I am a survivor
Now I take one day at a time and try not to overwhelm myself with too much stuff
Now I believe that I am a strong powerful woman.

- Sheena, Spring 2019
Cornerstone at the Ottawa Tamarack Race Weekend for the First Time

“My sister and I decided to walk the 10 km Ottawa Tamarack race weekend in support of Cornerstone Housing for Women! My sister, Rossana has been a resident of Cornerstone for many years, and not only does she have a place to call home, but it is comforting for us as a family knowing she is safe. We know firsthand the significant work Cornerstone does towards improving the lives of vulnerable women in our community. How grateful my sister and my family are that an organization such as Cornerstone exists to help change people’s lives for the better.”

-Silvia Z., Supporter

Left to right: Over 20 walkers and runners participated in Cornerstone’s first Ottawa Race Weekend. Thanks to all!
Pictured: Farida, Pastor Jin and Phoebe and members of the CCCO, Andrew, Sally, Clarissa & Co., Cait, Terri-Lynn & Julianna.

1,000 Women Advocacy Panel

In May, over seventy guests and volunteers attended our panel at All Saints Anglican Church Westboro. Thanks to Councillor Catherine McKenney for speaking and CBC’s Rita Cielli for moderating our discussion of affordable housing and the unique needs of women. We co-hosted the panel along with Harmony House, and invited panelists from Multi-Faith Housing Initiative, and a woman with lived experience of homelessness.

YPAB Raised Funds for a New Shelter Refrigerator

On June 13, Cornerstone’s Young Professional Advisory Board (YPAB) held a wildly successful summer mixer at Common Eatery on Elgin St.

Almost 100 young professionals attended to support Cornerstone’s purchase of a new refrigerator for the emergency shelter. Without their support, we would have needed to cut our existing shelter budget to accommodate this unexpected expense.

A sincere thanks to our YPAB that is now twenty-two members strong, which supports Cornerstone’s mission with their time and talent.

www.cornerstonewomen.ca
Cornerstone Wish List for this Summer and Fall

Please drop-off all donations to 314 Booth St.
We store and distribute items 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 email jessie-lee.wallace@cornerstonewomen.ca or call 613-254-6584 Ext. 503 with any questions.

Due to limited storage we cannot accept clothing, used personal items, or large appliances and furniture.

Seasonal Needs & Special Requests (updated June 25, 2019):

(1) A/C Small window Unit (12 to 18 inches)
Seasonal: Sunblock/sunhats/baseball caps/water bottles
Ukulele, guitars and small instruments

URGENTLY & ALWAYS NEEDED
$10 Gift cards for grocery stores, pharmacies, Tim Hortons, Giant Tiger, Walmart, Presidents Choice etc.
Pillows
Dish towels and dish soap
New single sheet sets for new arrivals to all locations
Blenders
Kitchenware items, new or nearly new i.e. dishes, cutlery and pots and pans
Microwaves
Kettles
Emersion blender/hand mixer
Full size personal products (shampoo, conditioner, body wash, deodorant, tooth brushes, tooth paste, hair brushes and combs) Travel size gladly accepted.

Supplies for Programs/Items that Increase Quality of Life

Canvasses/paint/brushes
White noise machines
Stationery items- journals/notebooks, writing paper, drawing paper, pens, markers, pencil crayons

Food
Packaged goods such as; rice, instant noodles, pasta, Kraft Dinner
Vegetable oil
Pasta sauce
Canned tuna
Peanut butter
2019 Upcoming events—Save the Date!

August 17 & 18  WESTBORO FUSE FEST  Come out and volunteer for this great street party. Cornerstone Housing for Women is the recipient charity for the weekend. www.westborovillage.com/fuse/

September 14  CORNERSTONE’S FIRST ANNUAL  Purple Tie Gala  Ottawa Art Gallery
6 pm to 10 pm  Tickets are $125, with a $25 tax receipt while supplies last. www.cornerstonewomen.ca

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.

Connect with us

Did you know that we’re on Facebook, Twitter and Instagram? Keep up with all of the latest Cornerstone news by following us on our social media! Here’s where to find us:

@hopecornerstone  @HopeCornerstone  @Cornerstonehousing

Make a difference

You have the power to transform our nation’s capital into a better, safer place for women in transition. 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. Send an email to jessie-lee.wallace@cornerstonewomen.ca or sign up at www.cornerstonewomen.ca

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

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: _________________________________________________________