



FALL NEWSLETTER 2023



Cornerstone
Housing for Women

 An Anglican
Community Ministry

A Message from Kate Jackson, Acting Executive Director



As our Executive Director, Sarah Davis, takes a well-deserved leave; we are delighted to introduce our new Acting Executive Director, Kate Jackson. Formerly our Director of Finance and Administration, Kate brings over two decades of invaluable experience in Finance and Administration, stepping into this role with a deep understanding of our organization's financial and operational landscape.

A MESSAGE FROM KATE JACKSON

Hello, my name is Kate Jackson and I am committed and honored to support Cornerstone's mission to provide safe affordable housing and emergency shelter to vulnerable women in Ottawa.

At Cornerstone, we believe that women deserve the chance to heal in peace and to live with dignity.

As the fall leaves change and we move into the colder months, the needs of our community increase. The approaching colder months bring growing concerns for those in need of shelter and warmth.



Capacity concerns within the homeless sector rise as the need for warm place to stay continues to increase. **However, even amidst these challenges, we forge ahead with a profound sense of hope.**

Our hope is rooted in the unwavering commitment of our incredible staff, volunteers, residents, and the support of our community.

Together, we face the changing seasons with determination, knowing that our collective efforts will bring comfort and security to those who need it most.

You are the cornerstone of hope for many residents and we are incredibly grateful for your ongoing commitment to provide safe housing for women and gender-diverse people in our city.

Welcome New Board of Directors



Mary Laidlaw has lived her whole life in Ottawa, attending Hilson Ave and Connaught Public Schools, Fisher Park High School and Carleton University.

Prior to retirement from a 35-year career with the Public Service, she was involved with School Parent Councils and community groups. Since retirement, she has undertaken several volunteer roles including working at the Vancouver 2010 Olympics and the 2015 Pan Am games, in Toronto. She continues to play a leadership role in the United Church of Canada. She brings to the Board her expertise in human resources, labour relations, governance and management.



Mary has always been impressed with the work that Cornerstone does. The support it continues to provide to a vulnerable sector of Ottawa's population is never ending. The commitment and dedication of the staff and the volunteer teams makes it a place that Mary feels she would like to support and encourage.

Katie Boone has over 10 years' experience building innovative, change management initiatives in the field of gender, diversity, and international partnerships. Katie started her career as a public servant with the Canadian International Development Agency, working on Canada's largest foreign aid and humanitarian assistance program to Afghanistan. Since then, she has lived and worked in over 10 countries, including Kenya, Guyana, Vietnam, Mexico and Peru, working in the field of private consulting, post-secondary education, and international partnership development.



Currently, Katie is Deputy Director, GBA Plus Systems and Innovation Team at Canada's Department of National Defence and Canadian Armed Forces. Katie Boone is originally from Newfoundland and Labrador and holds the island culture

Happy Thanksgiving!

From the team at Cornerstone, we hope you and your loved ones had a wonderful and memorable Thanksgiving.

There are so many things to be thankful for this year, including our community – thank you for your continued support and we hope your this season fills you with warmth and happiness.



In the spirit of gratitude and community, Cornerstone received a generous donation of Thanksgiving food items from Karen Stacey, and the Women Warriors Healing Garden.

Karen and her team rallied together to provide our residents with a feast that not only nourishes the body but also warms the soul. Their generosity serves as a reminder that when individuals and organizations come together with a shared purpose, incredible things can happen.

At Cornerstone Housing for Women, Diwali resonates as a symbol of hope, community, and the boundless potential for positive transformation. We come together to light up our space, not just with physical lamps, but with the inner light of compassion, unity, and understanding.

As we celebrate Diwali 2023 on November 12, let us embrace the spirit of giving, sharing, and caring for our fellow beings. Let us ignite not only physical lamps but also the flame of kindness, acceptance, and love in our hearts.

Happy Diwali!



A Message from Mark Holzman, our new Board Chair

Happy Fall! I am humbled and honoured to be the Chair of the Cornerstone Housing for Women Board of Directors. I've been a Cornerstone volunteer and board member for over five years. Since becoming a Cornerstone volunteer, it's been personally rewarding to meet so many of our residents, staff, and other volunteers, and donors.

Our dedicated staff and volunteers are the heart and soul of Cornerstone and we are so grateful for the work that you do. You are on the front lines delivering our housing and support programs, our special programs and activities and are behind the scenes providing administrative services, transportation, and support. Your dedication and compassion are an inspiration to me and to our residents.

Our donors have stood by us through these difficult years, offering generous financial support, welcoming encouragement, and advocating on behalf of the people we serve. You have helped us weather the pandemic, downtown occupation, fires, unexpected crises, funding challenges, and more. **We could not have managed without your help.**

Whenever I am volunteering for Cornerstone, I wear my name badge so that you will know who I am and the residents will feel more comfortable with me being in their home. Please say hello to me and introduce yourself when you see me. I love to find out what's happening, and how things are going, learn more about you and your time with us, and your ideas or concerns. **Mostly I want to say "Thank You"!**

Together, we help create safe, inclusive, supportive communities where everyone can thrive and be the best that they can be. **At this season of Thanksgiving, I offer my appreciation and Cornerstone's thanks to all our volunteers, donors, and neighbours.** I look forward to seeing you soon.





Our 5th Purple Tie Gala at the National Arts Centre

CELEBRATING A NIGHT OF IMPACT

This just in: YOU helped us raise \$150,000 for our emergency shelter!

A heartfelt thanks to all the sponsors, attendees, and individuals who contributed to this remarkable cause. Your support is pivotal in making a real difference in the lives of those in need.

We couldn't be more grateful to everyone who attended our fifth annual Purple Tie Gala!

A special thank you to our incredible sponsors for making this evening possible:

RBC Wealth Management Alan MacDonald Joanne Livingston, David Longbottom Flora Hall Brewing, Carrie Colton Studio Sixty Six, McDonald Brothers Construction Inc., Debbie Chang Real Estate CrossPoint Financial | iA Private Wealth Inc. Jeff Duffey, CFP® Edelman Global Advisory Fratelli from Westboro Village BIA Ottawa Business Journal Mike Lupiano Jacques Emond Emond Harnden Craig Tubman CFA Groovy Linen LOU LOU LOUNGE

And to our City Councilors and Mayor Mark Sutcliffe, Ariel Troster, Shawn Menard, and Theresa Kavanagh for their compassion and commitment to ending homelessness in our city.

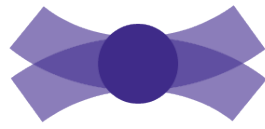
We'd also like to thank the over 350 people who attended!

If you missed out on the Gala and want to get a detailed account of the event, check out the article by Caroline Phillips, from the Ottawa Business Journal by [clicking here](#).

Check out our co-chairs in our photo collage, Joseph Cull and Heidi Rodger had us stunned in their magnificent outfits.

Please note from October 14th to October 30th, every donation to Cornerstone will be matched by our incredible matching gift sponsors! Double your impact now by visiting [our website](#).





PURPLETIE GALA



Recent Events In the Community

Week 101 at UOttawa

We made a significant mark at the University of Ottawa's Week 101 event hosted by the Feminist Resource Centre (FRC) to introduce incoming students to various community organizations focusing on feminism and sexual violence prevention. We raised awareness about homelessness among women and the essential services we provide at Cornerstone.



McPhail Residence BBQ

Amidst the vibrant hues of summer, the residents of McPhail gathered for an evening of joy, connection, and celebration at their annual Summer BBQ. **This event brought together women, their families, and cherished ex-housemates.**

The centerpiece of the evening was a sumptuous BBQ, complemented by an array of refreshing drinks and a cornucopia of salads.

Breaking Bread for a Cause

In a heartwarming display of community spirit and support, local restaurants [Bekta Ottawa](#), [Play Food Wine](#), and [Gezellig Dining](#) joined hands with Cornerstone, creating an awesome initiative! **With every order of bread sold, a generous contribution is pledged to support the women and residents of Cornerstone Housing for Women.** The collective effort shows the impact that can be achieved when compassionate businesses come together.



Recent Events In the Community



A Towel-tally Awesome Donation

We are so grateful to IKEA Canada for their incredibly generous donation of over **2000 towels** to Cornerstone Housing for Women!

Towels might seem like one piece of item, but for the women who move into our shelter and supportive housing, they represent comfort, dignity, and a fresh start - making a world of difference. **Thank you IKEA!**

Fall Dinner at the Shelter

Our residents at the Shelter were treated to a heartwarming fall dinner. Cornerstone in-house Chef prepared a sumptuous feast - succulent roast beef, creamy mashed potatoes, tender steamed vegetables, perfectly baked Yorkshire pudding, and a slice of pumpkin cake to top it all off. Laughter and camaraderie echoed through the space as the women engaged in a range of games and activities.



Elgin Street Farmers Market

We attended a third amazing market in September, the Elgin Street Farmers Market was another fantastic opportunity to connect with our businesses and individuals in our community. Thank you to everyone who came out to say Hi, or purchase a pearl of hope bracelet. We were grateful for this opportunity and we encourage you to check out this market when it resumes in the Spring!



In the Community: Upcoming Events

Spiritual Care: October 2023

Autumn is a season of gratitude and thanksgiving. As Beverly Chen, our dedicated Spiritual Care volunteer emeritus, beautifully reminds us, “**Look for things in your life, big or small, for which you can feel grateful.**” These moments of gratitude are the threads that weave a tapestry of positivity and resilience.

Residents don't need to adhere to any specific religious belief to seek support from our Spiritual Care team. Chaplain Hilary is here to extend a compassionate ear and a caring heart.



Spread Generosity this Giving Tuesday



November 28th - Save the Date!

This year, we are shining a spotlight on our dedicated **Food Services Team**. They work tirelessly to ensure that everyone at Cornerstone is nourished and cared for. Your support on Giving Tuesday will directly contribute to their efforts in providing essential meals to our residents.

Banquet of Songs

The “Banquet of Song” concert promises to be a musical feast that warms the heart and uplifts the spirit, all while raising funds for Cornerstone Housing for Women.

This event will take place on November 19, 2023, at the St. Barnabas Church, located at 70 James Street. Admission to this musical is by donation and every contribution will directly support Cornerstone Housing for Women.



In the Community: Upcoming Events



Encore Fashions

[Encore Fashions](#) stands as a beacon of both style and philanthropy in our community and specializes in high-quality second-hand clothing and accessories, and provides support to Cornerstone.

You can find Encore Fashions at 109A Fourth Ave., ready to welcome you on Wednesdays and Saturdays from 10am to 1pm. It's important to note that while they do not accept donations at the door, if you're interested in making a valuable contribution, please reach out to Merri at encorefashionson4th@gmail.com.



SAVE THE DATE: COLDEST NIGHT OF THE YEAR 2024

As the winter chill settles in, we are gearing up for the Coldest Night of the Year (CNOY) scheduled for **February 24, 2024!**

This powerful initiative is aimed at raising funds for individuals experiencing hardship, hunger, and homelessness. Stay tuned, December 1, 2023 website goes live, for more details on how you can register, fundraise, and be a part of the CNOY!

Walk with us on February 24th, 2024





Volunteer Spotlight: Rick and Gloria Cawthorn

A MESSAGE FROM RICK AND GLORIA CAWTHORN

We first became aware of Cornerstone many years ago when Rick was doing street outright with Ottawa Innerscity Ministries and Cornerstone shelter provided rescue accommodations for women Rick would encounter on the streets of Ottawa. Cornerstone staff were always there with kind words and an encouraging voice. Likewise, when Rick moved inside to work side by side with Gloria at Restoring Hope Youth Shelter, Cornerstone was there to provide refuge for young women in crisis.

So as soon as we heard that Cornerstone was opening a supportive housing location in Westboro right near our home, we were there painting, unpacking new furniture and helping new residents move in and settle in their new home. But once Princeton was up and operating, what was there for Rick to do at a women's shelter? Well, Rosemary Jones, who is never short of ideas, came up with the idea of Bingo at Princeton.

We have become kindly known as Mrs and Mr Bingo over the years and have developed close bonds with many of the residents. As an added bonus, we've all developed our own unique rules and games which we call "Princeton-style Bingo". Everyone looks forward to our Wednesday evening games every other week, exemplified by a regular welcoming committee waiting at the front door, thank you Elizabeth! Rick also gives his time as a volunteer driver for Cornerstone and is always there when occasional helping hands are needed.

We would also like to say thank you to the Princeton staff who run around keeping our prizes cabinet filled and exciting. Bingo on....



Volunteer Spotlight: Turner and Townsend



We are overjoyed to express our deepest gratitude to the incredible team at Turner and Townsend for their outstanding volunteer work at Cornerstone Housing for Women.

On a crisp morning, Douglas, Casey, Missy, Arsalan, and Hazem from Turner and Townsend lent their time and effort to cleaning our residential storage room at 314 Booth Street. They also went above and beyond, assisting in the relocation of generously donated chicken.

We extend our heartfelt thanks to the entire team at Turner and Townsend for their invaluable contribution. Their support has made a significant difference in ensuring the well-being and comfort of our residents.



Eccles Update



Cornerstone is thrilled to have acquired our fifth supportive housing residence, Eccles Housing Residence that will house 46 women and gender-diverse people currently experiencing homelessness in Ottawa. **We are grateful to have the opportunity to build on our successful herstory of housing vulnerable women in Ottawa.**

Cornerstone has been a leader in providing safe, supportive, and affordable homes for nearly 40 years.

The building is currently being renovated, the walls are getting painted, the floors are being laid, the bathrooms and kitchenettes are starting to be constructed. We hope to open our Eccles Residence in the spring of 2024. One of the many things that make our supportive housing residences so incredible is the numerous partnerships we have with other organizations that provide specialized services to meet our residents' individual needs.

Residents will be able to access free, non-judgemental health services through Ottawa Inner City Health. Women struggling with their mental health will be able to receive services through the Canadian Mental Health Association. Indigenous residents can reconnect with their culture through Minwaashin Lodge. Queer, transgender, and gender non-conforming residents will have specialized support through Kind Space. We have a special partnership with the Elizabeth Fry Society where previously incarcerated women will be able to access supportive housing.

Our supportive housing residence will also operate with staff onsite 24/7 to provide around-the-clock care to residents as they need. We're more than a home, we're a community of support and that includes all of you.

If you would like to learn more about how you can support our fifth supportive housing residence, please reach out to our Director of Development and Communications, Amber Bramer at amber.bramer@cornerstonewomen.ca or by phone at 613-254-6584 ext. 503.





Resident Spotlight: Meet Alaina

Alaina's journey began in Brockville, where a difficult family situation led her to a women's shelter. Her path eventually brought her to Ottawa, where she found herself at our doorstep, scared and uncertain of what lays ahead. **Contrary to her expectations, Alaina was met with warmth and compassion from our dedicated staff.**

Over time, Cornerstone became more than a shelter to Alaina. It became a sanctuary, a place where she found solace, support, and a sense of belonging. **Through the darkest moments of her life, our staff stood by her side and provided the care she needed.**



Alaina's journey took her through various phases, from shelter living to the 515 Maclaren Supportive Housing Residence. Here, she discovered a vibrant community of women and embarked on a path toward independence. With the guidance of our outreach program and the mentorship of our committed staff members, Alaina secured a job at Loblaws, a testament to her strength and determination.

Yet, life has a way of testing our resolve, and in the face of unimaginable loss, Alaina found herself once again seeking refuge in Cornerstone. Her beloved service dog, Stewart, was a pillar of support through many trials, and his passing left a void that seemed insurmountable. **Through her grief, Alaina leaned on Cornerstone, finding comfort and a renewed sense of purpose in the arms of our community.**

More recently, Alaina faced another heart-wrenching challenge, as her new companion, Teddy, was stolen from her home. This cruel twist of fate has tested her resilience, but through it all, Cornerstone has remained a beacon of support, offering solace and strength.

Alaina's story is a testament to the transformative power of community and the impact of your donations. Your generosity enables Cornerstone to provide a lifeline for women like Alaina, offering them a chance to rebuild their lives and find hope once more.

Advocacy

Working on Wellness Festival

For the third consecutive year, Cornerstone proudly set up a booth to showcase our efforts in harm reduction and substance use education at the WOW Festival, an event organized by the Community Addictions Peer Support Association (CAPSA). This extraordinary gathering brought together communities focused on Substance Use Health, Mental Health, and Physical Health to promote holistic wellness across Canada.



World Homeless Day

As we mark World Homeless Day, it's crucial to recognize that nearly 1,000 women in Ottawa face homelessness each year. This serves as a poignant reminder that there's much work to be done, and every action counts.

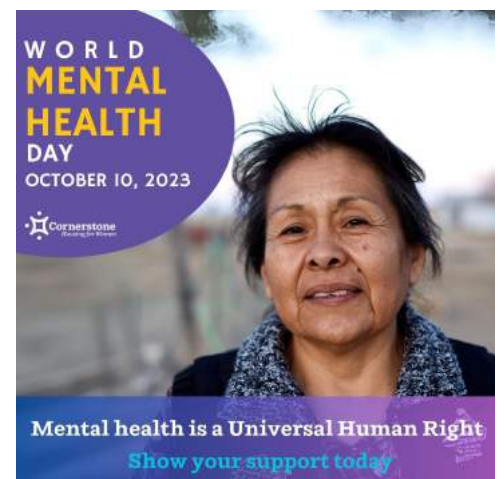
At Cornerstone Housing for Women, we are steadfast in our commitment to making a tangible difference in the lives of these women.



World Mental Health Day

At Cornerstone, we are immensely grateful for the invaluable partnerships we have forged with organizations like Ottawa Inner City Health, The Royal Mental Health Centre, and our dedicated in-house Clinical Chaplain.

Through these collaborations, we are able to extend crucial mental health support to women and gender-diverse individuals who have experienced trauma and other forms of violence.



Advocacy



National Day of Truth and Reconciliation & Orange Shirt Day



On September 30th, 2023, the National Day for Truth and Reconciliation, Cornerstone Housing for Women joined hands with Indigenous communities across Canada to stand in solidarity.

Our residents came together to express their support through the creation of powerful and deeply personal art on orange shirts.

Each piece carries a poignant reminder that every child matters, and that together, we can strive for a more inclusive and compassionate future.

National Housing Day

Every year on November 22nd, Canada observes National Housing Day, a reminder of the challenges faced by those without stable homes. Shelter is a fundamental human need, and on this day, we will come together to reflect on the urgent necessity of providing safe and secure housing for everyone.

National Housing Day serves as a call to action, not only for organizations like ours but also for government bodies and the community at large. It reminds us of our collective responsibility to advocate for policies and initiatives that address homelessness and ensure affordable, accessible housing options for all.



Ways you can support Cornerstone

Interested in hosting your own fundraiser this holiday season?

Hosting your own fundraiser is a great way for you to involve your friends, family, neighbours and community in making a difference in the lives of vulnerable women in Ottawa.

[Please click here for more information.](#)

Interested in learning more about leaving a gift in your will?

Please contact us Chris O’Gorman, our fundraising manager at chris.ogorman@cornerstonewomen.ca call 613-254-6584 ext. 528. Stay tuned for our annual planned giving webinar in February 2024! More details to be sent out in the coming months.

YES! I would like to support a women move from isolation to hope this Fall!

Yes, I would like to make a one time donation

I am enclosing (please circle one) \$5 \$20 \$45 Other:___

Yes, I would like to make a monthly donation

I am enclosing (please circle one) \$5 \$20 \$45 Other:___

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Credit Card Number: _____ Exp. _____

Cardholder Name: _____

In Person or by Mail: Cornertstone Housing for Women
Attn: Amber Bramer 314 Booth St., Ottawa, ON K1R7K2

Our Charitable Registration Number
83725-8854-RR0001

Donate Online or by Phone: Please call Michael at 613-254-6584, Ext. 514 or make a secure online www.cornerstonewomen.ca

Current Program Needs

Your generosity makes women's lives better!

We will be opening our in-kind donation program on November 1, 2023, please keep an eye on our website for updates. Thank you for your help!

We have the following urgently needed items for residents:

New Toaster
New Kettles
New Coffee Machines
Craft Supplies
Deodorant
Moisturizer

Fleece Blankets
Towels
Liquid Hand Soap
Winter Boots (new or lightly used)
Winter Jackets (new or lightly used)
No-hand knitted items for the shelter

Blankets
Socks
Hats/Mits/Scarves
Hand warmers
New Pillows
Single Bedsheets

Please call us at 613-254-5484 Ext. 521 or email us at donate@cornerstonewomen.ca to book your donation drop off.

Please visit our website to see our most up to date needs:
<https://cornerstonewomen.ca/ways-to-give/donate-items/>



Holiday Gift Program



With the holidays fast approaching, you can help us put together a holiday gift for one of our residents at our supportive housing or emergency shelter!

This Holiday Season we are looking for gifts which include:

- Chocolate or Candy
- A Holiday Card
- \$10 gift card to PC, Giant Tiger, Walmart, Tim Hortons, Dollarama
- NEW PJ's Small – 5XL

- Adult colouring book
- Thermus or mug
- Notebook
- Throw blanket
- Hair brush



Are you a large group or business interested in making an in-kind donation this holiday season? We have some specific and unique options.

Please contact donate@cornerstonewomen.ca or call us at 613-654-2584 ext. 521.