



# Shifra Homes

Maternity Residence for Young, Homeless, Pregnant Women

Spring Newsletter

ISSUE

2015

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## New Website!

As we mentioned in our newsletter last year, Shifra Homes has been undergoing some serious rebranding and re-expansion, and we'd like to introduce you to one of our newest changes – our new website! We encourage you to look around and let us know what you think!

[www.shifrahomes.com](http://www.shifrahomes.com)

## Year at a Glance

Another year has passed and we have so much to share with you all. We've had baby girls Chelsea, Gabrielle, Valerie, Madeleine and Shebana born in this past year. And we've had our baby boys Justin, Joshua, Noah and Henry born this past year as well. We have two soon-to-be mothers in the Home expecting within the next 3 months.

We have also been able to connect with some amazing organizations and businesses this past year, and we're excited to see how our relationships develop with them. The Fully Alive Wellness Centre, Reach Out Burlington, and Dr. Vella at Cedar Springs Dental, to name a few, generously collected donations for our Home and residents for the Christmas season. Our residents have been so blessed this past year.

And we have begun implementing a new program at our Home, "Seeds of Hope," which focuses on providing continued support during the transitional period of leaving Shifra Homes and moving back into the community. We have already seen tremendous success with this new addition to our Program, and we encourage you to please visit our website for more information on its purpose and goals.

At this moment in time, we are over capacity with a completely full house with 5 mothers and 3 babies. We feel so blessed to be able to touch this many young lives, and we hope in the near future to expand our services to help even more!

Our most successful Baby Bottle Campaign was completed by St. Paul the Apostle's Parish, raising \$16,000! We are so grateful for their support, and to everyone who was able to participate and provide their much needed assistance. We are hoping to hold even more successful Baby Bottle Campaigns this year!



We had so much fun at our Halloween and Christmas parties this year. Please check our website to see more pictures of the events!



## Board Members Wanted!

We are currently looking for new Board Members! We will be interviewing individuals that have the appropriate qualifications and are willing to provide an appropriate time and financial commitment to our organization. Please contact Nancy Romic directly to discuss the position. We are also open to suggestions for potential Board Members, so please give us a call or send an email.

## CPR Course In-House

One of our wonderful students provided us with the opportunity to have some of our residents receive CPR certification through an official course within the Home. It was a great experience!

## SUMMER BBQ



We had a wonderful BBQ this summer, with many of our past residents and babies able to return and reconnect. It was such a beautiful sight to see everyone together again and enjoying the good food and good weather with amazing people. We had the pleasure of inviting many of our wonderful donors as well to see just how great an impact their support makes for these young women and their babies. We're hoping to make this an annual event! Please let us know if you'd like to join this year!

## Message from the Executive Director

It is hard to believe that almost 3 years have passed since I assumed the privilege of being the Executive Director of Shifra Homes. The journey with these young women and their precious babies has been inspiring to say the least. The bonds that we have formed will last a lifetime. As much as I have positively impacted these young women, their precious babies and their lives, they have impacted my life in return. There are no words adequate enough to describe the feelings that I have for these young women or as I call them "my girls" or how

proud I am of them with every milestone that they reach and accomplish. When they first move into Shifra Homes there are so many lessons to teach them and so many things to accomplish with them. The most important lesson that I teach them is that they are all worthy, deserving and very much loved. Empowering these young women helps them to develop the necessary confidence that is required to be successful. Children are the creators of our future; as such we strive to provide the necessary means and alacrity so that these mothers and babies may have new beginnings

which are endemic with hope.

The amount of courage and humility that it takes for these young women to turn to others for help and assistance, we can only imagine. We are so thankful that they have chosen life. We are so thankful for these young, pregnant women in bringing a beautiful miracle (I would say small but no miracle is) into this world. Most importantly, we are thankful to you for making a huge difference in the lives of so many in a culture that tends to forget that these women and their precious babies matter!

With Love and Gratitude  
Nancy Romic



## Our Monthly & Annual Donors

We say time and time again that our mission would not be possible without you, but that is the honest truth. Our Home's backbone and strength come from our individual donors and Shifra Angels that continue to find our mission and goals worthy of support. We love posting on our Facebook page and website all of the wonderful outcomes your continuous generosity provides. And we hope to continue to develop our relationship through our journey with you.

thank  
you!

## Ashley's Story

My stay at Shifra Homes was a fantastic experience. I learned so much more about myself than I could ever have hoped for. Being there really helped me see that I was loved and valued. I have gained a different kind of confidence within myself and with the help and constant support of the Shifra team, I was able to gain the necessary skills which make me such a great mother today. I attended prenatal classes almost

every Tuesday and I had private counselling sessions at Access, which were a great help. I truly feel like I have gained a family. If it wasn't for Nancy being so patient, understanding, strong, and dedicated to Shifra, I don't know if I would have had the same positive outcome. I have learned a lot about the community programs through various staff or volunteers at the house and I am using some of these

programs while out on my own, like Healthy Babies, going to the Reach out centers and I have just started classes at the YMCA to help me study for my GED. I really believe that in the not so distant future, I will find myself on my way to reaching my life goals and to continue to provide for me and Grayson. I thank everybody at Shifra for giving me this amazing opportunity to further myself in motherhood.

## Thank you to our wonderful students

We have been hosting student placements since December 2012. Our current students are from Sheridan College, Guelph-Humber College, Ryerson University, and McMaster University. Our newest additions are the Midwifery Students from Ryerson. The students are such an asset to our Program development and we are very grateful to have them.



## Baby Bottle Campaign

First and foremost, we would like to take this opportunity to thank you all for the support that your church, school or organization has provided to Shifra Homes through the **Change 4 Life Baby Bottle Campaigns** in recent years. Without your incredible efforts and generosity our work and mission would not be possible. The young women at Shifra and their babies directly benefit from the funds raised through **Change 4 Life**, enabling them to bring healthy babies into the world that might not otherwise have a chance.

At this time, we are again asking you to please consider participating in **the Easter** (April 5<sup>th</sup>), **Mother's Day** (May 10<sup>th</sup>) or **Father's Day** (June 21<sup>st</sup>) **Change 4 Life Baby Bottle Campaigns** so together we can continue to provide this much needed service in our community. As we have done in the past, Shifra Homes will supply your church, school, or organization with empty baby bottles complete with donor information slips. As a registered charity, Shifra Homes offers tax receipts for any donation over \$10.00. Your parishioners, students or clients are requested to take the empty baby bottles home, put in their loose change, bills, etc. and return them to the church. We will then make arrangements to pick up the baby bottles after a four week period. We are always grateful for any support you can provide.

## Valerie's Story

The following is a link to one of our previous resident's story. This video is very powerful and really tells the viewer first-hand how this young woman and baby benefited from their stay at Shifra Homes and the impact that we had on their lives. We encourage everyone to view the video.

\* Note: Please forward the video to 12:50 as this is when the story of Valerie and her Journey begins \*

<http://vimeo.com/12537400>



*"Shifra Home is a stable environment for me. I get extra support and help here that I wouldn't on my own." – Resident at Shifra*

## Our Sponsors



We'd like to thank the Oakville Community Foundation and St. Anthony of Padua for their financial support this past year.

Shifra Homes Inc. gratefully acknowledges the financial support of the Henderson Family Trust No. 2 at the Oakville Community Foundation, a registered charitable public foundation serving the Oakville Community.

We would also like to thank the numerous churches, schools, agencies and organizations that reached out to us in extraordinary ways this year.

The sheer amount of donations that we received from the Zonta Club of Oakville, Reach Out Burlington, Oh So Savvy Photography, the Fully Alive Wellness Centre, Cedar Springs Dental, Seventh Day Adventist Church, the Rotary Club of Burlington-Lakeshore, Hadrian Manufacturing, Holy Trinity High School, Burlington Christian Reformed Church, and 40 Days for Life is astounding. No words can describe how blessed we've felt this past year, to see this amount of support for our cause, and the love that you've all shown for our residents.

We're additionally grateful to the Burlington Community Foundation, the Roman Catholic Diocese of Hamilton, and St. Anthony of Padua Mission Aid for deeming us worthy of receiving your community grants. Your support in our mission is very much appreciated.

### Contact Info

**Main:** [info@shifrahomes.com](mailto:info@shifrahomes.com)  
**Office:** (905) 681-9633  
**Fax:** (905) 681-9572

**Staff:**  
Nancy Romic – Executive Director  
Email: [nancyromic@shifrahomes.com](mailto:nancyromic@shifrahomes.com)

Amy Raymond – Program Manager  
Email: [amy@shifrahomes.com](mailto:amy@shifrahomes.com)

**Mailing Address\*:**  
3350 Fairview St. Suite 3-226B  
Burlington, ON  
L7N 3L5

\*Please note that our mailing address is different from our physical address. If visiting Shifra Homes for the first time, please call us at (905) 681-9633 for our address and directions.



OH SO SAVVY  
PHOTOGRAPHY



**ZONTA**  
CLUB OF  
OAKVILLE  
MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



SEVENTH-DAY  
ADVENTIST CHURCH