



# SHIFRA HOMES INC.



Another wonderful year at Shifra Homes where we saw many beautiful people, happenings and babies in our home. We want to thank everyone for all their thoughts, prayers, donations, time and support given to our home and our residents.

Due to overwhelming support we are able to continue to provide residents and their babies with continued love, care and a safe nurturing home.

Our Residential Program provides education, prenatal care, art therapy, mental health care and so much more to homeless pregnant women, helping them to grow and gain skills be successful in life and as a parent. Our Seeds of Hope Program provides our previous residents with assistance to successfully integrate successfully back into society.

One of our previous residents graduated from the McMaster Nursing Program with Honors.

Another previous resident is in her second year at George Brown College in the Architectural Technology Program.

Both mom's and babies are doing well.



### Funding from The Regional Municipality of Halton

Homelessness Prevention & Intervention Strategy

Community Investment Fund



### Born in 2017

8 BABY BOYS

Parker, Grayson, Aiden, Christopher, Kody, Lincoln, Joshua



3 BABY GIRLS

Jasmine, Arabella, Ariyah



### Mailing Address

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Nancy Romic – Executive Director Ext. 222

Amy Raymond – Program Manager Ext. 223

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## ART THERAPY PROGRAM

Thursday afternoons twice a month our residents enjoy Art Therapy. The creative process involved in expressing one's self artistically can help to resolve issues as well as develop and manage behaviors and feelings, reduce stress, and improve self-esteem and awareness. It's rewarding to see our residents learn new skills and be able to express themselves artistically. This program has been very successful and wouldn't be possible without the Art House funding and involvement and our wonderful wonderful instructor Andrea.



## STUDENT PLACEMENTS

The students that complete their practicum with Shifra Homes are an integral part of our residents and home.



### **Seeds of Hope**

2017 was the 3<sup>rd</sup> year running for our Seeds of Hope program that continues to be successful in providing our previous residents with assistance to successfully integrate back into society.

The requirements for acceptance into the Seeds of Hope program are that the resident met expectations in the program and will be continuing schooling or actively seeking employment. We provide them with a continuous support system that will enable them to break the traditional cycle of poverty and other hurdles. Previous residents also continue to have access to our Psychotherapist assisting in continued healthful mental health.

### **Honouring 150 years of Exemplary Women**

In June 2017 The Women's Centre of Halton hosted a luncheon to honour the contributions of local women to our community and country. Our very own Executive Director of Shifra Homes, Nancy Romic, was an honouree and received an award.



### **Psychotherapy Program**

Christina Janiga has been working with our Shifra Homes residents and previous residents for 3 years now, providing weekly individual counselling sessions twice a week. In sessions Christina uses her training in mindfulness, CBT and DBT (informed) to help our residents attain their mental health goals, cope with feelings and symptoms and change behaviour patterns to help them transition into successful motherhood. This program continues to enrich our girl's lives and assist them with healthy mental health attitudes and relationships.



### **CANADA 150 BARBEQUE**

Held in July at the house, all residents (current and previous), families, board members, employees, students, volunteers and donors were invited and celebrated with us for Canada's 150 Anniversary. This was catered by Otello's and paid for by the Burlington Foundation (Grant).

## One of our babies...

A child of one of our previous residents is a model for the George line of clothing and was featured in a Walmart commercial in 2017.



## Luncheon at Palleta Lakefront Mansion

Luncheon graciously hosted by Jamal Family Law at the Palleta Lakefront Mansion in August in appreciation of our major donors.



Jamal Family Law

## Baby Bottle Campaign



We continue our Baby Bottle Campaigns each year with much success and would like to extend heartfelt thank you to all the Churches and Businesses that participated and all the donors who contributed.

## Message from the Executive Director

In July of 2012, when I assumed the position of Executive Director of Shifra Homes we were a residence offering basic shelter for young pregnant women. Our young women were discharged from our program when their babies were 3 months old. Personally this didn't feel right, especially for a young 16 year old with a 3 month old baby. For the past almost 6 years, I have worked tirelessly at restructuring Shifra Homes, what we do and the support and services that we provide. This has meant fundraising more money in order to develop programs and support to former residents and babies as well as the current ones living at the Home. From the "roof over the head" model we are now a complete wrap around service and support system. We have so many programs and services that we now offer to current & former residents as well as any young pregnant women in the community requiring our assistance. As I reflect on all that we have accomplished I feel a great sense of pride. It is inspiring to know that none of our former residents have ever returned to homelessness, our former babies are all thriving (my first generation are just completing kindergarten) and we have former residents that are attending or have graduated from university (nurse, architect, social worker etc.).

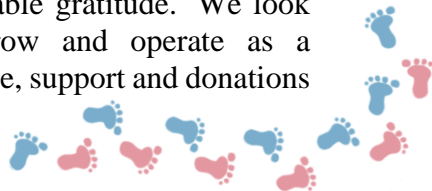
Shifra Homes represents hope, support, stability, life, home and most importantly lots of love. My favourite part of each day is holding and kissing these precious babies who are so innocent when they come into this world and knowing that thanks to each and every one of you we are giving them the gift of an unbelievable future. My other favourite is when I am working in the office at the Home and I hear the current and former residents laughing so sweetly. My heart swells with pride. As a mother I feel so proud of "my children". While I might not be their biological mother, I consider each one of these young women my child and as such I work tirelessly to assist them in their journey. By empowering these young women we build their confidence and teach them that their lives matter. We also help them to see the beauty inside themselves.

Love is so powerful. It makes us feel good inside. When we know that we are loved there is nothing that we can't accomplish. 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. It is your love and support that creates the foundation of the future for these young women and their precious babies. What an incredible gift you give with your support of Shifra Homes!

There is no greater feeling for these young women and babies than knowing they are loved!

Please accept my immeasurable gratitude. We look forward to continuing to grow and operate as a successful Home with the love, support and donations from caring people like you.

Nancy Romic



# Thank You!

## Burlington Fire Fighters L1552 Benevolent Fund

In 2017 the Burlington Fire Fighters generously donated the materials to fence the backyard of Shifra Homes. They also gave their time and efforts to build it. We are so thankful for our new fence and that there is now privacy and security on our property.



### Grateful for our Volunteers

The wealth of love and kindness our volunteers add to our Home is immeasurable. We are so grateful for the time our volunteers give, and thank each of them for their contributions to our Home and our residents and babies.

Elaine Armstrong  
Lorna Dueck  
Ron Faubert  
Dana Burjaw  
Julie Rock  
Dr. Vella  
Linda Koziol  
Kate Bondy  
Louise Giancobbo



Karon Van Hartingsvelt  
New St. CRC Kids  
Kathryn Czarnik  
Candace Jagt  
Greg Downing  
Mariki Bosua  
Julie Beattie  
Derek Baranowski  
Heather Vanderkruk

### QUILTS FOR RESIDENTS

These wonderful women from the Halton Quilters Guild made beautiful quilts for the residents and their babies of Shifra Homes. The girls treasured these precious gifts.



*“We make a living by what we get. We make a life by what we give” Winston Churchill*



The Voortman Foundation

St. Paul the Apostle Parish

MARY KAY ASH CHARITABLE FOUNDATION



Saint Anthony of Padua Mission Aid

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