

ROSALIE HALL

A YOUNG PARENT RESOURCE CENTRE

Rosalie Hall is specialized Children's Mental Health Centre, serving Toronto communities since 1914.

OUR CURRENT SERVICES (January, 2009)

Outreach and Support

Community Counsellors provide individual, family and group support to young parents. Also includes Teen Pregnancy and Parenting Presentations.

Community Counselling

Community Counselling is provided to youth and young parents and families. Individual, couple and family counselling are available along with support for preparing for baby. Advocacy with housing, social assistance, return to school, etc. Community Counsellors also provide support within local area high schools.

Outreach Parenting Groups

Groups for young parents to address different stages of child development, including effective attachment, communication with children, effective discipline and successful single parenting. Interactive play groups with hands-on experiences and activities with both moms and their children. Groups include infant stimulation, play groups, dance and music, outings and arts and crafts.

Parent-Infant Attachment Assessment and Support Team

Providing parent-infant interaction assessment and parenting support to promote attachment and development for young families participating in our services.

Youth Outreach Workers – Dorset Park

Workers outreach to any youth and their families in this neighbourhood in cooperation with staff from other youth-serving agencies that are providing outreach support services in other Scarborough neighbourhoods. East Metro Youth Services is the co-ordinating agency for this team approach.

Paul McAulliffe Family Resource Centre

Dedicated to Paul McAulliffe, the resource centre is equipped with a computer as well as drop-in information; with intake staffing available each day for referral, counselling, and groups.

Day Student Program

This program is a fully accredited secondary education program in cooperation with the Toronto District and Toronto Catholic District School Boards. Care and treatment components of the program are designed to assist those making the transition to parenting.

Young Parent Employment Program (YPEP)

This program funded by Service Canada and is available to men and women between the ages of 18 & 30 who are actively parenting and want to obtain on-the-job experience. The program provides 1:1 employment counselling, groups and a full-time workshop component that includes parenting, nutrition and life skills training. Included are pre-employment drop-in groups and one-on-one employment counselling to help clients find a job. Income Subsidy is available for those who qualify.

Child Development Centre

Provides a full-day specialized and licensed care and support facility for infants, toddlers, and preschoolers. Including, parenting groups and child development education.

Residential Program

Rosalie Hall's residential services include a comprehensive 25 bed licensed care and treatment program for young women with multiple and high risk needs during the prenatal period and a specialized postnatal services for mothers and their infants who, together, have high-risk needs. Counselling and support components are designed to assist young mothers in developing skills to adjust and adapt to their individual life situations. Counselling is provided on an individual, couple and or group basis. Guiding principles and values are based on a holistic, client-focused, shared decision making philosophy. Service interventions are designed to enhance motivation and promote behavioural and life change.

Housing Units Access Project – Ongoing support to young parents and children to enter designated affordable housing units in partnership with the Toronto Housing Corporation and coordinated with broad range of organizations through the “Young Parents No Fixed Address” coalition.

Sewing Arts Program

This program is designed to increase the youth's sense of self-confidence and ownership, self esteem and problem solving ability through a variety of practical experience in altering, sewing and designing clothing.

Pastoral Resources

The Pastoral Team provides assistance on an inter-denominational basis as requested. Including, pastoral care and support, spiritual counselling, and /or bereavement support.

Volunteers

Volunteers are involved in many aspects of Rosalie Hall. Including, related training and supervision and student placements.

Groups

Pre-natal: Explore what to expect when you expecting a child. Topics include: Healthy pregnancies, labour and delivery, nutrition, child development, first weeks after the baby come, health and well-being, forms you may need to fill out. Partners/other support persons welcome.

Nobody's Perfect: A program offered in partnership with Public Health. Parenting group for parent with children under 6-years-old to discuss and explore children's behaviours, feelings, development and safety. Discuss and share strategies to help parents cope.

Me, My Baby Our World: An interactive 12-week group that explores the attachment relationship between parent and child through play sessions with children, scrap booking photos, collage work and discussion. Child and parent will be video taped for individual consultation and support. Pre group meeting is required.

Make The Connection: A group that focuses on helping young parents with children under 2-years-old, to build language/learning into everyday tasks – bathing, cooking, dressing or traveling. Parents will learn ways to develop healthy attachment with their children. Responding to children's needs/cries and becoming aware of baby's cues – body language, tone of cry, importance of schedules and routines. Understanding why touch and parent/child interaction are so important.

Lifekills Workshops: Practical skills such as housing and subsidy applications, budgeting, completing income tax forms, communication skills, healthy relationship building and self esteem.

The Power Within: An 8-session interactive group that focuses on assisting participants to feel good enough about themselves to say, "No", with confidence. Topics include: assertiveness versus aggression, understanding anger, self talk, boundaries, relaxation, goal setting and self esteem.

CHILDREN'S AID FOUNDATION SCHOLARSHIP PROGRAM (For Persons Served by Rosalie Hall)

The Children's Aid Foundation Scholarship Program was established in 2004 by Rosalie Hall in partnership with the Children's Aid Foundation. The purpose of the Children's Aid Foundation Scholarship Program is to provide current and former clients of Rosalie Hall with financial assistance to pursue a post-secondary education. Criteria for awards includes demonstrated ability and the willingness to succeed. Scholarships are competitive and decisions are made annually by the Rosalie Hall Award Committee.

ELIGIBILITY

- ✓ current or former client of Rosalie Hall.
- ✓ under 30 years of age at the start of school year.
- ✓ enrolled* as a *full-time* student at an accredited post secondary institution (as designated by OSAP or other provincial assistance plan).

*Students applying to college or university for the fall of are invited to apply, contingent on their acceptance to full-time post secondary studies.

The following services are provided by other organizations, but available at Rosalie Hall:

- *Individual pre-natal nutrition counselling with professional nutritionists from the Toronto Public Health*
- *Group counselling provided through Scarborough Agencies Sexual Abuse Treatment Program*
- *Psychiatric Services and Mental Health Therapy, through The Scarborough Hospital*
- *Substance use counselling and resource development through Pathways to Healthy Families, a partnership program with Jean Tweed Centre for Women*

In addition, we assist to access services and supports in cooperation with:

- *Young Parent Resource organizations that provide services to pregnant youth or young parents across Toronto and Ontario*
- *Coordinated residential access with Humewood House, and Massey Centre*
- *Toronto Social Services/Ontario Works*
- *Toronto Children's Services*
- *Organizations affiliated with Healthy Babies, Healthy Children initiatives*
- *East Toronto Children's Services Network*
- *Relevant service delivery networks in Scarborough and across Toronto*

Services are provided to our community without cost to young families through the generous support of:

- *Our many community and corporate donors*
- *Ministry of Children and Youth Services, Government of Ontario*
- *Children's Services, City of Toronto*
- *Service Canada, Government of Canada (Formerly Human Resources and Skills Development Canada)*
- *ShareLife through Catholic Charities of the Archdiocese of Toronto*
- *The Misericordia Sisters*