



# FRESH START

## MATERNITY SUPPORTS

O/B Fresh Start Support Services



*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" Jeremiah 29:11*

## Fresh Start Welcomes New Executive Director, Sherry Ball



I have always been very passionate about assisting those in need. I am often fascinated by the stories of those I've had the honour to get to know through my work in the social service sector. I'm grateful for all the experiences, understanding and empathy that the helping profession has challenged me with and I continue to see God's work all around us. I am extremely excited to be part of the Fresh Start team. I know that I too will find purpose and strength through my work here as I continue my professional growth and my own personal journey.

In my short time here at Fresh Start, I have had the pleasure of meeting some wonderful women in the residents that we serve and who, through all their challenges, are so very resilient. Their strength and courage motivates me to strive for excellence as the new Executive Director in the programs, services, and supports that we offer. It is our privilege to witness the personal growth we see amongst women living at Fresh Start and we are so proud to assist and empower them to take positive steps to a bright future!

"Let no one ever come to you without leaving better and happier". - Mother Theresa

### Save the Dates

Friday, December 8, 2017  
6-8 p.m. at 118 Centre Street  
St. Thomas  
**Gift Card Open House**

Friday, February 9, 2018  
**Girls Night Out**

## Shoppers Drug Mart Optimum Points



By donating some (or all) of your Shoppers Optimum Points™ to Fresh Start Support Services, you are making it possible for us to use your points at Shoppers Drug Mart® toward the purchase of products and supplies we need.

To donate your Shoppers Optimum Points™, please visit [www.shoppersdrugmart.ca/donate](http://www.shoppersdrugmart.ca/donate). If you are not presently a Shoppers Optimum Member™, just ask for a card at your next visit to Shoppers Drug Mart®. Your new card will be issued right on the spot at no cost.

Donor names and contact information are not provided to the recipient charity. Please contact us if you wish to receive direct acknowledgement from Fresh Start Support Services for your points donation. Thank You!

**Fresh Start Maternity Supports**

director@fsms.ca  
www.freshstartmaternity.com

administrative phone: 519.637.7775

text: 519.860.3767

fax: 1.866.245.1774

118 Centre Street,  
St. Thomas, ON N5R 2Z9

## Financial Report

### Year to Date (Jan-Oct 2017)

Income . . . . .	\$422,984.00
Expenses . . . . .	\$343,666.00
Current Reserve. . . . .	\$79,318.00

God has seen fit to use His people to bless Fresh Start and its mission of service to pregnant and parenting women and their children. Through strong discernment by the Board and management, constant revision of the budgetary demands of the ministry, and our strategic directions, we are thrilled to announce that we have a significant reserve in our operating budget for 2017!

Your generous nature has secured the next season of the ministry, allowing us to continue on our journey that offers hope and a future for many, and many more to come in the years that lay ahead. We will endeavour to keep you, our supporters and donors, aware of our newest developments and plans for Fresh Start as a vibrant and ever-relevant ministry that keeps God at the forefront of the blessed responsibilities we fulfill in His service.

Todd Rowley, Board President

## Maternity Supports Wish List

- 8.5 x 11 printer paper
- new pots and pans for the group home kitchen
- grocery gift cards
- new hand mixers
- disinfectant wipes
- laundry detergent
- St. Thomas bus tickets
- kitchen / butcher knives
- laundry baskets/hampers
- protein/ meat beginner baby food
- size 5 diapers
- formula
- YMCA swim passes
- chicken
- small denomination gift cards for Tim Hortons, Shoppers Drug Mart and Walmart
- large denomination grocery gift cards

### Larger items include:

- energy efficient stand up freezer
- video crib monitors
- funding for an additional video monitor for the kitchen
- television for apartment #6

Before donating any large item, please contact **Anna Gohm** at: [anna@fsms.ca](mailto:anna@fsms.ca) or call **519-637-0845**.

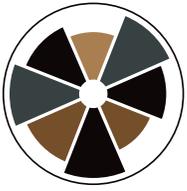
## Baby Bottle Drive Campaign



When a lot of people give a little, it makes a big difference. So far during the calendar year 2017, we have received over \$54,200 in donations! If your church or your group would like to take part in our baby bottle campaign, please contact **Sherry** at [director@fsms.ca](mailto:director@fsms.ca) or **519-637-7775** to get started!

## Employment Opportunity

If you or somebody you know would like to explore the possibility of joining our ministry at Fresh Start Maternity Supports, we have an immediate opening for relief staff. Details are posted on our website, under "Career Opportunities" [www.fsms.ca/careers.html](http://www.fsms.ca/careers.html). This is a part-time position (32 hours per month). Additional hours may be offered to cover holiday schedules, as well as staff planned and unplanned absences. The normal work schedule is days 7:00-3:00, evenings 3:00-11:00, nights 11:00-7:00. Flexibility in scheduling is required.



## The Family Central Apartments

O/B Fresh Start Support Services

62 Talbot St. E. Aylmer, ON



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## Birtha Wall, Support Worker



I'm sure that many have heard the saying 'if you find a job you love, you'll never work a day in your life'. This has become truth in my life, serving in the ministry at The Family Central Apartments.

The Family Central Apartments is new to Aylmer and we are closing in on our one year anniversary. Never could I have imagined the amazing transformations that could take place in under a year. At the start of this program, I saw people who were homeless, unsure if they would have enough money to meet their needs, without job

opportunities, without positive supports in their lives, and without a hope for their future. Seeing where they have brought themselves is truly amazing. These participants now have safe and stable housing, resources, financial assistance with housing, and positive supports to be an encouragement and resource to make positive changes. These participants have made strides, and all of them are now employed or continuing their education so that they can make lasting changes to break the cycle of poverty.

I am honored and blessed that these amazing individuals have shared their past with me, and allowed me to walk with them as they transform their lives. When a person is not held down by stress and uncertainty, they have the opportunity to excel and change their lives.

## The Family Central Wish List

Things we need that will make a difference:

- grocery gift cards (No Frills or Valu Mart) in any denomination
- funds for counselling
- printer paper
- Family Central Restaurant gift cards in any denomination

Before donating any items, please contact **Birtha Wall** at:  
[support@familycentralapartments.com](mailto:support@familycentralapartments.com)  
 or call 226-973-9649

## Good Food Box Bulk Buying Program ...locally sourced to provide a healthy affordable source of fresh produce for you

### How does it work?

- Pay \$10 membership fee (to YWCA).
- Purchase your box for \$15 payable by the end of the first week of the month.
- Boxes are ready for pick up approximately two weeks later (at Family Central Apts.).
- We also include a newsletter with tips and recipes, updates, nutritional information and news about food issues in our community.
- Staple foods (potatoes, carrots, onions)
- Something different
- Salad items
- Combination of vegetables
- Selection of fruits
- Yogurts and/or cheese

Contact **Birtha Wall** at:  
**226-973-9649**



## The Family Central Apartments

[director@familycentralapartments.com](mailto:director@familycentralapartments.com)  
[www.familycentralapartments.com](http://www.familycentralapartments.com)

administrative phone: 519.637.7775

text: 519.860.3767

fax: 1.866.245.1774



mail to: 118 Centre Street,  
 St. Thomas, ON N5R 2Z9



## Fresh Start Gift policy:

Spending of funds is confined to Fresh Start-approved programs and projects. Each contribution directed towards an approved program or project will be used as restricted with the understanding that when the need for such a program or project has been met, or cannot be completed for any reason as determined by the Board of Directors, the remaining restricted contributions will be used where most needed.

Please fill out the form below with the manner in which you desire to help.

*Thank you so much for your contributions!*

We are accredited by the Canadian Council of Christian Charities.



I would like to join the Pre-Approved Monthly Payment Plan  
 (please fill out the information below)

name: (print) \_\_\_\_\_

phone: \_\_\_\_\_

address: \_\_\_\_\_

city: \_\_\_\_\_ province: \_\_\_\_\_

postal code: \_\_\_\_\_ date: \_\_\_\_\_

email: \_\_\_\_\_

signature: \_\_\_\_\_

Fresh Start is a registered charity # 10788 4074 RR0001 and issues tax receipts each Spring for prior calendar year contributions of \$20.00 or more.

I hereby authorize Fresh Start Support Services to withdraw

\$25.00  \$50.00  \$100.00  other \$ \_\_\_\_\_

from my account on the 15th of each month starting \_\_\_\_\_

*Please attach a void cheque.*

I would like to give a one-time donation at this time of \$ \_\_\_\_\_ to  Fresh Start Maternity Supports

The Family Central Apartments  where most needed or  to be designated for \_\_\_\_\_

*Thank you for your generous support!*

You may also donate to Fresh Start Support Services through

[www.CanadaHelps.org](http://www.CanadaHelps.org) (Please note that 3.5% of your donation is withheld by Canada Helps and does NOT go to Fresh Start.) Simply type in our name and you'll see our Charity Giving Page!

eTransfer to [financials@fsm.ca](mailto:financials@fsm.ca)

If you would prefer this newsletter, updates and tax receipts by email, please contact us at [financials@fsm.ca](mailto:financials@fsm.ca).