



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

THANK YOU

Words seem inadequate to express our appreciation for your continued generous outpouring of support in all of its many forms.

Our Board and our staff are enthusiastically committed to our vision to provide "a hope and a future" to everyone the Lord leads to our door. Currently our home is filled to capacity with pregnant and parenting moms/women and children. Our mission continues to be to improve their quality of life and help them succeed in life and parenting.

Todd Rowley
 Board President



Testimonials



Peyton, Alannah & Amy

Hi, my name is Alannah. I have a beautiful 6-year-old daughter named Peyton, and a beautiful 3 month old daughter named Amy. Over my years of being a mom, I have struggled with addictions, instability, and depression. I came to Fresh Start so that I could be the best mom that I needed to be for my two daughters. Both times when I found out that I was pregnant, I was scared and didn't know what to do.

Since coming to Fresh Start, staff here have helped me get connected to supports to help me address my mental health problems and addictions. They taught me it was okay to take care of myself, and I am proud to say that I have been sober for 9 months. I am managing my mental health, have 2 healthy daughters, am moving into the Supportive Housing apartment, and will soon have both daughters in my care. With the help, guidance, and support I have received from Fresh Start, I am now confident to take the next step towards a better future for my daughters and myself.

Thank you Fresh Start!



Carolyn Bernardo
 Client Support Worker

As I lay in bed in the early morning hours listening to the orchestra of birds welcoming the sun with song, I am so utterly amazed by the power of God's creation and purpose. I am equally amazed by the strength of his will for us when he has designed our path and nudges us forward. I was brought to Fresh Start with purpose and a passion for the women and babies we serve, but found so much more. I am continually inspired and humbled by these women and the trials they face, the difficult lives they have lived, and the scars they bare.

These women are often the forgotten or those that people have lost faith in, leaving them angry and defeated BUT if we provide an opportunity for growth and share God's love there is always hope. I have also been so incredibly blessed by the 'family' I have gained through our team. They celebrate my successes, accept my weaknesses, push me to grow in my faith, and love with a whole heart. Being part of FS has changed me, helped me grow, rewarded me, and for that I am ever so beholden for that nudge!

Carolyn

Financial Report

Year to Date (Jan-May 2017)

Income	\$242,022.00
Expenses	\$140,210.00
Current Reserve.	\$101,812.00

Your generous response to our urgent plea has allowed us to build up a reserve of roughly 3 months operating costs.

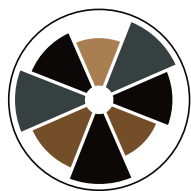
Maternity Supports Wish List

- Meat
- Laundry detergent for sensitive skin
- 8.5x11 white printer paper
- Paper towels / toilet paper
- Disinfectant wipes
- Bus tickets
- All purpose floor cleaner
- Dehumidifier for the basement
- Small denomination gift cards for Tim Hortons, Shoppers and WalMart
- Large denomination gift cards for grocery stores
- Fitted bassinet sheets
- YMCA swim passes

How You Can Help Us Further...

We are seeking one or more **Circle of Security** sponsors. Two of our staff will be attending a 4-day September seminar, and a \$1000 or \$2000 donation would help to offset the costs associated with registration, travel and accommodation. Staff will learn how to help our residents read their child's emotional needs, to help their child successfully manage their emotions, and to enhance the development of their child's self-esteem.

Feel free to contact admin@fms.ca or **519.637.7775** to discuss the details, or mail your cheque with the designation to "**Circle of Security Program**".



The Family Central Apartments

O/B Fresh Start Support Services

62 Talbot St. E. Aylmer, ON



"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

Testimonial

My life used to be chaotic and dark. I was always getting into trouble, hanging out with negative people, and got into drugs and alcohol. I was emotionless and didn't really feel anything. I grew up in poverty, so this was all that I knew. Living life in the fast lane had its consequences, and I started to lose my friends and family to drugs, crime, and jail.

Since living here at The Family Central Apartments, my life has taken a positive turn. I have God in my life, I feel happiness, am going to get my high school diploma, and am proud to say that drugs and alcohol don't control me anymore. I am living in a building filled with positive people that are changing the way I see the world, and it is helping me be a positive example to the people around me too. I have a safe place to live where people care about me. The landlords hired me to clean the hallways, and the restaurant downstairs even hired me as a dishwasher. I hope to one day be a Coast Guard and own a house. For the first time, my future looks bright.

Program Participant's name withheld

All the Apartments are Occupied!

We are excited to say that The Family Central Apartments are completely filled and the program is well on its way! Our intentional group of Program Participants, volunteers, staff, and Intentional Neighbours meet for our 'Hub Nights' bi-weekly to develop relationships and community. We have had speakers from different local community services come and educate us on different topics and to connect us into community. As a group we have also enjoyed games nights, movie nights, and potlucks. The cycles of poverty are beginning to break through the pursuit of education, jobs, and relationships. We want to thank all of our amazing supporters who have blessed this ministry financially, through prayer, giving their time, and accepting our new and growing community.

Birtha Wall,
Support Worker

Family Central Wish List

Things we need that will make a difference:

- Counselling sponsor/subsidy
- Schooling sponsor/subsidy
- Piano teacher
- Grocery store gift cards of any denomination
- A small dresser
- Portable air conditioner units
- A used cell phone in good working condition

Before donating any items, please contact Birtha Wall at:
support@familycentralapartments.com
or call 226-973-9649

Providing hope and a future

Fresh Start Maternity Supports

director@fsms.ca
www.freshstartmaternity.com

administrative phone: 519.637.7775 text: 519.860.3767 fax: 1.866.245.1774
Mailing Address: 118 Centre Street, St. Thomas, ON N5R 2Z9

If you would prefer this newsletter, updates and tax receipts by email, please contact us at financials@fsms.ca.

The Family Central Apartments

director@familycentralapartments.com
www.familycentralapartments.com



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!



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 (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!