

The Tree House - Walkerton

Vision and Mission

The Tree House vision Statement is “We envision a community where women are healed, empowered, and inspired. They are empowered to live life to their full potential and to boldly and confidently achieve their goals. A community where encouragement is spoken, restoration is promoted, and grace is given in order for their lives to be transformed.

It is the goal of The Tree House, to be able to offer a healthy family atmosphere for young women in need of a safe and nurturing environment an inclusive space where mothers ages 13+ are welcome to drop in to access support and a variety of services and programs that promote health and wellness physically, mentally, emotionally, socially and spiritually, not only during their pregnancy but in preparation for parenting and independent living. We promote the dignity and self-worth of all our moms and strive to improve their quality of life, promote healing, restoration, and independence all while further developing life skills.

Company Culture

Laid back, homey-type feel, relaxed, supportive, inclusive. Empowering and nurturing.

Core Values

You are not Alone; Empower, Support, For Mothers by Mothers inclusive, community; it takes a village (community) to raise a child;

What is the need?

Bruce Grey Child and Family Services, Service Data as of 2017

BGCFS finalized 14 adoptions
There are 150 approved Resource Homes as of March 31, 2017
BGCFS completed 1,298 investigations
BGCFS serves 430 Ongoing Families as of March 31, 2017
There were 103 children in care on March 31, 2017
BGCFS has 30 CCSY (Continued Care Service for Youth)
There were 67 New Admissions as of March 31, 2017
There were 60 Discharges as of March 31, 2017

Women of Childbearing Age

AGE GROUP	BRUCE COUNTY	GREY COUNTY	HURON COUNTY	WELLINGTON COUNTY
15-44 YRS OLD	10,285	13,955	9,350	42,965
Total				76,510

Demographics of Females - 2016 Census of Population

County	Total Female Population	Female of Working Age 16-64
Huron	29,940	17,970
Bruce	34,520	20,740
Grey	47,735	28,965
Wellington	113,185	74,540

We have identified that many of these low-income families are of single parents, specifically young and single mothers. We are aware of the correlation between lone-parents and financial poverty and stress; as well as the lack of emotional support, health and well-being that surrounds single motherhood.

This organization was created by mothers (some of us single, young; all of us at one time feeling alone, isolated, overwhelmed and in need of community support) for Mothers. We are inclusive to include young moms, single mothers, mother's who have fostered, adopted; mothers who have lost their children, and those mothers who wish to be mothers and are not able.

G.R.O.W. works from a Holistic Framework, wherein we believe that:

- (1) We are all connected, we are all one
- (2) It takes a village to raise a child
- (3) To be healthy and of well being we must have balance in all areas of our life (physical, mental, emotional, spiritual and social).
- (4) Being a mother is only a part of the Woman's whole self. To be healthy and able to give to another requires All aspects of a person (mental, emotional, spiritual, physical and social) are to be nurtured, supported and empowered.

It is with this approach that we are able to address:

- Poverty- offering daily breakfasts and healthy snacks throughout the day for mothers and their children.
- Lack of emotional support- creating a safe space for mothers to come and connect with other Mothers- to talk, to ask questions, seek guidance, and most importantly, to know that they are not alone.
- Young Mothers- lack of emotional support (especially from families, loss of peers- change in how lives are led now that they are mothers), lack skills for everyday life, and direction as to what the future has in store for them- G.R.O.W. is there for support, counsel, guidance; we offer classes and workshops that teach life skills (budgeting, meal planning, self care, etc.)
- Mental Health- having support, guidance and peer support for mothers from mothers. Providing respite, allowing mothers to have some time for errands, self care; offering classes and workshops that address self esteem, self worth, self care, mental health associated with pregnancy, birth, isolation and lack of emotional support- depression and anxiety and how to manage (yoga, meditation, art therapy, peer support).

Referrals and Documentation Supports Offered:

- Statement of Live Birth Certificate
- Child Tax Benefit
- Income Tax
- Day Care Application
- Custody & Support documents
- Social Assistance (Ontario Works)
- Health Care (mental health, substance abuse, midwife, doctor)
- Public Health services
- Legal Council (legal clinic, court support worker, lawyer)
- Residential Care programs
- Shelters
- Daycare
- Employment programs
- Provide support during appointments
- Independent Living Support
- Community Supports
- Community Resources
- Help finding housing
- Help finding employment
- Help with continue education
- Help with ages and stages
- Peer support, guidance and counselling
- Referrals, tutoring and education support
- Resources/referral- child care, babysitters, food, tutoring, completing school and going to college/university, financial support and mental health.
- Donation room of basic needs (clothing, toiletries, baby supplies...)

Classes and Workshops:

- Yoga
- Life Skills
- Chemical Free Cleaning
- Healthy Relationships
- Art therapy
- Doula Services and postnatal care
- Community Meals and Events

Services Provided/ Operational Plan

G.R.O.W. - The T.R.E.E. House (Armoury) - will be open:

Tuesday to Friday: 10-5 Saturday: 10-2

We will have staff, volunteers and students to assist in providing these services

Growth, Resources, Opportunities (for) Women

Love, Influence, Finances, Energy

1) My **G.R.O.W.**ing **L.I.F.E** is a 12-week program offered to where our moms will learn about:

Love: Healthy Relationships, self love, partners, family, friends, co-workers and children.

Influence: Sharpen our mind, and the ability we have to fill it with positive thoughts and valuable and useful knowledge. Emotional and relational well-being, Meditation, Mindfulness, Gratitude etc.

Finances: Entrepreneurship, goal planning, budgeting, income and financial security

Energy: How to be comfortable in our own skin, nutrition, supplements, exercise, movement and planning and preparing nutritious meals.

2) Aftercare Programs for our Maternity Home Residents: Our Aftercare Program will help new mothers retain what they have achieved during their time in the Residential Program and remain focused on their goals. Our support programs are not limited to residents only. We help with:

3) Highschool Studies: Classes offered through ILC - Retired teachers to help our moms who do not have a high school diploma.

4) Weekly Classes: 12-week Home with a Heart Curriculum:

Part 1: The Basics of Homemaking

- Organizing Your Household
- Finances & Paperwork
- Cooking Made Easy
- Recipes Made Easy

Part 2: Enriching the Family

- Time for Mom
- Hobbies
- Parenting

Part 3: Career Development

- Home Business & Job Search

5) Consignment Shopp: Will be a “work environment” where our moms will learn Soft Skills:

Communication	Teamwork	Adaptability	Problem-Solving
<ul style="list-style-type: none"> ● Clarity ● Confidence ● Respect ● Empathy ● Listening ● Verbal ● Non-verbal ● Written ● Constructive ● Feedback ● Friendliness 	<ul style="list-style-type: none"> ● Delegation ● Listening ● Active listening ● Collaboration ● Cooperation ● Coordination ● Idea exchange ● Mediation ● Negotiating ● Conflict Management 	<ul style="list-style-type: none"> ● Self-management ● Decision-making ● Calmness ● Optimism ● Open-mindedness ● Analysis ● Self-confidence ● Organization ● Self-motivation ● Curiosity 	<ul style="list-style-type: none"> ● Lateral thinking ● Logical reasoning ● Initiative ● Persistence ● Observation ● Persuasion ● Negotiation ● Brainstorming ● Decision Making ● Analysis

Creativity	Work Ethic	Interpersonal Skills	Time Management
<ul style="list-style-type: none"> ● Inspiration ● Imagination ● Reframing ● Mind mapping ● Insight ● Innovation ● Experimenting ● Questioning ● Design ● Divergent thinking 	<ul style="list-style-type: none"> ● Responsibility ● Discipline ● Initiative ● Dependability ● Commitment ● Self-motivated ● Professionalism ● Teamwork ● Time-management ● Integrity 	<ul style="list-style-type: none"> ● Humor ● Mentoring ● Networking ● Sensitivity ● Patience ● Tolerance ● Public speaking ● Positive reinforcement ● Diplomacy ● Empathy 	<ul style="list-style-type: none"> ● Prioritizing ● Self-starter ● Planning ● Decision making ● Focus ● Delegation ● Stress management ● Coping ● Organization ● Goal setting

Leadership	Attention to Detail
<ul style="list-style-type: none"> ● Selflessness ● Agility ● Listening ● Humility ● Cultural Intelligence ● Authenticity ● Versatility ● Generosity ● Trust ● Empathy 	<ul style="list-style-type: none"> ● Listening ● Organization ● Scheduling ● Analysis ● Introspection ● Memory ● Acuity ● Recall ● Questioning ● Critical Observation

6) Community Garden

- **Access to fresh Produce**
- **Education on starting a Gardening**
- **Sense of Community**
- **Therapeutic**
- **Healing Garden**

7) Once a Month

- **Mama's Night Out/In**
- **Kids Night / Bedtime Story/ Lego Club**
- **Community Dinner**

Evaluation and Maintenance

- Client intake- for evaluation and statistics
- Daily, weekly and monthly maintenance checklists
- Evaluation of staff, center, programs and services
 - Comments box, feedback survey from staff and clients
 - Weekly meetings with staff- what is working, what is not.
 - Roles and obligations of staff, volunteers, students
 - Policies and procedures
 - “rumble meets”- vulnerable, honest, supportive conversations

Team (Ideally)

- Supervisor- oversees the overall G.R.O.W., marketing, Promoting
- Manager- oversees and creates schedule, addresses concerns of all staff and clients, responsible for pay to staff. - biweekly
- Program Coordinator- responsible for programming schedule, budget for programming
- 2 full time Staff- Monday-Friday:-breakfast, client support, clean, groceries and maintenance of G.R.O.W.- \$15/hr
- Counselor (outsource to the community)- support for emotional and mental health that may require referral; programming - \$113/hr
- Part time staff- \$12-15/hr- 4 volunteers/staff- cover weekends and when needed for full time, events...
- Staff and volunteers- for classes, workshops, community meals, monthly activities

How does this benefit the Community?

The Tree House benefits the community in a variety of ways:

1. It offers a support network- emotional, mental, social for young and single mothers. Having this support decreases isolation, and stress of mothers, and instead provides mothers with a support network, opportunities to programs that teach and promote empowerment, life skills, self care, etc...- which then offers mothers the opportunity to be the best they can be- having their needs met- and therefore being able to meet the needs of their children- mentally, physically, emotionally, and spiritually.

2. It encourages a sense of community and community support, by recognizing that it takes a village to raise a child, and that as a community (students, volunteers, community partners, local businesses) we can all engage in supporting mothers and their children to become healthy citizens; whether it's our time, money, used clothing, our skills and gifts to offer as a class or workshop
3. It gives women, mothers, in our community the opportunity to seek out resources, support and the skills to better themselves as parents, and as individual women; to remind them that there is always a way to reach their personal goals and dreams.
4. Offers a safe space for women and their children to go for support and may decrease the chance of under age children staying at home alone.

What need does The Tree House Meet?

This Non- profit meets the emotional, mental, social needs of young and single mothers aged 13 and over.

There are 3 predominant factors that are associated with the health and well-being of single and young mothers and their children.

1. Financial-

As young and/or single mothers, a majority of these Mothers are below the poverty line and are unable to provide the basic needs for themselves and their children.

Although we are unable to meet the financial needs of all mothers and their children, we are able to take some off the strain off, by offering healthy breakfast, snacks, offering laundry services free of charge, FreeBee Community Closet for clothing, and other basic needs. We will also offer support for those in need of accessing financial assistance.

2. Emotional-

All mothers, especially young and single mothers, struggle with feeling isolated, alone, and unsupported emotionally. As a mother, the needs of our children come first, and this often leaves us as mothers, not dealing or having anyone to support our own emotional well-being. We often feel alone, and are unsure, as parents, if we are doing the best we can.

The Tree House offers a safe space where mothers have someone to talk to. Whether it's to sit and listen and hold space for them while they share their stories, or if they are in need of emotional support and guidance, or just want to have the company of another adult.

3. Mental Health

Postpartum depression is one of the many possible mental side effects of being a mother. Along with low self esteem, self worth other forms of mental health issues and concerns.

At The Tree House, we encourage mothers to join us for some adult conversation, we offer classes and workshops that support and empower women to build their self esteem and find their self worth as mothers, women and individuals. We also offer classes on healthy relationships, offer free doula and postpartum support for up to 6 weeks following the birth (Maternity Home moms). We offer a place where mothers know that they are not alone, in what they are thinking, feeling, experiencing. We offer tools, skills and resources to empower and support mothers.

Target Audience

- Young and/or single Mothers ages 13+
- Not aware of any competitors- (is there really competition in offering support) I believe that this is new for the community.
- Beneficiaries- clients, staff, students, community, families, volunteers
- Donors- community- clothing and other basic needs, local farmers-meals

Potential Partners

- CAS
- Keystone
- Public Health
- Grey Bruce Health Services
- Brockton/Grey Municipalities
- Early Years
- Violence Against Women Services
- Pregnancy clinic
- Midwives
- Doulas

Impact Plan

The Tree House is dedicated to Empowering young and Single Mothers. When a mother and her child's basic needs are met; then she has the energy, time, resources to be able to focus on meeting the emotional needs of their children, and possibly their own personal needs.

The Tree House offers a nurturing space where mothers can come and bring themselves, their children. You cannot give or expect from another what you cannot give or expect of yourself; whether it be food, clothing, a meal, clean laundry, a healthy relationship or emotional support and acknowledgement.

Specific and most meaningful Goals:

- Create a safe, nurturing, inclusive space for young and single mothers to connect with one another and other mothers.
- To remind mothers that they are not alone- and that there are other mothers like them with the same thoughts, concerns, issues and needs.
- Empower mothers to be the best they can be for themselves and for their children
- Support mothers where it is most needed- an individual holistic approach
- Mothers are not alone
- It takes a village to raise a child

*Show mothers that there is a future for themselves and their children

*Healthy relationships- self, children and others

*Support in whatever way we can

Marketing Plan

Outreach Activities:

- Community garden
- Have students from local high schools who need volunteer hours offer their time at G.R.O.W.
- Ask local businesses to donate
- Open house
- Fundraisers

Social Media

- FB page
- Instagram account
- Word of Mouth
- Local newspaper and radio station interview
- Brochures at schools, hospitals, mental health centers,

The Tree House**2019 Proposed Budget 12 Months**

Consignment Shopp	\$17,000
Donations - Community	\$10,000
Program Fees	\$5,000
Fundraising	\$5,000
Total Income	\$37,000
Expenses	
Advertising & Website	\$1,200
Utilities	\$8,400
Fundraising Banquet	\$2,000
Grocery/Food	\$8,000
Program Cost	\$9,000
Insurance	\$2,400
Office & General Supplies	\$1,000
Repair & Maintenance	\$2,000
Telephone, Cable, Internet	\$1,000
Travel Allowance	\$2,000
Total Expenses	\$37,000
Surplus (Deficit) For Year	\$0