

# Fresh Start Support Services

FALL 2020 NEWSLETTER



## COVID UPDATE

As we enter the eighth month of our new normal, life continues here at Fresh Start. Babies are born. Babies grow. Babies take their first steps. Working with babies seems so simple sometimes, compared to what is going on in the world.

When the pandemic began, Fresh Start was required to implement guidelines set by the Ministry of Health. These restrictive guidelines were difficult to meet while providing the families with an enjoyable place to live.

Therefore, in the summer, Fresh Start made the decision to transition our group home space into individual apartments. Fresh Start now has five independent apartments in our facility! This new program delivery model allows mothers and babies to live and grow in their own spaces all while still receiving supports throughout the day as needed through programs and individual supports. Having apartments also allows for mothers and babies to carry on with life rather than live with additional restrictions placed on them because they live in a group home.

Additionally, this model allows Fresh Start to expand our services - due to a reduction in overall expenses - to support even more mothers and babies who live in the community.

Since October, when the switch officially happened, it has been wonderful to put these new programs in place allowing us to meet and support more families that so desperately need help.

Thank you for going on this journey with us.

Sincerely,  
Karen Schouten

## welcome little one!



NEWEST FRESH START BABY  
BORN NOV 27TH

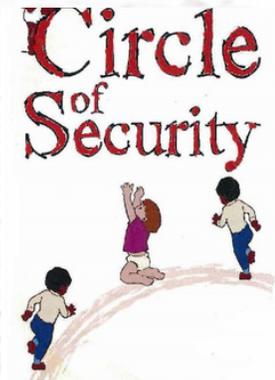
## FINANCIAL SNAPSHOT

We just completed our fiscal year at the end of September and wanted to provide you with a quick snapshot. While we were not able to host our annual banquet or run a normal baby bottle drive, you were still so generous with your support. Thank you!

Revenue - \$417,999  
Expenses - \$371,456  
Surplus - \$46,543

# Some upcoming things...

Fresh Start has some very exciting things upcoming in the winter. First, to follow the successful running of our first Circle of Security program this fall, we will be running our second in-person class (Lord willing) from February - March. Second, we will run an Alpha class to reach out to those who are interested in learning more about God and what He can do in our lives. Lastly, we will be starting a family grant, where families can apply to Fresh Start to receive much needed items such as diapers, formula, clothes, car seats and strollers.



## CIRCLE OF SECURITY

Circle of Security program is designed to help parents make sense of what your child is really asking from you to help develop a secure attachment.



## ALPHA

The Alpha program is an 11-week course that creates a space where people are excited to bring their friends for a conversation about life, faith and Jesus.



## FAMILY GRANT

The Family Grant is a program that provides food, diapers, formula, clothes, car seats and strollers to families in need.

## Ways to Give this season

### GIVING TUESDAY

This Giving Tuesday, help provide Attachment & Trauma processing to five mothers so that they can be released from their past so they can focus on their future.

<https://www.fsms.ca/giving-tuesday>

### PROGRAMS

Help cover the costs to run our programs so that we can continue to support mothers and children on their journey to a 'fresh start'.

<https://www.fsms.ca/one-time-donation>

### CHRISTMAS WISH LIST

Help families at Christmas have a merry Christmas by helping them purchase items from their Christmas wish list.

<https://www.facebook.com/203225682600/photos/a.391184287600/10157466216222601/?type=3&theater>