

## Appendix A

### PROJECT SUMMARIES

#### **MULTI-YEAR SYSTEMS LEVEL**

##### **Ottawa Community Immigrant Services Organization**

The project aims to reduce recidivism among refugees, immigrants, racialized individuals, and their families by providing comprehensive support services, including education, employment, mental health, and family reconciliation components. The project's two-year timeline includes a needs assessment, program development, outreach and engagement, program delivery, and monitoring and evaluation. The project will also include recruitment, community mobilization, and outreach, creating an advisory committee, program delivery, and performance measurement.

#### **NON-RENEWABLE**

##### **Canadian Centre for Women's Empowerment (CCFWE)**

The CCFWE is developing a mobile app and trauma-informed fact sheets to combat digital economic abuse against victim-survivors of financial crime or economic-abuse. CPO funds will help develop and translate these materials from English and French into Arabic, Hindi, and Urdu. The project aims to increase awareness and education on economic and financial abuse among immigrant and refugee victim-survivors and provide proper resources for managing financial assets to increase resiliency and prevent abuse.

##### **Christie Lake Kids (CLK)**

Christie Lake Kids will partner with Youturn Youth Support Services to deliver two weekend camps for vulnerable youth in two of their programs. The first weekend program will be for youth who are aging out of the Child welfare system, and the second group will be youth involved with the Anti-Human Trafficking program. The programs will include physical activities like sports, rock climbing, canoeing, swimming, and guided hikes, as well as leadership and social-emotional skill sessions. In addition, CLK will offer program spaces in their Leaders in Training program to Youturn youth to access mentorship, leadership development, and employment opportunities.

##### **Matthew House Ottawa**

Matthew House Ottawa provides food, shelter, and settlement support to refugee claimants who arrive in Canada unsponsored and would otherwise be homeless. The project offers wrap-around support for settlement assistance and collaborates with local social service organizations for socio-emotional, language and employment support. CPO's funding will help open a new home that will house over 100 refugee claimants over the course of this project.

### **Nigerian Canadian Association Organization**

This project will provide mental and emotional support, as well as resources, to Nigerian women facing traumatic experiences and domestic abuse in Canada. The program aims to combat gender-based violence by creating a safe space for women to address their issues and equip them to address these issues on their own. The program also aims to provide culturally sensitive professional mental health support to Black women fleeing domestic violence or living with abusive partners, ultimately enhancing community safety and well-being in Ottawa.

### **The Olde Forge Community Resource Centre**

The Connected Seniors, Safe and Strong project will engage vulnerable, older adults to keep them safe in their home, living independently, and creating support networks helping reduce social isolation. Over 24 weeks, there will be 12 education workshops, 12 fitness classes, and 4 group social events. Activities will include presentations on elder abuse, wellness, fraud prevention, and online safety.

## **MICROGRANTS**

### **Canadian Somali Mothers Association**

This project aims to provide mental health education to Somali youth in Ottawa, specifically those living in low-income neighborhoods. The project will involve hosting workshops on mental health, inviting mental health experts as keynote speakers, sharing resources available in the community, and launching in-person sharing circles to facilitate open conversations on the impact of the pandemic. The project also intends to document the learnings from the sessions to inform future initiatives and services.

### **Centre Pauline-Charron (CPC)**

The CPC's project for francophone residents aims to understand the concerns of community seniors regarding abuse, fraud, mental health, and isolation. They will bring together community stakeholders to address these problems and propose solutions through information and awareness sessions and public messages. The CPC aims to raise awareness of real situations in their community and members' homes to reduce stigma, encourage reporting of problems, and ensure safety.

### **Family Support and Care Services Centre**

This project will provide discussion groups for vulnerable Chinese adults and seniors in Ottawa to a) provide meaningful connections for the vulnerable Chinese adults and seniors via in person or online workshops; and b) discuss on how to live safely in Ottawa by providing information and discussions on topics of elder abuse, scam, racial discrimination, prevention, and community resources.

### **First Unitarian Congregation of Ottawa**

Ajashki is an Indigenous-led program that aims to empower youth by providing them with individualized work assignments and mentoring to engage in food production instruction, climate impact education and artistic expression. The program supports Indigenous and non-Indigenous youth called Future Food Warriors (FFWs) to learn life and employment skills that support self-esteem and confidence, and to experience personal growth in a safe and welcoming environment. Mentoring and group check-ins provide opportunities for FFWs to express frustrations and gain requested support or information.

### **ManUP (Ottawa-Carleton District School Board)**

ManUp's Spring Inspire Conference aims to educate teen boys on gender-based violence and inspire them to be leaders, mentors, and educators in their communities. The conference has been successful in increasing the number of attendees and the number of high school based ManUp groups across Ottawa. The program encourages young men to host monthly meetings with peers to discuss gender-based issues and become agents of change in their schools.

### **Odawa Native Friendship Centre**

The project aims to decorate the hallways of Odawa with murals depicting traditional and urban Indigenous youth and their activities, with the goal of showing that Indigenous youth are rooted in culture and have pathways to success. The program will target youth who may have found their way into the justice system or are otherwise not on a positive path for the future. Youth will be selected based on observations and recommendations of existing program staff and will be supported in all aspects of the program to improve their self-esteem, sense of belonging, and provide positive role models. The project aims to introduce youth to opportunities at the Friendship Centre and to engage and connect them with the community.

### **St. Joe's Women's Centre**

The initiative aims to reduce barriers in accessing support for unsheltered women in Ottawa by providing safe transportation, aligning with CPO's vision of a safe community. Accessible transportation connects vulnerable adults with services and networks, promoting self-sufficiency, addressing isolation, addiction, mental health, trauma, and homelessness, and improving social determinants of health. The program is designed in keeping with St. Joe's Women's Centre's client-led approach, empowering resourcefulness within the individual. The transportation program directly supports vulnerable adults and enhances community well-being.