



Building the Dream

CASE FOR SUPPORT



Cornerstone
Housing for Women

Every Year Almost
1,000
WOMEN
BECOME
HOMELESS
IN OTTAWA

...

“The minute that women find housing that’s safe, everything changes for them. They are finally able to move forward in their lives.”

- Sue Garvey, Executive Director

MARY WAS ONE OF THEM.

Mary was born into a desperately poor and struggling family. From the time she was a small child, her life was never easy. Growing up in the Maritimes, she lived in several different foster homes. In many she was abused and mistreated.

The idea of home was never something that Mary knew. As soon as she was old enough, she started running.

As a young adult, she got married and lived in a remote trailer park with an abusive husband. Eventually she left him, still searching for a place where she could really belong.

She fled to Ottawa and ended up living on the streets. The winter nights were so cold that she would share a sleeping bag to try to stay warm.

One morning in the middle of winter, she woke up to find that her friend had frozen to death in the night. She was left entirely alone and traumatized with nowhere to go.

It was at that desperate point that Mary arrived at our shelter.

We warmly welcomed her. Our staff could tell right away that she had a beautiful spirit. She just needed caring support and a safe, affordable place to call home.

Cornerstone Housing for Women has been offering a safe place to women like Mary since 1983. When all other options have run out, we are there with nurturing and kind support.

Mary would finally find home at Cornerstone.



- Sue Garvey,
Executive Director

Mary had learned how to survive against the most challenging circumstances. She never gave up hope, even though she lived with disabilities, trauma, and extreme poverty.

PROVIDING COMPASSIONATE CARE TO WOMEN *for three decades*

We serve
more than
500
WOMEN
every year

We have
more than
**SIXTY
FIVE**
FULL AND
PART-TIME STAFF
and almost
300
VOLUNTEERS

Every year,
we provide
more than
140,000
NOURISHING
MEALS

“When Mary first lived with us, she would come to me and ask if she was allowed to go out. I said, of course, you can come and go as you want. This is your home.” - Rachel Robinson, former Cornerstone staff member

Cornerstone began by setting up three cots in the basement of a church in Sandy Hill. They were filled immediately, so a few more were added, then a few more. We were responding to the need to provide a safe place for women with nowhere else to go. This need has only increased throughout the years, and in response, we have expanded our services to provide supportive, comforting homes for women in Ottawa who have reached the end of their own resources.

Cornerstone is here for women who have been homeless and are still at risk of being homeless. Often, they arrive with only a garbage bag that contains everything they own. They’ve tried living with family members but that hasn’t worked out, often due

to challenging mental and physical health struggles. They’ve tried to get jobs, but haven’t had success. They are struggling every day to survive, and without us, they would continue to be caught in the vicious cycle of poverty, abuse, trauma and danger on the streets of Ottawa.

Women who are homeless spend most of their energy trying to find basic food and shelter. We provide these necessities and also help to meet the individual needs of women who face the multiple other challenges, such as mental health issues, that accompany homelessness.

The experience of home we offer gives women who have suffered abuse, complex personal and systemic

challenges and trauma the opportunity to heal in a safe, women-only facility. We provide affordable housing in a loving community that gives women the chance to heal and move on to a new life.

After staying at The Women’s Shelter, Mary moved into our residence at 515 MacLaren. The staff there were instantly enamoured by this tiny dynamo of a woman who was always concerned with helping others. Her huge smile and happy eyes brought a new energy into the residence that everyone appreciated. Later on, Mary tried to live on her own, but it was difficult for her. She needed day-to-day support to truly thrive.

OUR CURRENT HOUSING FOR WOMEN

The Women’s Shelter

This emergency shelter provides 61 beds for more than 400 women every year. The women who arrive at The Women’s Shelter do so because they haven’t been able to pay rent, or have disabilities that are making housing difficult, are newcomers to Canada or are facing abuse or trauma at home. Our main goal for each of the women is to answer the question: **“How can we help you find a safe place to live that you can afford?”**

“The community is welcoming this new initiative. Sometimes when people don’t know a lot about social issues, a stigma can develop. But it’s nice to hear that the neighbourhood surrounding the new residence has been so supportive.”

- Monica Harvey, Cornerstone board member

515 MacLaren

This residence provides safe, affordable housing for women who require a high level of support. Each of the 20 residents has a private room and shares a common living room, dining room and kitchen. Residents are offered individual goal planning and support to maintain independent living. The women who live at 515 have created their own community of support and belonging.

McPhail House

This residence offers cooperative transitional housing to 6 women who are new to Canada and require affordable housing with minimal support until they get back on their feet. Each resident has a private room, as well as common living and dining rooms, shared utilities, computer and internet access, laundry facilities, and a lovely backyard garden for summer visiting and BBQs. They are given access to whatever supportive resources they need to transition to independent living.

314 Booth Street

This residence is also for women at the highest level of need. It offers 42 self-contained apartments in an affordable supportive housing community. Twenty of the apartments are geared for seniors who receive on-site health and personal care support through Ottawa Inner City Health, Cornerstone’s partner agency. The remainder of apartments are rented to women who need assistance to achieve their goals and reach their highest potential and autonomy. Many women who live to Booth Street will need our support for most of their lives, while some will move on to more independent lifestyle in future.



“My family member found a place in which she was not only safe, but also had community and friendship and a home in every sense of the word. I can’t think of another organization that does this as well as Cornerstone.”

- Bev Bliss, sister of former resident

There was a time when homeless women weren’t talked about. They were out there, but they were hidden away. Today, there is a chance for these valuable citizens of our city to live in an environment that is supportive of their basic human right to a good home and gives them a chance to finally find peace in their lives.

As part of this community, you can play an important role in making our Princeton Avenue residence a reality. Together, we can help as many of these women as possible.

PROVIDING A HOME, NOT JUST A HOUSE

The day before our residence on Booth Street was set to open several years ago, Mary arrived out front with her walker and a plastic bag full of her things. One of our staff members told her that the residence wasn't set to open until the next day and she'd have to come back.

But Mary wasn't leaving. She'd been living on her own for several years but wasn't doing

well. She was determined to be the very first resident at Booth Street and her feisty attitude meant that she succeeded.

She slept the night in the parking lot of the building and when staff arrived at 8am the next day, she was standing in the doorway bubbling with excitement. From that point on, Mary was at the centre of the life at Booth Street. She sang, did karaoke and

formed close relationships with the other residents. She'd survived so much trauma in her life and was finally happy. She had found a place that she absolutely loved to be!

A few years later, she wrote a poem that included the following lines: "Home is where the laughter is. Like nowhere else I've known. There's no place I'd rather be. My home is Cornerstone."

MARY'S STORY IS ONLY ONE OF MANY...

"I'm 75 years old and I have bone cancer. I have no family close and can't afford to live in a retirement residence.

At Booth Street I have my own apartment and the health care team manages my medication for me. I'm still in pain but I'm safe, and the people around me make me feel like I really belong."

"The transitional housing program at The Women's Shelter is helping me with my computer skills and planning ahead.

I know that this time I'll be able to make it on my own."



"I was nervous to come to 515 MacLaren, because I would be the youngest one living there.

But it was a good place.

I had my own room with a lock on the door for the first time in my life. I could finally leave my street mentality behind."

"What I like most about Cornerstone is their focus on dignity. They don't just give people shelter and food, but also a community and the support they are missing... every residential community they operate meets a certain need."

*- Monica Harvey,
Cornerstone board member*

We are planning a beautiful new housing community on Princeton Avenue in Ottawa's west end that will provide a comforting home for women who need moderate support. The women who move into this new space will be transitioning out of crisis, but will still need some help living in the community.

The Sisters of Jeanne d'Arc are entrusting Cornerstone with the residence they have used as their "Mother House" for many years. This will allow the sisters to continue their legacy of helping women in need.

The space is round and warm with a big open entryway that was built so the house would feel like walking into open welcome arms. It has a peaceful back courtyard, a big yard with a lovely swing and was created as a sanctuary for all who enter.

The Sisters, Cornerstone Housing for Women, architect Barry Hobin and Uniform Urban Developments have come together for the redevelopment of this space into 42 supportive housing apartments for women. These four parties all care deeply about the Westboro community and want to see this space used in an inspiring way. It's an ideal partnership! The Sisters are named after Joan of Arc, who was a freedom fighter for women and at Cornerstone we have also been focused on empowering women for the last 30 years.

This exciting renovation is set to begin in the summer of 2017. The architect for the project will be Anthony Leaning of CSV Architect. When it's completed, Cornerstone will have a brand new, transformative space that women can come to turn their lives around.

Together with help from this caring community, Cornerstone must raise 1.5 million in 2017 to make this residence a reality.

It's time to support
**EVEN MORE
WOMEN**
—
WITH YOUR HELP!

*Will you be a partner in
this life-changing work
by making a gift today
to support our new
Princeton Avenue
residence?*

HELP US CONTINUE TO BE THERE FOR WOMEN

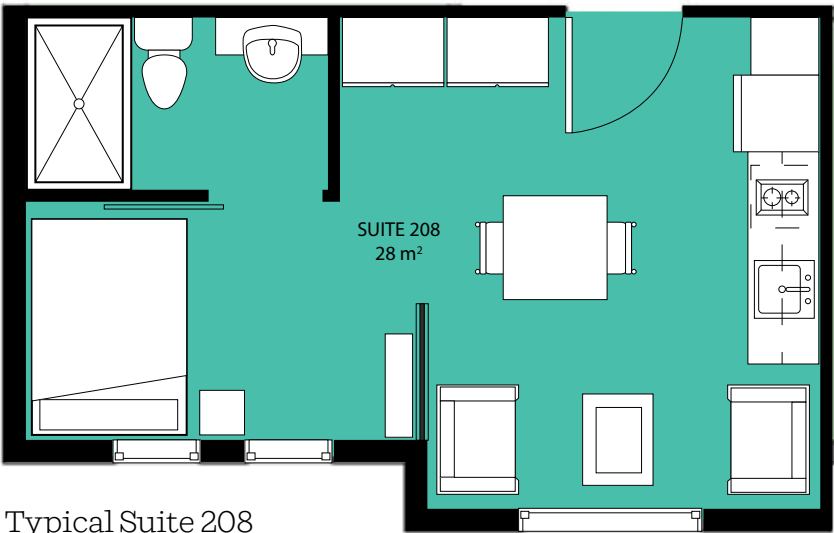
Mary lived at our Booth Street residence until the day she passed away as a result of chronic health problems. She died among her new family in a place where she truly belonged. One thing was certain: this thoughtful and caring woman deserved a fitting memorial. We had a beautiful service for her that was facilitated jointly by Cornerstone Chaplain and a local Aboriginal elder in honour of her Mi'kmaq heritage.

Mary's memory is a constant comfort to everyone at Cornerstone, and her spirit lives on as we watch the many women who come to live with us heal and get stronger. We are all transformed by sharing in their life journeys.

*Please help us to touch the lives
of more women like Mary by
sending your generous support
of our new Princeton residence.*

**SO MUCH IS POSSIBLE
WITH YOU BY OUR SIDE**

SUITE DESIGN



Typical Suite 208

The 42 studio suites provided through the renovation to the institute Jeanne d'Arc building range in size from approximately 22 square metres (236 square feet) to 31 square metres (333 square feet). These fall under the category of single room occupancy, and have all of the living amenities of an independent studio apartment. Included are a full bathroom with a shower, and an open concept kitchen, living, dining and sleeping area

There will be some barrier-free suites that are larger units and differ from the typical suite with a larger bathroom with a roll-in shower and barrier-free kitchen design to ensure full accessibility in a wheelchair.

ACCESSIBILITY



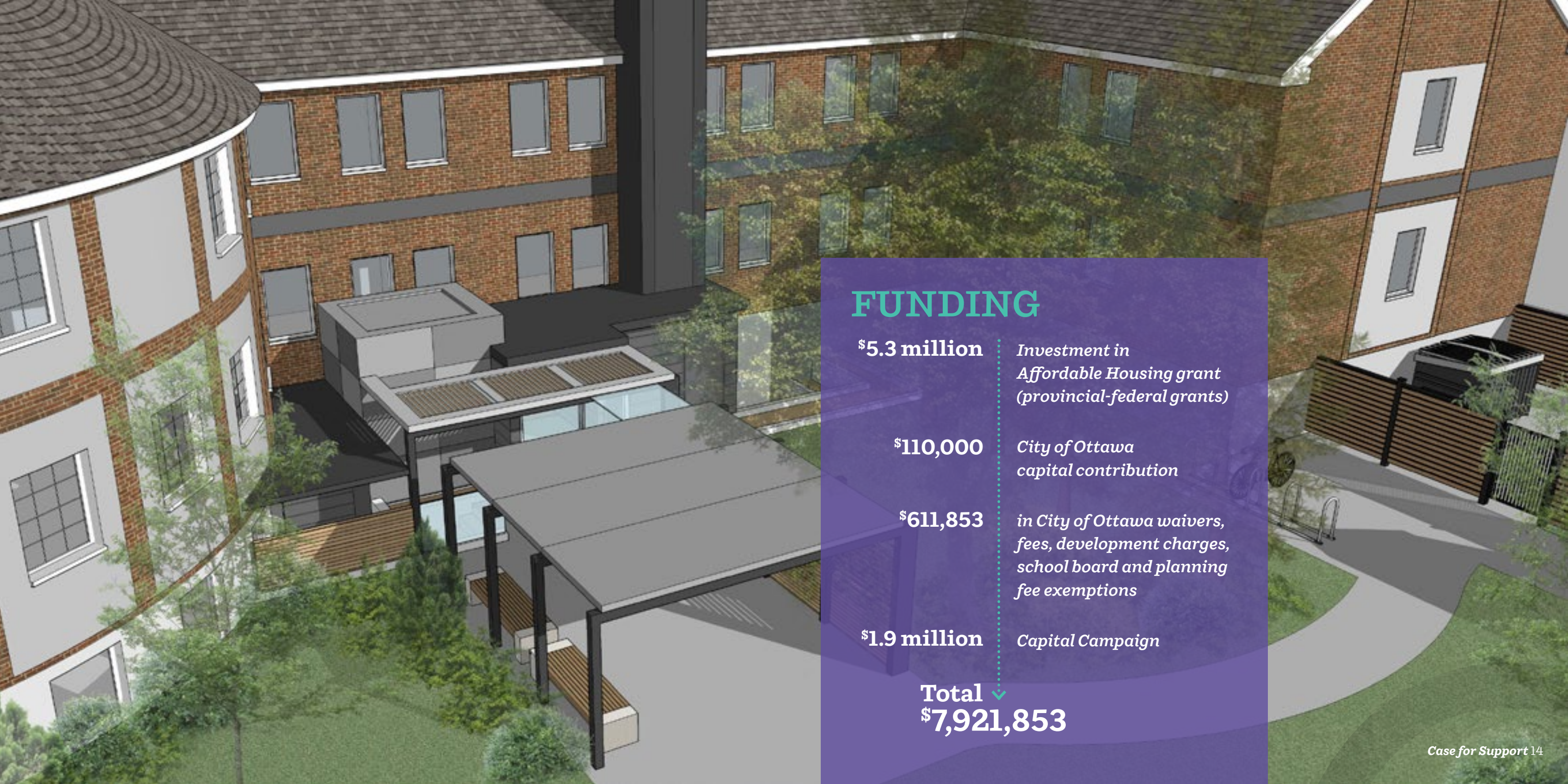
Of the 42 new suites provided through the renovation, seven suites (16%) will be fully barrier-free. An additional five suites (12%) will be designed for enhanced accessibility compared to the typical suites, for individuals with mobility issues that do not require fully barrier-free suites.

SUSTAINABILITY DESIGN



With careful design, many “green” measures do not add to the capital cost of the project. Other measures will bring a return on investment within a reasonable pay-back period.

A unique sustainability aspect is the re-use of the existing building itself, as the energy and material demands and costs in the renovation are less than what is typically required for a construction. Other sustainability design measures will include low-flow fixtures for all toilets, shower heads and faucets and LED lighting throughout the building.



FUNDING

\$5.3 million

*Investment in
Affordable Housing grant
(provincial-federal grants)*

\$110,000

*City of Ottawa
capital contribution*

\$611,853

*in City of Ottawa waivers,
fees, development charges,
school board and planning
fee exemptions*

\$1.9 million

Capital Campaign

Total ✓
\$7,921,853



Sue Garvey,
Executive Director
613-254-6584 ext. 501
sue.garvey@cornerstonewomen.ca

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Connie Franklin,
Resource Development Manager
613-254-6584 ext. 503
connie.franklin@cornerstonewomen.ca

.....

Wilda Phillips,
Capital Campaign Chair
613-697-1320
wilda.phillips@rogers.com



314 Booth Street, Ottawa, ON K1R 7K2
www.cornerstonewomen.ca