



# Huron House Boys' Home

## SPRING BULLETIN 2021

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Child and youth  
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are here for you.



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## Building for the Future

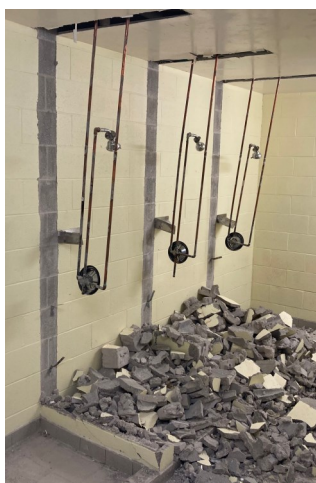
Huron House has recently undertaken several renovation projects, the first major updates to our building since an expansion in 2007/2008.

The boys' washroom is being fully renovated from a multi-stall layout to smaller individual washrooms that each have a toilet, sink and shower. Once complete, the update will provide increased privacy and accessibility, easier cleaning, and a more home-like feel. We don't currently have any residents with accessibility needs but this will ensure that we are abiding by the Accessibility for Ontarians with Disabilities Act, and that we are more

inclusive in our provision of services, something we are always striving for.

The renovation is being paid for in part thanks to funding from the Ontario Ministry of Health and Long Term Care administered through St. Clair Child and Youth Services, but the full cost has not been covered so we are seeking additional sources of funding and welcome donations to cover the remainder of the costs.

We also recently installed new bedroom doors for the boys for increased fire safety, and had some repairs done to a leaking section of our roof.



Showers in various stages of demolition and rebuilding



### A tasty treat!

With assistance from the boys, Huron House staff tapped the many maple trees on our property this spring and then collected the sap to boil and make syrup.

## It's easy to smile when someone cares



## Message from the Executive Director

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What a changed world! We have continued to serve our youth throughout the pandemic. Our great staff team is working with Board of Education

personnel and our kids to provide "virtual" school from Spring Break until who knows when? Our therapeutic groups continue, as does counselling. The boys have been FANTASTIC during the pandemic!

We have been regularly tested for COVID, all negative. Our staff have

received their 1<sup>st</sup> dose of the vaccine! Thank you, Lambton Public Health!

Our Run/Walk/Skate/Bike will be held virtually this year, from Mother's Day until Father's Day. Registration details are later on in this bulletin.

We still haven't been able to celebrate the anniversary of our 50<sup>th</sup> year of service due to the pandemic. Our alumni are disappointed, but we're still planning to celebrate together as soon as we can.

We are currently in the process of renovating our washrooms, something TOTALLY needed. Our washrooms will be accessible once done. We are excited about this, as are the boys!

Thank you to those that have been donating to Huron House; they are listed elsewhere in this Bulletin. You are lifesavers!

A special shout out to our staff team! They have been totally AWESOME in selflessly coming to work, investing in our boys, being totally flexible and providing excellent service, in very difficult times.

We wish everyone health and safety, and please mask up and wash your hands! Stay positive, test negative!

- Don Adam

## At the Boys' Home

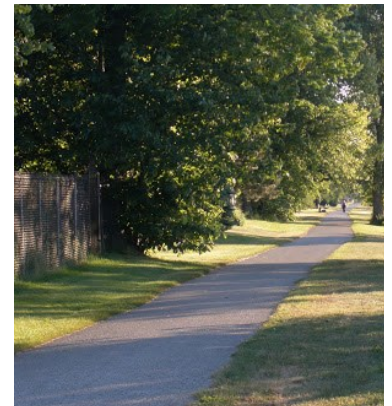
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Over the past few months, we've had three boys graduate from Huron House and three new boys start, so we're back to ten boys right now, ages 14-17.

The boys are once again participating in online schooling following a fun April break. It took some creativity in a week where most of the boys' favorite outings weren't an option, but staff made the best of the time with

lots of fun activities like:

- a trip under the bridge for ice cream,
- bike rides around Bright's Grove,
- some self care with a Huron House spa night,
- a Sarnia-wide photo scavenger hunt, and
- lots of fun sports and recreational activities on site.



## Community Appreciation

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We want to extend our most sincere appreciation to:

- Jackpot City Sarnia and the Sarnia Charitable Gaming Association whose continued funds and support help cover our monthly grocery bill.
- Home Depot Sarnia/The Home Depot Canada Foundation for their support through the

December Orange Door Campaign, as well as a COVID relief grant.

- The Ontario Trillium Foundation who awarded Huron House a Resilient Communities Fund grant to help us work toward recovery from the financial impacts of COVID-19.

- The community members who have responded to our calls for in-kind donations and stocked us up with toothbrushes, toothpaste, socks, snacks and sports equipment. These donations help us keep costs down and make a tremendous difference.
- All those who continue to donate their time and money to support the work that we do.



## First virtual fundraiser a success!

On March 6, Huron House had our first virtual fundraising event, Staying Home for the Boys' Home, in place of our annual Men Who Cook dinner that couldn't happen because of pandemic restrictions.

Over 200 people picked up meals at the Dante Club and joined in online from their homes as we had a virtual program and tour of Huron House, a pop culture trivia contest that was intensely battled, and the close of bidding in our first online auction.

While weren't able to have the fun of gathering together in person, a great time was had by all and over \$20,000

was raised to support our ongoing operations and programming!

The event wouldn't have been a success without the wonderful food and volunteers from the Dante Club, our presenting sponsors Shell and AlumaSafway, auction sponsor Libro Credit Union, virtual program sponsor RBC Dominion Securities Youmans Hill Wealth Management Team, our event committee volunteers (most from RBC) and those who donated their products or services: VanKlaveren Auctions, Alton Farms Estate Winery and Haines Printing and all our auction donors.



The evening had something for everyone, including Pepper, who claimed the takeout bag once it was emptied. Pepper is the feline family member of HHHB supporters Cindy and Fred Unternahrer.



## Upcoming Events

**This year's virtual edition of Run/Walk/Skate/Bike is underway and registration remains open until June 17!**

Sign up at any time for the distance of your choice, from 5km to 40km, and complete it no later than Father's Day.

For an extra challenge, sign up for two distances!



Prizes are available for top fundraisers, including a backyard BBQ package, and random draws will be held from all participants for gift cards and other prizes.

**Cost: \$35 for one distance, \$50 for two distances. Free kids distances.**

## A SWEET FUNDRAISER

**Friday, May 28 - Sunday, May 30**

Treat yourself to a specially decorated cream puff at Global Donuts & Deli (1603 London Line, Sarnia) and the proceeds will be donated to Huron House. Grab a coffee or treat yourself to lunch while you're there!

Pre-ordering available for larger amounts, call them at (519) 542-6121.



**Join our electronic mailing list!**

Get regular updates about what's happening at Huron House and how you can get involved.

Sign up at [hhbh.ca](http://hhbh.ca)





## Identifying and seeking support for child and youth mental health concerns

Children's Mental Health Week is the first week of May each year. As a member of [Children's Mental Health Ontario](#), we wanted to share some information that could be helpful for supporting the children and youth in your life.

The pandemic has been especially challenging for children, youth and their families. All children and youth may experience brief issues with mental wellness, but when the issue starts to interfere with school, family, or everyday living it is important to find help. Here are some signs of mental health struggles in children and youth:

- **Extreme outbursts or excessive mood swings:** Anger can be a natural reaction to a stressor or situation, but ongoing and persistent outbursts may be a sign of an underlying mental health concern.
- **Changes in appetite:** Short periods of change in appetite can be a part of normal development but routine or ritualized changes in eating habits can be a response to an issue of larger concern.
- **Unusually quiet, sad or reserved:** Similar to anger, sadness or moments of quiet reservation can be a response to something happening in a child or youth's life. Persistent,

unshakeable sadness, however, is a reason to reach out for support.

- **Persistent nightmares or lack of sleep:** Recurring trouble with having a restful sleep or persistent nightmares could be a reason to reach out for support if you're noticing it becoming an ongoing issue.

### Where to find support?

Lambton County's social service organizations work together to provide coordinated services for children and youth.

[St. Clair Child and Youth Services](#) has therapy services available for children, youth and their families, mental health assessments and more.

[STARRting Point at Family Counselling Centre](#) provides information and referrals for children's mental health services, residential program placements, and complex special needs, including placement at Huron House where appropriate.

**For immediate support, there is now a line for children and youth in Lambton County that can be reached every day from 7am-12am at 1-833-622-1320.**

\*\*This is by no means an exhaustive list and you can find more information at [cmho.org/resources](http://cmho.org/resources).

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*All donations are collected by the Huron House Boys' Home Foundation and provided to Youth Services of Lambton County (o/a Huron House Boys' Home) as needed.*

*Tax receipts will be issued for all donations over \$20.*

## Yes, I would like to support youth mental health!

Please accept my gift to Huron House Boys' Home Foundation in the amount of:

☐ \$50    ☐ \$100    ☐ \$250    ☐ \$500    ☐ \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

☐ Please add me to the Huron House electronic mailing list for updates on news, events, and needs

### For credit card donations:

☐ Visa    ☐ MasterCard    ☐ American Express

Cardholder Name: \_\_\_\_\_

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

\*Please make cheques payable to: Huron House Boys' Home

Credit card donations can also be made securely online at [hhbh.ca/donate](http://hhbh.ca/donate) or by phone at 519-869-4000