

Letter to Friends

A Message from Ometz



Renewal, Growth, and Opportunity

Spring is here, bringing fresh beginnings and inspiring stories—none of which would be possible without you.

Whether it's someone starting their first job, a newcomer embracing life in Canada, or a family feeling supported in uncertain times, your generosity is behind every step forward. **And for young adults like Melanie, that support has been life-changing.**



A job is more than just a paycheck—it's a path to confidence, independence, and purpose. When Melanie came to Ometz, she wasn't just looking for work. She was looking for a place where she belonged.

Like many young adults with special needs, she faced barriers to employment and was unsure of where to turn. But through Ometz's Supported Employment program, she was connected with **Delamie**, a social enterprise dedicated to meaningful work opportunities. With the right guidance and a role designed to highlight her strengths, she stepped into the workforce, gaining not only skills but also a newfound sense of self-assurance.

"Ometz helped me find a job where I feel valued and capable."
- Melanie

Today, Melanie isn't just working; she's thriving. She's part of a team, building relationships, and discovering what she's truly capable of.

Because of you, individuals like Melanie are building brighter futures every day. Your generosity is more than support—it's a bridge to opportunity, belonging, and lasting success. Thank you.

Gratitude and Community Support



A Season of Giving, A Year of Impact – Thank You!

This past Hanukkah, **our community came together in an extraordinary way.** With your generosity, we surpassed our fundraising goal by nearly 30%, allowing us to **extend vital support to even more individuals and families.** More people found stability, strength, and a sense of belonging at a time when it mattered most.

[See the impact you made:](#)



Because of you, real people found the strength to move forward:

- **Larisa**, navigating a major life transition, turned to Ometz for guidance, resources, and support to rebuild her future.
- **Tom**, struggling to secure meaningful employment, gained the skills, confidence, and connections to take the next step toward independence.
- **Veronica**, a young Israeli woman seeking respite in Montreal, found a sense of belonging through Ometz's community programs and support network.
- **Lea**, an Israeli mother of four, arrived in Montreal searching for safety and stability—and discovered a welcoming community ready to help.

Your generosity didn't just make a difference during Hanukkah—it created lasting impact that will be felt throughout the year.

Impact in Action



Celebrating 5 Years of L'Annexe

Earlier this month, **L'Annexe marked its five-year anniversary!** More than just a centre, it has become a **lifeline for young adults seeking independence, guidance, and connection.**

From career coaching and mental health support to social events and life skills workshops, L'Annexe provides a **holistic support system** tailored to the unique needs of young adults. It's a space where they can **explore their potential, build confidence, and access the tools they need to navigate adulthood.**

Whether it's a **first job, a supportive mentor, or a community that truly understands**, L'Annexe is there **every step of the way**—and none of it would be possible without you.

Your support has helped shape L'Annexe into what it is today—a launchpad for confidence, independence, and success.

See how we
celebrated!

JDAIM Vernissage: From Strength to Strength – A Multigenerational Celebration of Inclusion



As the snow piled up outside, the community poured in. Despite a record-breaking snowfall, attendees of all ages came out to take part in this year's *From Strength to Strength* JDAIM Vernissage—proving once again that inclusion, creativity, and resilience can shine through any weather.

This multigenerational collaboration between Ometz, L'Annexe, the Y, and the Cummings Centre brought together over 35 artists, each sharing powerful works that reflected strength, creativity, and the importance of belonging. But the event was more than just an exhibition—it was a gathering of voices, experiences, and shared purpose.

Attendees explored interactive art activities, contributed to a collaborative quilt symbolizing interconnectedness, and engaged in meaningful conversations about inclusion.

We are so grateful to everyone who made this event so special—your participation turned a snowy day into a celebration of creativity, connection, and community.

View the
gallery

Expanding Access to Nature: A New Initiative with the Mirella & Lino Saputo Foundation

For many, spending time in nature is an everyday activity—but for others, it's an experience that has long felt out of reach. Ometz's new **Outdoor Excursions Project**, supported by the **Fonds Accès Plein Air (managed by Le Mûrier)** and the **Mirella & Lino Saputo Foundation**, is designed to break down barriers and make nature accessible to individuals living with mental health challenges.

This initiative is unique—not only in the experiences it provides but also in how it is shaped. **Designed by, for, and with participants**, the program gives individuals an active role in planning their own excursions—choosing destinations, organizing logistics, and ensuring that each outing meets their needs.

Over the next several months, participants will take part in:

- A **cabane à sucre** visit to experience Quebec culture and tradition.
- A **wildlife experience** at the Zoo Écomuseum, connecting with local nature.
- A **summer hiking trip** to Mont-Saint-Bruno, embracing the great outdoors.
- A **fall apple-picking excursion** in the Laurentians, fostering community and well-being.

For the individuals we serve, these excursions are more than just outdoor activities—they are opportunities for connection, confidence, and healing. Thank you for making this possible.

Community Well-Being

Building Community, One Experience at a Time

From tackling snowy trails for the first time to pursuing their educational dreams, newcomers in our community are taking bold steps forward—and finding support every step of the way.



A Winter Adventure to Remember

For over 40 newcomers from Israel, Ukraine, and France, their first Canadian winter became an unforgettable experience. They braved the cold for a cross-country skiing excursion in the Laurentians—an opportunity many had never imagined being part of. More than just a day in the snow, it was a chance to **embrace a new culture, form friendships, and build a sense of belonging** in their new home.



Newcomer Education Scholarships: Honouring Achievement

In January, Ometz proudly awarded scholarships to 12 outstanding newcomers pursuing studies in fields like medicine, law, and engineering. These scholarships aren't just about financial aid—they are a vote of confidence, a catalyst for success, and a stepping stone toward a brighter future.

Reserved for newcomers who have been in Canada for 10 years or less, these awards recognize hard work, resilience, and the determination to build a new life.

Whether through new experiences or new opportunities, your support empowers newcomers to thrive in every aspect of their journey.

Creating Space for Grief & Healing: Learning with Myra's Kids Foundation



Grief can feel isolating, but no one should have to navigate it alone. That's why the Ometz team took part in an internal learning opportunity with **Myra's Kids Foundation**—a small nonprofit supporting bereaved children and families.

As part of the session, staff viewed a powerful screening of *The Missing Piece – The Reality of Grief*, a documentary featuring 20 bereaved teenagers sharing their personal journeys—stories of loss, resilience, and the power of community. Their voices were a reminder that healing doesn't happen in isolation; it happens when we come together, listen, and support one another.

Opportunities like this strengthen the way we support clients facing loss, and help us build meaningful connections with organizations doing important work in the community.

We're grateful to Myra's Kids Foundation for sharing their work with us—and look forward to exploring future opportunities to support grieving families together.

Upcoming Parenting Groups: A Space for Support & Growth

Parenting doesn't come with a handbook—but **you don't have to navigate it alone**. At Ometz, our **Parenting Groups provide expert-led discussions, real-life strategies, and a supportive space** for families to tackle challenges together.

Running from **September to June**, these groups are designed to help parents of **preschoolers, elementary-aged children, and teens** gain confidence, share experiences, and connect with others facing similar parenting journeys.

Thinking ahead to next fall? Our next session launches in September—stay tuned for details!

Your support ensures families in our community have the tools they need to grow, learn, and thrive together.

Online and in-person options are available.

[Learn more!](#)

Program Spotlight



Bailey Carter & Social Anxiety Workshops at L'Annexe: Helping Young Adults Build Confidence & Connection

Confidence isn't built overnight—it grows through support, practice, and the right tools.

Meet Bailey Carter, a Creative Arts Therapist leading our new 8-week **Group Therapy for Social Anxiety**. Through creative techniques like storytelling, role-playing, and art-making, this program helps young adults (ages 16–35) **develop coping strategies, build confidence, and form meaningful connections.**

Because of you, young adults struggling with social anxiety have a safe space to learn, grow, and connect.

Upcoming Initiatives

A Chance to Shine Campaign: Back for Its 8th Year!



There's nothing more powerful than seeing someone step into their potential. That's why **A Chance to Shine**—our annual campaign dedicated to celebrating resilience and creating new opportunities—is returning for its 8th year!

None of the life-changing programs and stories you've read about today would be possible without you. Ometz relies on the generosity of our community to serve over **12,000 individuals each year**—providing critical services that help people find stability, purpose, and belonging. And **every single person who turns to us deserves the chance to shine.**

Look for our annual A Chance to Shine fundraising campaign launching soon, and please continue to support the invaluable work we are doing together.

Make a difference today!

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Dominique McCaughey
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Agence Ometz | 1, Carre Cummings | Montreal, QC H3W1M6 CA

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