

WINTER NEWSLETTER

# RAMOTH HOUSE

A MINISTRY OF  
RAMOTH LIFE CENTRE

## Helping women discover their parenting potential

Ministering since 1989

- We provide a safe and supportive environment for young women and their infants.
- We provide programming that will aid young women in developing the life skills required to end the cycle of hurt and poverty.
- We support young women, during their pregnancy and following birth, through encouragement and practical support.



**[CLICK TO LEARN MORE ABOUT OUR MISSION](https://ramoth.ca/about)**  
([RAMOTH.CA/ABOUT](https://ramoth.ca/about))



## Save the Date: Annual Fundraising Dinner

- Friday, October 2nd
- 850 Princess Street, Mount Forest, Ontario, N0G 2L3

### Donate Today

Your support helps young women and their children find safety, stability, and hope.

**[CLICK HERE TO DONATE](https://ramoth.ca/donate-now)**  
([RAMOTH.CA/DONATE-NOW](https://ramoth.ca/donate-now))

# Client Spotlight

## Hello, my name is Megan

After an interview with the program coordinator and owner of the Woman's care program here in Mount Forest I was accepted into Ramoth Care Program for Women with young children. I am a mother of 6 children. Following the birth of my youngest son in late August, I arrived at the program with him and have remained here ever since. During my stay at Ramoth I have made significant gains and growth within myself.

I came from a rough background and I needed to work on a negative self image and poor self esteem. I also struggled with addictions and mental health issues. Ramoth has supported my journey and given me time to rebuild my trust and rebuild my knowledge of self worth. The program has had many learning opportunities in things such as cooking and sewing classes, money management and offers many one on one parenting supports which I have eagerly participated in. They also supported my efforts to return to church and become a productive member of the local community. I enjoyed self growth and was offered positive reinforcement when I was unsure of my next steps to take.

I have learned to build trust and self confidence and to allow myself to credit my accomplishments. Thanks to the program I can see that my dedication and my confidence to be a better parent and to become self reliant as a parent has grown. I've also learned to be more creative and grounded in my mind.

I want to thank Ramoth and Staff for helping support my growth as a parent towards my future and to give me the strength and courage to reunite with my 5 other children in a healthy environment.

It is now middle of January and I must say my fair well to Ramoth House Step 1, as I have met my goals from growing within the program. I will transition into Step 3 - where in which I will transition into the community with continued ongoing monthly mentoring supports and guidance from Ramoth House.

Thank you so much Ramoth for letting me grow and see my worth. I can't wait to see what this next part of my journey has in store for and all my children but I am confident that I will do my self, my children and Ramoth proud!

Yours truly

Megan



### Board of Directors

Priscilla Cochrane  
Bill Menkveld  
Samantha Gravelle Smart  
John Vukson

Our Business No.: 13334-1925-RR0001

519-323-3751  
office@ramoth.ca  
Ramoth Life Centre  
[www.ramoth.ca](http://www.ramoth.ca)