



Karen's Retirement

This year marks some big changes for Sunrise! Karen Perrott has decided to retire after 26 years serving in the community. Karen is one of the founders of Sunrise (first known as Uxbridge Pregnancy Centre) and has worked tirelessly over the years to meet the needs of families in Uxbridge. It was her kindness, generosity, selflessness and enthusiasm that grew Sunrise from its first days to what it is today – a great network of families, agencies and community members who work together to see one another thrive.

Karen and Tina Huizenga started Sunrise 26 years ago when they saw that several young mothers were in need of childcare while finishing their high school credits. It went on from there with weekly support groups, help with transportation, crisis counselling for pregnant moms and so on. The endless hours of love and support that Karen offered Sunrise helped ensure that families thrived.

For many, Sunrise has acted like a family where parents can go for support without judgement. It has become a safe space that families can depend on for the practical and emotional tools needed to rise up from their situations and reach their full potential. Many moms who have accessed Sunrise services will say that it was exactly what they needed at a time in parenthood when they were most lonely. It is no wonder that Sunrise continues to grow and spread connections among families within the community.

We are so thankful for everything Karen has done over the years! She will be dearly missed, but we are very excited to see what the future holds for her – hopefully a great deal of rest and adventures! She has plans to travel, visit with grandkids and snuggle grand-doggies.

"Your kindness is infectious. I admire the love and devotion you have shown my family and so many others'. I am so thankful to have had your hands to help mold me as a Mother and woman."

"I just wanted to say thank you for being there for me over the years. You have always been an amazing caring person and you always go above and beyond to help others. You have a big heart and you show it in everything you do. I hope you enjoy your retirement and get to spend lots of time with your family you will be missed dearly. Once again thank you so much for everything you have ever done for me and my children."

Sunrise Pregnancy and Family Support Services



The **new team** will convene in September – Esther Veens as Program Coordinator, Yvonne Greer as Child Care Coordinator, Romy Barnett as Child Care Assistant and Gloria Morrison as Community Outreach Coordinator. In the coming months Karen will take a position on the Board of Directors.



GLORIA!

Gloria Morrison has been volunteering in our community kitchen for nearly 5 years! She is a mother of 4 and is actively

involved in home and community life.

Our Parenting Support Program includes preparing and eating a nutritious (and delicious) lunch each week and Gloria has been a significant part of this program, organizing the kitchen, prepping food and connecting with parents.

In her new role as Community Outreach Coordinator, Gloria will be connecting with local churches, businesses and community members to build awareness about Sunrise and its programs as well as overseeing some fundraising endeavours. We are so excited to have Gloria taking on this new role!



Annual (winter) Retreat

This year we tried something new with our annual retreat and planned a wonderful winter getaway for our clients. As usual, Fair Havens was an amazing host and the hot cooked meals and comfortable rooms were much appreciated. It can be challenging for moms to get away for a weekend with financial constraints, needing trusted child care and dealing with seasonal illnesses, but we feel that this retreat is an important time for moms to recoup, refocus and be encouraged! Many moms look forward to the retreat yearlong and praise it as a significant aspect of their spiritual and emotional health. For this reason, we subsidize the retreat fee for attendees to make it financially possible for them to attend. If you would like to help support this event, please contact us info@sunriseuxbridge.com or make a donation through our website. [www.sunriseuxbridge.com/donations/]



In March, Esther Veens gave birth to her fourth child, Marlowe Asa Knight Veens. She is a beautiful, content baby and wonderful addition to our Sunrise family. It has been lovely to see the clients connect and interact with Esther as a fellow mom of a newborn and to learn from one another. Welcome Marlowe!

Save the Date!

September 29, 2018 will mark our 4th annual Sunrise Walks the Uxbridge Trails event! Join us as we walk a wonderful scenic route to support Sunrise programming. There will be children's activities, a bake sale, raffle draw, complimentary BBQ and prizes for highest pledges. See our website for more information and pledge forms.



Our **incredible volunteers** are key to all we do at Sunrise. These child care volunteers (and many not pictured) have committed significant time, energy and love to our weekly Parenting Support Program. Each week we have 6-15 children who are cared for in the nursery while parents finish school credits and take part in our community kitchen and topic discussion. Parents are confident that their children are receiving amazing care and learning from the creative and educational activities offered by our dedicated volunteers.

Thank you so much for all that you do - we could not do it without you! If you, or someone you know, might be interested in volunteering, please contact us for more information [info@sunriseuxbridge.com].



Congratulations to our child care graduates this year, Xander Hadaway and Jordi Veens, who are moving on to JK in September.

Oh the places you will go!

Thank you so much for your continued support!

Please connect with us via Facebook [[/sunriseuxbridge](https://www.facebook.com/sunriseuxbridge)] our website [www.sunriseuxbridge.com] email [info@sunriseuxbridge.com] or by phone [905-852-4192]. We look forward to hearing from you!