



Abiona Centre
For Infant & Early Mental Health



NEW LIVES

WINTER 2025 EDITION

A message from the President & Chief Executive Officer

Dear Friends,

As we usher in 2025, all of us at Abiona Centre are imbued with a sense of hope and eagerness for the possibilities that the New Year brings. This moment offers us a valuable chance to reflect on our mission, celebrate the resilience of the young women we serve, and acknowledge the significant impact of our collective efforts.

In the Winter 2025 edition of our New Lives Newsletter, we are excited to highlight the festive season's joyous events and the generous support that illuminated the holidays for the young women and the infants at Abiona Centre. These gestures of kindness not only brought warmth to our celebrations but also reinforced the resilience and strength inherent in the community we serve.

The quieter, more reflective winter months remind us of the enduring need for compassion and connectedness in our work.



Our commitment to enhancing the mental well-being of young mothers and infants is unwavering, as we strive to provide them with secure and supportive environments where they can flourish, regardless of the challenges they encounter.

On behalf of everyone at Abiona Centre, I want to extend my deepest gratitude to each of you. Your unwavering support is the backbone of our success, directly influencing the positive outcomes in the lives of those we serve.

We anticipate a year filled with growth, advancement, and, most importantly, strengthened community bonds. May 2025 bring you health, peace, and hope.

With sincere appreciation,

A handwritten signature in black ink, appearing to be 'Ekuia Asabea Blair'. The signature is fluid and cursive, with a long horizontal line extending to the right.

Ekuia Asabea Blair



A Successful Holiday Season!

We were overwhelmed with all the generous gifts we received for our young families this holiday season. Thanks to the kindness of CHUM, Santa Comes to Bay Street, the Shoebox Project, Branksome Hall, Lord Lansdowne Junior Public School, and many more, we were able to spread love and joy. These gifts made a meaningful difference in the lives of the families we support. Thank you to everyone who helped brighten the holidays for our community!



Cozy Fun at Our Holiday Pajama Party

The Holiday Pajama Party at our 1900 Sheppard campus was a success, with clients enjoying a tasty Caribbean Christmas dinner, sipping sparkling Caribbean punch, and relaxing while watching Christmas movies. The event also featured activities for children, including arts and crafts, cookie decorating, and more. The atmosphere was warm, festive, and appreciated by all moms, children, babies, and staff in attendance.

Many of our young moms shared that they love when events like this are held and always welcome the opportunity to attend more in the future. The presents we received in partnership with Santa Comes to Bay Street were also handed out to the young moms and babies living at 1900 Sheppard.

Spreading Holiday Cheer at Broadview's Christmas Dinner

This Christmas, our Broadview campus held a special holiday evening for our young moms and babies, filled with warmth, laughter, and festive cheer.

Our young families enjoyed a delicious Swiss Chalet dinner, donated by one of our board members, participated in a scavenger hunt, did some holiday crafts, and came together for a cozy movie session. It was a heartwarming celebration, bringing everyone together to make lasting memories and embrace the joy of the holidays as a community.



A Heartwarming Event with Baby Love

We were thrilled to host Baby Love for a special event filled with love and generosity! The team brought an abundance of thoughtful gifts for our young moms and their babies, providing everything from clothing to toys. To make the day even more memorable, they organized a beautiful photoshoot for the moms.

Thank you, Baby Love, for bringing so much joy and support to our families!





Have you met Ruby?

This season, Ruby truly shone as the heart of our winter fundraising campaign. Her heartwarming story has made a lasting impact on our community. Thank you, Ruby, for sharing your inspiring story with the world!

“I had my daughter Evangeline at the age of 17. I started facing homelessness when Evangeline was about a year old. I was in and out of places, couch surfing, and so my Children’s Aid Society worker was trying to help me find shelter.

All of the shelters were full in Toronto, so I had to go to Parry Sound. I was there for about a month and a half, until I could no longer stay at the shelter. I had to come back to Toronto and after months of couch surfing and living in shelters, I moved into Abiona Centre.

I’ve been at Abiona Center for almost a year now. They’ve helped me go back to school, they’re been helping me find a job, and they are also helping my daughter with her speech and language.

Overall, my experience here at Abiona Center has been great. I’m very thankful for everybody and everything that they do.”



A Step Towards Independence

In the Baby & Me: Our Home program, when a rent supplement spot becomes available, an eligible client is paired with the spot for a 3-month period, with the goal of signing a lease. If they sign a lease within this window, they can continue receiving the rent subsidy as long as they remain eligible.

In December, a young mom who has been receiving services at Abiona Centre for four years was selected for the spot. This client has worked hard to reach a point where they can live independently, having saved enough for first and last month's rent, as well as furniture. They will also be graduating from post-secondary studies this year and are now actively working with their community worker to secure a place.

Congratulations!

A New Journey in Education

A young mom who joined our housing program in August 2024 received support with her college and OSAP applications, as well as assistance in securing childcare and enrollment in the Office Administration - Health Services program at George Brown College.

This month she began her college journey, marking a significant achievement in her path toward a brighter future!



Get Involved and Make a Difference!

Whether you have time, skills, or resources to share, there are many ways to get involved and support our mission. Let's make a positive change together!

Become a Monthly Donor: Support us Year-round!

No matter the amount, your monthly gift ensures that we can continue to empower young mothers and families in need.

[Join our community of compassionate supporters today!](#)



Looking for New Volunteer Opportunities?

Please visit www.abionacentre.ca or email xjawad@abionacentre.ca to learn more about our volunteer opportunities.

More Ways to Give: In-Kind Donations

We are always in need of essential items to support our programs and services. We are currently seeking:

- Formula
- Baby wipes
- Personal hygiene products (shampoo/conditioner, body wash, black hair products, etc.)

Please email xjawad@abionacentre.ca to arrange a donation drop-off.



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You can also find us on social media!



Need to contact us?

416-425-6348 | giving@abionacentre.ca