

Issue No. 3 Summer 2022



FOOTNOTES NEWSLETTER

NEWS AND INFORMATION ABOUT IN HER SHOES YW -
EMPLOYMENT AND ENTREPRENEURSHIP PROGRAMMING.
THIS NEWSLETTER IS PART OF THE YOUTH TRAINING AT
YW THRIFT BOUTIQUE KITCHENER-WATERLOO.

VISIT US AT 102 KING ST. WEST OR AT WWW.INHERSHOESYW.COM

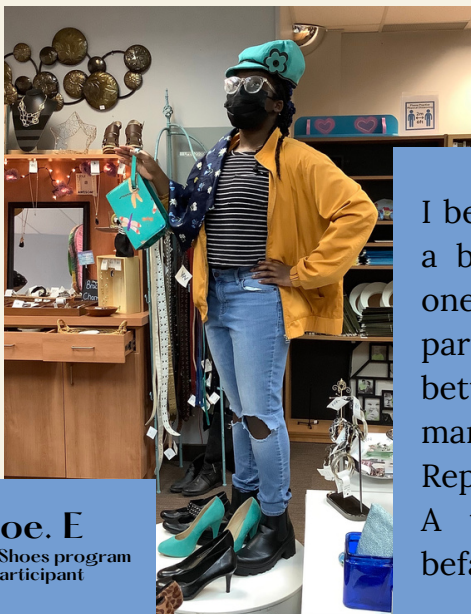
THE YW THRIFT BOUTIQUE GRAND OPENING! IT HAPPENED! HERE'S THE SCOOP, FROM JOE'S PERSPECTIVE



Our store has three floors that we spend going up and down, despite my many requests for a slide. The main floor is the YW Thrift Boutique, where we gathered to hear several heartwarming, inspiring speeches from the women who made the past month of my life absolutely amazing. In the words of my favourite YouTuber, Technoblade, I shall summarize the speeches about YW Thrift Boutique's journey: *“This life teaches us that no matter how ridiculous the odds may seem, within us resides the power to overcome these challenges and achieve something beautiful. And one day, we'll look back at where we started and be amazed by how far we've come.”* After that, we celebrated with a piñata. Mostly everyone got a “candy” which was actually a mix of store coupons for the wonderful occasion.

GRAND OPENING

Then, there was a tour of the store. Obviously, the main floor is the star of the show. The colourful scarf wall, many pieces of jewellery, painted rocks, a lovely sight to see. However, the true base of operations lies on the top floor, where the sorting and shipping takes place. We as participants, collect the donations from the main floor, and after quarantining them, bring them upstairs and categorize, sort, and tag the items. There is also Spark Studio, an area where we do product photography, and the view from the giant windows is a beautiful urban dream.



I became a mannequin for a bit! It was funny, until one of my fellow participants started being better friends with the mannequin than me. Replaced by a mannequin! A terrible fate to have befallen me!

Joe. E
In Her Shoes program
participant

Alas, the refreshments of coffee, tea, fruit, and cookies took away my sorrows. All in all, it was a wonderful time, and demonstrated the joyful energy that the YW Thrift Boutique has to offer. As someone who works there, I am so happy with the new location, the programs we run, and the opportunities the future holds.

Welp, that's all from me. Catch y'all next time. Have a great day, and happy Pride!

Meet the New Team Members

MORGAN O'DWYER EMPLOYMENT COUNSELLOR

Newest to the team! I'm a Diversity Equity and Inclusion advocate & passionate about workshop development & teaching. I have been working in various educational settings for 18 years. I received my undergrad degree from University of Guelph, a Gender Analytics Specialization from University of Toronto. (Adult Education Degree from Penn State - In progress). My newest job title is Mom! I love spending time with my daughter and 2 dogs.



SAREEN BABU CDP INTERN



Hi, my name is Sareen Babu, and I am a Career Development Professional (CDP) student at Conestoga College. I recently started my new role as a CDP intern at In Her Shoes YW on an internship program. I am from a Human Resource (HR) background, and my passion for serving the community led me to this profession. I am so happy to be a part of this program, and I appreciate that my colleagues have been so supportive from the very beginning of my practicum. I have had a great start, and I look forward to a wonderful learning experience in the coming weeks.

BHAIRAVI KOPARKAR CDP INTERN



Well, it's been only two weeks since I joined YW's In Her Shoes, but everyone here is so welcoming and supportive. As a Career Development student, I have learned about job search strategies, employment, and career counselling. I cannot wait to apply my learnings to In Her Shoes training programs. What I love most about In Her Shoes YW is the variety of training programs they offer and the experience the participants gain by working at their own thrift store.

Visit us at:

102 KING ST. W, DOWNTOWN KITCHENER



www.inhershoesyw.com



TIPS FOR SUMMER

WRITTEN BY: LAURA S.

KEEP YOUR SKIN HEALTHY!

Remember to wear sunscreen, especially on your face. It can protect against skin cancer, and keeps wrinkles and sunspots at bay.

STAY HYDRATED!

Drinking enough water is crucial for your body to function properly.

DRESS FOR THE HEAT!

Opt for loose and flowy clothing this summer. Steer clear of synthetic fabrics and more towards cotton or linen materials as these will breathe better in the humidity. Aim for lighter colours rather than darker clothes, as they'll help reflect the sun's rays, keeping you cool and fresh.

PROTECT YOUR EYES AND ACCESSORIZE!

It's important to keep your eyes protected from the sun, especially in the summertime when UV levels are at their peak.



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NEW PRODUCT



These eco-friendly planters are a great way to help our bee population stay strong! You can get your own here, at YW Thrift Boutique. 1 for \$10, OR 2 for \$15!! That's just \$5 for the second one, when you buy 2 to help those busy bees stay busy! They come with 6 different wildflower seeds.

WE CAN DO IT FOR THE BEES! WE ARE THEIR FUTURE



GET GROWING !

WRITTEN BY: STEPH C

WHERE ARE THE SEEDS, YOU ASK?

They are embedded in the paper!

1. Tear off a piece of the paper wrapping
2. Place in soil, cover it with more soil and add water!

*Soil is included in the biodegradable pot.

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YOUTH PROGRAM

Express programming is wrapping up June 10th. We served 21 participants ages 15-30 from October-June with this funding. We were also offered Working at Heights certification to current participants and skilled trades workshops for the first time.

PROGRAM NEWS

NEWCOMER WOMEN PROGRAM

We are very happy to announce that the Entrepreneurship & Employment Newcomer Women's Program has been extended yet for another year! Applications are open for the next round of programming. To apply visit: <https://inershoesyw.com/pages/ihswomen>

UPLIFT - YWCA RESKILLING IN SPECIALIZED TECHNOLOGY



The Uplift-YWCA Re-skilling in Specialized Technology Program gained significant momentum since it has launched. Here is what one of the first cohort participants has to say about her experience:

"My final words, it's a great initiative and I'm glad to be part of Cohort 1. I'm pleased that I could find and join this program in the right duration so I can upskill myself and collaborate with my peers. Networking with the people from a data analytics background will improve my knowledge further." -Yasmeen

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MENTAL HEALTH TIPS FOR EMPLOYEES

WRITTEN BY: NAOMI R.

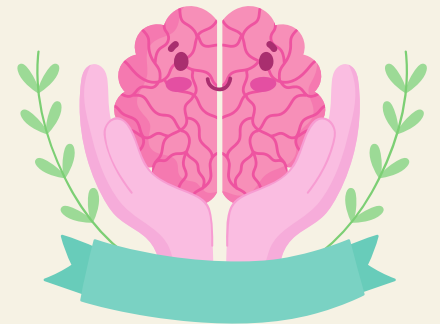


The stresses of the last two years took a toll on many people's mental health. Despite more people returning to normalcy and their regular lives pre-Covid, there is still a **25% increase in the prevalence of anxiety and depression.**

A FEW HELPFUL TIPS FOR EMPLOYEES TO KEEP IN MIND IN ORDER TO IMPROVE THEIR MENTAL HEALTH

MAINTAIN A GOOD SLEEP SCHEDULE

Most adults require 7 to 9 hours of sleep at night. Neglecting this need will lead to negative effects such as a lack of energy, a decline in mood and motivation. Ensuring the body receives adequate rest on a regular basis is crucial for prolonged positive mental health.



SLOW DOWN

Slowing down once in a while helps us clarify our priorities and be more present in the moment. It also helps us to lower our blood pressure and enhance our cognitive functions.



PRACTICE MINDFULNESS

Mindfulness is a very crucial step in obtaining a healthy frame of mind. It is the state of being fully present- in this state, one is not reactive or overwhelmed by any of life's challenges. This practice can be helpful when employees are having a difficult day at work by allowing themselves to feel their feelings and accept that it is okay to be in a less than ideal state.

TAKE TIME FOR THE THINGS YOU LOVE

If there is an activity that helps you feel recharged, be sure to engage in it at the start of your day before leaving for work or once you get back home.

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HOW CAN YOU GET INVOLVED WITH US?

Help us stock our new storefront & expand our product selection!

Items currently in demand:

- Gender neutral casual business attire
- Books
- Home decor, art & collectables
- Vintage items
- Cold weather clothing (ie. long sleeves and sweaters) new or nearly new
- Boots & shoes, hats, mitts, gloves & scarves in EUC
- Mannequins and display busts

Shop with us!

Visit us at inershoesyw.com to shop online or browse through hundreds of items at 102 King St. W, Kitchener.

Check out our website and social media accounts for store updates @InHerShoesYW

OTHER WAYS TO GET INVOLVED

- Become a mentor or guest speaker
- Share our programs and our products with your network
- Tag us with your favourite product on social media

Special thanks to the youth participants who helped created this newsletter!

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