



A Story of HOPE

No More Lies

What if everything you believed about yourself was a lie? If you had been told things about yourself that weren't true?

Recently Audrey* found out that believing lies about yourself can catch up with you when you least expect it.

Audrey is softly spoken and articulate. She is quick to give encouragement or share a story to make you smile. She is also extremely relatable as she shares how the pandemic affected her.

Years ago, she left an abusive marriage. She thought she had dealt with everything from that experience – she had moved on and she was fine. But when the pandemic hit suddenly she wasn't fine anymore.

Audrey lived alone and had to self-isolate a few times due to her job. She wasn't seeing her family as much; her mother was ill and then passed away and her other relationships were increasingly strained. She felt alone and depressed;

My counsellor told me, 'It took you decades to get to where you are, it will take you awhile to untangle that and get to new ways of relating to others.'

(I know now) there is hope, there is something on the other side of this.

Audrey

everything was falling apart and she was grasping at straws just to keep it together. She says, "All this brought me to my knees. I needed help. I was in a really bad place."

Just when she was really struggling, she remembered hearing of Eagles Nest and started coming for counselling and other services.

As she spent more time in counselling and courses, she found that many of the things she was dealing with were related to her past marriage. This was a surprise. She

thought she had dealt with everything – it had been years after all. Through her time at Eagles Nest, she found she still was carrying hurts and ways of thinking that were affecting her relationships now.

Her marriage had been abusive and controlling. It suppressed who she really was and she just gave up trying to speak up for herself. In the end she would do anything to keep the waters calm.

She says, "It changes you as a person to be suppressed; you don't know who you are...You come to believe what you are taught – people teach you how to treat them, what is acceptable. You are misled to believe that your opinion isn't valued, it

doesn't matter what you think. These are lies you believe. You believe this year after year – it becomes part of you. Unless someone points this out, you believe it. The realization that you are worth more than that, especially to God, it opened the floodgates for me to know that I am very valued."

She says she now knows it is ok to stand up for herself when someone is treating her like this. It is ok not to agree with what people are saying. It is also ok to be herself.

She says, "Things get tangled up in difficult relationships – you are thinking in certain ways. Counselling gives you new ways. You think in certain patterns and this is not always a good thing. A lot of things have come out, it's making me more aware of myself and why I do things, the root cause. And we are also discussing how to change my perspective on things, thinking about things in different ways. This has really helped."

"Every day is another step forward. I am still learning and discovering new things and learning new ways of going forward without my old mindset and that is a lot."

To people in similar situations, Audrey wants them to know there is hope on the other side, "Life is hard but there are things that can help. You don't have to stay stuck. If help is offered, grab it."

Eagles Nest is grateful that the support of our community lets us offer this help for little or no cost. Everyone should get to live a life free of lies.

**name changed with permission to preserve confidentiality*



Rescued & Restored

Store Hours
Thurs - Sun 10:00am - 5:00pm

Online Store
open 24-7, curbside pickup
rescued-restored.myshopify.com

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80% of our clients accessed more than one program or service.

90% indicated positive change in their lives after using a program or service.


50% of our inquiries for support were for youth and children.



Over **2700 hours** were dedicated to working with clients, programs and services such as counselling, coaching, the Boundaries, course, parenting classes and support groups.



550 individuals
42 businesses
16 churches
8 groups &
3 schools supported Eagles Nest.



Our thrift store, Rescued & Restored, helped divert **18 tonnes** away from landfills and raised over **\$155,000** to support Eagles Nest.



We gave over **\$4000 directly to families in need** through gift certificates to Rescued & Restored.



Commitment to restoring hope and changing lives continues to grow. **24% of our donors** this year were new donors.



Volunteers gave over **2600 hours** to Eagles Nest equaling almost 2 full time positions.

LOOKING AHEAD WE WILL BE

- Adding to the program team to keep wait times low
- Expanding programs to support the entire family
- Adding blogs and other resources to our website

hope restored | lives changed