

a story of hope big emotions

“There was so much yelling.”

That is one of the first things Elyse* mentions when asked why she enrolled her son Leo* in Emoticon, one of our programs for kids.

Leo is 8. He is a social guy. He loves games and hanging out with people. He also has big emotions that he doesn't always know what to do with.

Leo was adopted before his first birthday. Adoption, even as an infant, always comes with trauma and loss of the first family. Elyse and her husband had done multiple trauma-based parenting classes through the years to help support Leo, but over the last few years he had started to struggle. His attitudes and behavior were changing, there was a lot of conflict and they were unsure how to approach things. The isolation of the pandemic only escalated his behaviour – for a kid who was social, it was hard to be so isolated.

“We felt like we had run out of options, we didn't want

to make things worse. Everyone was frustrated, there was so much yelling.”

They had called doctors, spoken to therapists but they really wanted something for him, something he could do with his peers where he could be social at the same time. Then they found Emoticon.

Emoticon is a 6-week program for kids to help them learn and deal with emotions. There are games, prizes and family challenges to do at home.

When they first told Leo about the program, he was embarrassed, “I don't want people to know I am going to this.” He thought he was in trouble and was sure it wasn't going to be cool.

Then he went to the first session.

He loved it.

After he had been to class, Elyse says Leo might not talk about the emotion they had discussed but was happy to talk about the activities and the games they did. Every week when they picked him up, he would bring home a card about the emotion they had worked on and a family challenge to try at home.

The card also listed tools to use and ways to engage the

As much as the program was for him, it really helped us.

It's been really good for him to be with his peers, to talk about emotions, realize it is normal, that there is nothing wrong.

We all need to work together to handle our emotions well.

Elyse

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kids when they needed help. When you used an appropriate exercise at home, you got a sticker. Leo loved the competition and the challenge to do better.

Some emotions were easier to work with than others. Elyse says, “For him, anger was the hardest challenge – choosing to make a good choice when you are angry is so hard.” The facilitator also sent an email to parents each week reviewing the emotion and skills they were working on and tips for supporting the kids at home.

“We felt like we weren’t alone in this anymore. Before (Emoticon) we felt like we were drowning, we felt like we were making it worse. We were feeling very lost and hopeless. Emoticon was a great reset. We are still using what we learned, we still use the cards. When he gets too angry, we might use jumping jacks. Our family does a lot of jumping jacks in the kitchen when things are getting hectic.”

Emoticon also included parenting sessions with the facilitator to keep the momentum going after the class was over. “The really practical stuff is awesome for our

family. To have a set meeting gives us this monthly reset. We can do it. We have faith that we will see change as parents and as our child grows.”

What has it been like for Leo and his family now that Emoticon is over?

Elyse says, “I wasn’t expecting Emoticon to be as good as it was. I have the books on trauma-based parenting and had been trying a lot of strategies as a parent. But having him participate in a program gave him the control and tools, it wasn’t necessarily Mom telling him you can’t do this or Mom trying to handle the emotion. He was able to learn and use his own tools...to be in control of his own emotion. We just continue to remind him and encourage him to use those tools. It’s a kid-based program instead of parent-based and I think that makes all the difference.”

“Having a program with tangible results, with tools to help families and kids thrive is amazing. It is so important to get the support you need as a family. Not just to get through the grind but connect with your kids and thrive.”

**names changed with permission to preserve confidentiality*

Eagles Nest has shown me that life can be different, you are not powerless. You can have a whole new life, it doesn’t have to be the same cycle, it can be new and different.

former board member

I’ve come a long way... I’m not despondent. I don’t feel like there is no hope. I’m in a better head space. There are things I can do and ways I can think to get past the hurt.

former client



the story isn’t over yet

No one wants to feel they are the main character in a story they don’t like and whose ending is set.

At Eagles Nest we know stories can change. Our services and programs give people the tools to make those changes and address some of the hardest plot lines: relationships, trauma and self-worth.

What do we offer?

- Counselling—meeting with a professional therapist to work through difficult emotions or experiences and find healthier outcomes
- Coaching—working with a professional coach to set and reach goals with support
- Care Network— identifying needs and next steps and then connecting with resources at Eagles Nest or in the community
- Programs—teaching practical tools and offering support as these tools are implemented

At Eagles Nest our mission is Hope Restored: Lives Changed. For over 18 years Eagles Nest has witnessed stories being changed and our mission fulfilled.

from our executive director support systems

Over the past few months I've been reflecting on something we do at Eagles Nest that often goes untold: providing a support system when life gets overwhelming.

For many of us, when we are in a difficult situation we can turn to people we trust and respect for support. Perhaps it is family, a friend, a therapist, or someone in the community. Having a strong support system helps us cope with everyday challenges and gives us the strength to face difficult decisions or weather a crisis.

But what happens if the network of people around you is unhealthy? Or you are unable to be transparent out of fear of being judged or misunderstood?

What if you don't have the finances for a therapist or

you are unsure what type of professional help you need?

Not having a strong support system can be lonely, overwhelming and make tough situations even harder.

At Eagles Nest, we don't have all the answers but we work to connect individuals and families with the support they need.

That support might be meeting with one of our counsellors, meeting with one of our coaches or connecting with an outside service. It also might just be listening, offering a confidential and safe space to share a difficult situation.

We have been told over and over again that after connecting with us people feel heard for the first time or experience a sense of hope they never thought was possible. We are thankful we are a trusted place of support in our community.

Amanda DeVries, Executive Director



I love that Eagles Nest's hope is to reconnect families. You're not just there to support women and children. You're in the community to help families. With the expertise that you provide, you're equipping people to better themselves and in turn better the relationships with those around them. *Donor*

why support

eagles nest?

- **You believe in hope.** You know that with support, people can navigate trauma, rebuild relationships and improve communication.
- **You want to donate locally.** Eagles Nest is a trusted charitable organization. We have been working in the community for over 18 years.
- **You want your donation to be used immediately.** Unlike large non-profits, Eagles Nest does not have a large reserve fund. Your donation goes to work right away.
- **You want to make sure everyone gets the help they need.** Eagles Nest offers all our services and programs for free or at minimal cost. We make sure there are no economic barriers to receiving help.

why become a monthly

partner of hope?

Partners of Hope commit to giving to Eagles Nest monthly. This method of giving is:

- **Affordable**—you choose the amount to give, for as little as \$10 a month.
- **Flexible**—you can change or cancel the donation amount at any time. All monthly donations are eligible for a tax receipt.
- **Convenient**—your donation can be charged to your credit card or withdrawn from your account by pre-authorization.
- **Effective**—you give us a stable source of income that lets us deliver programs and services now as well as plan for the future.

Become a **Partner of Hope** today and see your donation go to work in new and more effective ways.

rescued & restored thrift store sustainable shopping

Did you know it takes on average over 8,000 liters of water to make a pair of jeans?

Many of us are changing the way we shop as the state of our planet inspires us to rethink our consumption. Whether it is clothing, food or furniture, people are making mindful purchasing decisions to reduce their impact on the earth.

What does it look like to shop sustainably? It can look different for each individual but one decision many people make is choosing to buy second hand.

Buying second hand reduces waste, saves energy, lowers the carbon footprint, reduces the need for plastic packaging and saves money. You also get great items for less.

Shopping at Rescued & Restored, our thrift store in Freelon, combines many of these benefits and also provides the funds Eagles Nest needs to offer its programs and services for free or minimal cost. In 2021 Rescued & Restored helped divert 18 tones away from landfills while raising also over \$155,000 to support Eagles Nest!

Spring is a season of renewal...and also recycling and reduced consumption. Visit us at Rescued & Restored and see how great sustainable shopping can be while also supporting an organization you believe in.



**Rescued & Restored
Thrift Store**



Store Hours

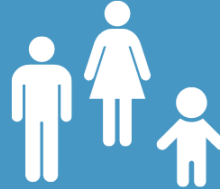
Thursday - Sunday
10:00am - 5:00pm

248 Freelon Road
289-679-0481

Online Store

open 24-7
rescued-restored.myshopify.com

QUICK FACTS ABOUT Eagles Nest



01

WHO ARE OUR CLIENTS?

- Children
- Youth
- Women
- Men

02

WHERE DO OUR CLIENTS COME FROM?

- Hamilton
- Halton
- areas outside the GTHA



03

WHY DO PEOPLE CHOOSE EAGLES NEST?

- we are local
- free or minimal cost
- faith-based

04

WHAT ARE OUR MOST COMMONLY ACCESSED SERVICES?

- Care Network
- Counselling
- Boundaries Course



05

HOW DO PEOPLE HEAR ABOUT US?

- friend
- church
- doctor or other professional
- internet search

Rescued & Restored 5 Star Google Review:

Love their shop, love their service,
love their prices and it's for a good cause!