



At Eagles Nest, we know life can be tough and situations can feel hopeless. We also know that with tools and support, things can change. It doesn't have to be the way it is now.

who we are

Eagles Nest provides a safe place to change. We help people cultivate healthy relationships, navigate trauma and build self worth. We offer counselling, coaching, support services and programs to adults, youth and children. Because we believe everyone in the community should have access to mental health supports, we provide all our services for free or minimal cost. Our services and programs are open to everyone.

a story of hope boundaries are worth it

A mother with serious health conditions. A son living on the street with a drug addiction. A global pandemic. It was the perfect storm.

Alison* is a single parent. 3 years ago, she asked her adult son to leave her home because of his addiction.

The storm was coming though. By the beginning of the pandemic things had spiraled out of control; he was stealing, there were legal problems and her health issues meant she had to be careful about contact with others. She was desperate to set some boundaries with her son. A friend suggested she call Eagles Nest.

At first, she was reluctant to call, "Eagles Nest was the

last place I had thought of going to, to involve someone else in my mess."

She had bought the Boundaries book years ago but it didn't make much sense at the time. In fact, she threw the book across the room because she was so frustrated with it. Now she was open to the concepts. She made the call and started meeting with Debrah Anne, a certified life coach.

"Learning about boundaries and talking to Debrah Anne about them has been incredible. Eagles Nest has been such a blessing, getting another person's interpretation. Having someone else to share with and listen to, Debrah Anne's listening has been incredible."

As she learned more, she slowly started implementing changes in her relationship with her son.

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"COVID put pressure on my relationship with my son, especially around questions of infection and vaccines. It's hard to meet with a homeless person. It required serious boundaries for me because I have health conditions that reduce my immunity. It is difficult when he shows up at my door, when he just walks in. I'm not sure where he's been, what he's done. I probably should have had these boundaries before this but there is no time like the present to work on it. It's been a really challenging time but to be able to talk about it, connect with Debrah Anne, it has meant a lot."

Alison went as far as working on scripts about what to say when her son called to ask for help and money.

As she continued to learn and grow, she found she could decide what boundaries were necessary to enforce and what she could ease up on.

"Debrah Anne gave me permission as a mom to feel comfortable about my care for my son. In my strict upbringing, deprivation mentality, and the rigid attitude I

had from my past, I had fixed black and white beliefs. I felt guilty all the time about helping my son. (She) gave me permission to act. She helped me to follow my heart rather than 'the rules' or other people's rules; to feel free to live."

"Eagles Nest is a safe place. From my experience, there are a lot of very caring people that can help.

Eagles Nest is a good name, a nest should be a safe place."

Alison

"I was given permission to follow what I believe. It's not about rules. It's not about colouring inside the lines. I am a human being, I am going to make mistakes and hurt people but I'm going to do my best. If I have put up a fence, I can always put up a gate, the gate might have a lock, but I have a key."

Alison likes the changes she has made. She knows it is a work in progress but she is pleased with how far she has come. She says, "I've seen changes since coming to Eagles Nest. Before I had grown in confidence in my medical situations but I hadn't applied that yet to my family situations. Eagles Nest helped me with confidence in speaking with my son, not speaking to my ex and getting the help I needed...I am so grateful. The help I have received is priceless."

**name changed with permission to preserve confidentiality*

Boundaries are limits you set in place to ensure your mental, physical and emotional well being. Boundaries determine what your relationship ground rules are, what you are responsible for and what other people are accountable for.

what are boundaries?

Boundaries is also our most popular course at Eagles Nest. We offer it multiple times a year, most courses are full within weeks. Why is it so popular? Because boundaries help create and maintain healthy relationships. It is a course that can benefit everyone.

Other courses we offer include: **Emoticon** (a course for kids about emotions), **Positive Parenting** and **I Am Worthy** (a course for young women to celebrate their worth).

eagles nest 2021-2022 impact report

client
makeup

52% Adults
26% Youth
22% Child

most
popular
program

Boundaries

program
growth

3 new
programs
added

program
delivery

50% virtual
50% in person

program
staffing
hours

increased 24%
from last year

looking ahead
we will be...

refining our programs
and services to
increase capacity and
strengthen impact