



## why we do what we do

Eagles Nest knows life is complex. It can be hard to figure yourself out, relationships are challenging and navigating life events is difficult.

**Eagles Nest also knows that with tools and support, it doesn't have to be the way it is now. We help people understand themselves, care for their mental health and learn new tools for healthy relationships.**

We offer counselling, coaching and programs for adults, youth, children and families. All our services are fully subsidized or minimal cost because we think everyone should have the tools and support to make life more manageable.

## what is it like coming to eagles nest for a program?

**We recently talked to Cleo\* about her experiences coming to *I Am Worthy*.**

This 7 week therapeutic program helps teen girls explore their unique identity, build mutual support and celebrate their own value. *I Am Worthy* is offered in-person at the HOPE Centre.

**Cleo, what was it like the first time you came to the HOPE Centre for *I Am Worthy*?**

The first time I came it was weird but after that everyone warmed up and it was just fine. When you first came in there was a fun game or activity and then you would get into what you were doing that session. You got a notebook to make notes and a journal to write in.

**What was the room like? Was it nice?**

There was a circle of pillows on the floor to sit on, it was bright and positive. I liked it. But no pillows for next time, please.

*(Continued on page 2)*

**Ok we'll definitely take a look at the pillow situation! What did you do during the program?**

Each session was something different to help with self-esteem. There were group activities to do that related to that week's focus. We did this activity where we would listen to music on headphones and try and guess what other people were saying to us. It was about learning how to block out the noise of other people's comments. There was also homework.

**We have to ask, what did you think of the homework?**

Sometimes I didn't like it...but sometimes I did. I don't journal but I tried it and it worked. I liked making goals.

**Have you noticed any changes in yourself since going?**

I definitely notice changes. If I'm in a situation and it's not my scene I stay quiet, I tell myself to relax, it's going

to be ok. I use new techniques, especially turning down the noise. I notice when it is hard to do but also when I am able to do it.



**What would you say is the biggest thing you learned?**

I'd say I learned to try and block out the negativity. It's so hard but if you start to focus on the good, you'll start to ignore the bad.

**What would you say to someone thinking of coming to I Am Worthy?**

Do it. I honestly really liked it. I made friends and now I have new techniques.

**Last question, what was the most memorable thing you experienced?**

I got to fully tell myself that I am not the only one going through this. There are other people to support me.

*\*name changed with permission to preserve confidentiality*



## who comes to eagles nest?

This is one of the top questions we get asked: who comes to Eagles Nest? Is it single moms with school aged children? Retired professionals? Divorced dads?

**The answer might surprise you: everyone and anyone comes to Eagles Nest.**

Everyone has relationships, everyone goes through difficult circumstances and anyone can benefit from caring for their mental health. If someone is looking for tools and support in those areas, Eagles Nest is for them.

We have no income cap, geographic restrictions or other limitations. We welcome everyone and anyone.

Because of the generous support of our community, your neighbour, hockey coach or friend can come to Eagles Nest the next time life gets tough.

## from our executive director

# mental health

One of the areas we focus on at Eagles Nest is mental health.

Mental health includes our emotional, psychological and social well-being. Just like physical health, we all have mental health. Our mental health determines how we handle stress, relate to others and make healthy choices.

Good mental health has six factors: a sense of purpose, strong relationships, feeling connected to others, having a good sense of self, coping with stress and enjoying life. When any of those factors are diminished, our mental health is impacted.

Unfortunately, many people are unable to access the help they need to stay healthy.

Sometimes people are unaware they need help or they do not know where to get help. Others may not be able to access help because of barriers including finances and transportation.

Eagles Nest is committed to providing a safe environment for adults, youth and children to take care of their mental health. We have removed some of the common barriers by making our services fully

subsidized or provided at a low cost. We also offer both virtual and online options.

Equipping people with tools, essential coping skills and resources not only helps with someone's current mental health but also encourages good mental health going forward and prepares people for future challenges.

Over the last few years, Eagles Nest has intentionally focused on launching new supports for young people.

We know that good mental health in children and youth sets the stage for a healthy transition to adulthood. Good mental health among young people is associated with a greater likelihood of completing school, healthier social relationships, higher levels of self-confidence, better income potential and greater resilience.

Our team is incredibly grateful for the many people who partner with us. Your commitment not only helps sustain our current services but also allows us to grow. Your support keeps our wait lists to a minimum and provides the resources needed to offer new programs. Everyone deserves a space to care for their mental health.



Amanda DeVries

## become a monthly

# *partner of hope*

Will you help us keep our wait times short and meet the increased demand for mental health services?

### **Become a monthly donor today!**

Monthly donations are:

- **Effective**—you give us a stable source of income
- **Affordable**—you choose the amount to give
- **Flexible**—change or cancel the donation at any time
- **Convenient**—by credit card or automatic withdrawal

**A donation of \$25 per month for one year gives someone 6 fully subsidized sessions of mental health services or support.**





# programs & services

## blogs for everyone

If you had to label an emotion either “good” or “bad”, what would you label happiness, anger and anxiety?

Most of us would probably pick: Anger = bad. Anxiety = bad. Happiness = good. **But is that really true? Are emotions really either good or bad?**

We talk a lot at Eagles Nest about tools. Tools to help today and tools that help prepare for tomorrow.

Learning to understand and manage emotions is one of the most important tools we explore.

It turns out we don't actually need to label our emotions.

**Emotions are neither good nor bad. Instead they serve a purpose; they are telling us something, alerting our minds and bodies to situations happening around us.**

Once we know this, we can learn to:

- recognize the emotion
- regulate our reaction to the emotion
- respond to what the emotion is telling us

The blog section of our website explores emotions, what they are telling us and how to regulate and respond when they show up.

From the boardroom to the playground, these are tools everyone can use.

## tools & change

### what people are saying

(Eagles Nest) is a very comfortable place to get help, to have someone to talk to, to have a starting point. I still have the same thoughts but now I have a toolbox to help me get what I need. *therapy client*

The Boundaries materials have been very helpful in opening my eyes to growing better and healthy relationships. I am changing in numerous ways in how I think, plan, communicate, and work. I practice assertiveness. I anticipate situations of challenge ahead of time. I do not feel guilty for taking a stand for what I want and why I want it to happen. *boundaries participant*

(After coming to Eagles Nest) 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. *therapy client*



## thrifting for good

antiques furniture clothing books household

Rescued & Restored is a 6,000 square foot thrift store that sells items donated by the community to fund Eagles Nest services and programs.

Browse our ever-changing collection of items while preserving the environment and supporting mental health services.

*What a fabulous little thrift store...will definitely be back!* Google review

shop online: [rescued-restored.myshopify.com](https://rescued-restored.myshopify.com)

 eagles nest

Rescued & Restored  
Thrift Store

store hours:

thursday - sunday  
10am - 5pm  
248 Freelon Road