



eagles nest  
**20**  
years

In 2003, Eagles Nest began with Drummond House, a transitional home for women and children. In the years since, the support of our community has helped us grow to become what we are today: a supportive place for everyone to make changes for a healthier future.

Eagles Nest helps people care for their mental health, learn new tools for healthy relationships and understand themselves. We provide counselling, coaching and support programs for adults, youth, children and families. All programs and services are fully subsidized or low cost.

What will our next 20 years look like? We look forward to growing to meet the changing needs of our community for accessible mental health tools and support.

## stories of hope: change is possible

Over 20 years we have heard a lot of stories. Of all the stories we hear, stories of transformation are our favourite.

Often the person telling the story never thought they would get to tell it. They believed there was no hope, no other possible ending. **But we know that with support and new tools, change is possible.**

In this newsletter we are sharing some recent quotes from clients about change and how coming to Eagles Nest has impacted them. Even after 20 years, we never get tired of hearing these stories.

“ When I walked out of the group I thought, “I can easily implement that in my life.” As the weeks went on, I would start to forget things but it was buried, it was still there. Even if I didn’t reflect on it, later I subconsciously started using the strategies. **Going to the meetings was enough to change how I felt about myself.**

*Participant, I Am Worthy*

*I Am Worthy is a therapeutic program for teen girls to help them develop self-esteem and experience the positive effects of a healthy support system.*

## new tools

“ We learned a lot about guilt. Not everyone in our family understood it’s okay not to be successful at everything. The fake idea that if you aren’t as successful as other people, you should feel bad. **Now we are sharing our vulnerabilities and losses to show we are ok.** ”  
*Parent, Emoticon*

*Emoticon is a therapeutic program for children to help them identify and manage 6 key emotions: Happiness, Anger, Fear, Anxiety, Guilt and Anticipation.*

“ What (Eagles Nest) is able to do is take people wherever they are and find ways to improve their life in small incremental steps. **Staff is able to see the bigger picture, to set achievable chunks and you are able to do it.** ”  
*Client, Coaching*

*At Eagles Nest, certified coaches help clients set goals and offer accountability, support and encouragement.*

## a safe and supportive place

“ There is a storm raging in so many people’s lives. **Eagles Nest offers a safe harbour. What a beautiful gift you are offering. It’s a safe harbour of refreshment, it’s a gift that gives back exponentially. I’ve seen it and I needed it myself.** ”  
*Client*



“ Somewhere in my childhood, I had picked up the message that I was responsible for more than I needed to be – that message was present in my family of origin, in my marriage, in parenting. **But boundaries says, “Nope, you get to learn what is yours.” And this is where the freedom is...it’s like a game changer...Boundaries is freedom to be found.** ”

*Participant, Boundaries*

*Boundaries is our most popular program. It helps adults identify and implement healthy boundaries in relationships.*

“ There was another affirmation that we did that said, “I have permission to be myself.” This was not a luxury that I had previously allowed myself to afford ...hearing it was like I had new marching orders. **“I am worthy? I have permission to be myself?!” It’s a new idea...** ”  
*Participant, Dig Deeper*

*Dig Deeper is a program that continues examining boundaries by looking at past experiences and establishing future goals.*

## accessible help

“ It is such a gift to know this was available... finances run out so quickly. It made me cry to hear it wouldn’t cost anything. It also normalized everything. **It was another message of hope...You aren’t walking alone.** ”  
*Client*

### 2022-2023 impact



94% of clients indicated positive change as a result of services received



80% increase in weekly inquires about services & programs



48% increase in direct client hours, the time staff spends with clients

### looking ahead



Wait times to see a therapist have increased from 2 weeks to 3+ months. With community support we can reduce this delay.