



about us

At Eagles Nest, we know change is possible. For over 20 years we have been helping people care for their mental health, understand themselves and learn new tools for healthy relationships. We offer counselling, coaching and support programs to adults, youth and children. All our services and programs are low-cost or subsidized, making them accessible to everyone.

mental health services & support our approach

Many of us have ways of encouraging our personal well being. Whether it is spending time with a friend or going for a walk after a difficult day, we care for our inner selves in different ways.

But sometimes we may need new tools and professional help to navigate life well.

Eagles Nest knows that reaching out for help in those times can be difficult; there are still many stigmas attached to mental health support.

In everything we do, we work to remove those stigmas.

From our counselling rooms to the group programs we offer, Eagles Nest creates a welcoming space where everyone can care for their mental health with support and understanding. **Life is tough, reaching out and getting help shouldn't be.**

What does that look like at Eagles Nest?

- We lead with our values: love, compassion, inclusion and integrity. You are valued here.
- We treat everyone as an individual. You aren't a number. Everyone has their own story and reasons for connecting with us and we wait to hear your story.
- Professional but approachable. All our services and programs are offered by qualified mental health

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professionals and trained facilitators. Our approach is warm and sincere, backed by education and experience.

- We offer both online and in-person services and programs. Everyone has different ways of connecting and we make room for that.
- If you come for in-person services, our meeting spaces are designed to be as comfortable and welcoming as possible. We have cozy interior rooms as well as tranquil views of nature alongside the Bruce Trail.
- All of our services and programs are low cost or subsidized, making them accessible to everyone. Without the pressure of finances, there is time to figure things out.



- We are a place for all ages and stages. From kids to seniors, hockey parents to teens, everyone can access our programs and services.
- Lastly, you don't have to be in crisis to come to

Eagles Nest. Understanding yourself and learning new tools and strategies to use in your relationships can help you navigate life at all times and even prevent future challenges. Healthier people have healthier relationships. Healthier relationships lead to healthier communities. Whether you want to work through family dynamics with a therapist, explore healthy boundaries in a group program or talk through goal setting with

a coach, you are welcome here.

from our executive director intentional growth

Taking care of our mental health is just as important as taking care of our physical health. Unfortunately, many people face challenges in accessing the care they need. I am thankful Eagles Nest can make finding mental health support a little easier.

One of the challenges we face as a small charity is the number of therapists we have. Not everyone can support and care for everyone.

Each of our therapists brings different expertise and experience. As we have funding, Eagles Nest is making intentional decisions to diversify and strengthen our team to better serve our community.

Mental health support is needed by people of all ages but young people face significant challenges.

In Canada, youth have the highest rates of mental health

concerns and unmet needs. Cost, lack of appropriate services, long wait times, and stigma are significant barriers that prevent young people from receiving the care they require.

These barriers are in our own community. After a suicide at a local high school, a young individual recently shared with me their concern about the stigma associated with therapy for young people, particularly males.

We know that to provide the best care for others, we need to maintain a diverse team and actively work to reduce the stigma surrounding mental health. I am grateful that the support of our community allows Eagles Nest to continue to grow and better meet the needs of those we serve.



Amanda DeVries

there is freedom

**Nadine came to Eagles Nest to learn about healthy boundaries.*

“

So much of my life seemed out of my control...A lot of things were apparent that I needed boundaries.

I just knew I had to do it in a group – when I got confirmation that it was in a group and not one on one, it was a win-win.

I benefited from having others who were further along in their journey. Some things were hard and they had journeyed far enough that they knew there was hope. To hear that there was freedom on the other side was hopeful.

The group reinforced that I was not alone. It normalized it, it was encouraging, it felt like community.

It was like being on a long journey – a long hike – then getting to a base camp, stopping along the road, sharing a meal.

We've all been through a lot. We all need nourishment, a safe place to get off the road and take stock. The course allowed us to do that. To slow things right down, to look back over your story.

Now I am not pushing away the feelings. It wasn't easy, it was difficult. With an opportunity to forgive people and to extend forgiveness, it really was digging deeper. Week after week we had to laugh sometimes because it was so hard.

This is where the freedom comes in. You have to dare to believe that things will be different. Hearing from others who were further along was encouraging, 'Stay the course, just stay the course.'

You can't do boundaries on your own. You need support. It may be scary and humbling, but it's too hard to do it on your own. I'm going to dare to believe someone when they say that it can be different.

There is freedom. It's not too good to be true.

**name changed with permission to preserve confidentiality*

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Visit our 6,000 sq. ft thrift store and find unique items at great prices.

Rescued and Restored is an amazing place to visit and shop for treasures. The people who work there are so friendly and helpful. They are the real treasures! Prices are very reasonable, and all the funds go to a great cause...in support of Eagles Nest...so shopping here is a win-win!! I can't recommend this place highly enough. It's a must visit!!!

Google 5 star review

antiques furniture clothing books household
248 Freelton Rd, Freelton rescued-restored.myshopify.com

frequently asked question

how are we funded?

As a registered charity, we are often asked how we are funded. We receive funding from:

- **donors**—individuals, businesses, churches and community organizations
- **sales at Rescued & Restored**, our thrift store
- **merchandise sales**, such as our soy candles
- **fundraisers** including Coldest Night of the Year, raffles and auctions
- **grants** from foundations, organizations and governments.

It is a unique and awe inspiring position to be entirely dependant on the generosity of your community and their belief in your mission to operate. **Thank you for believing in accessible mental health services and your support. We could not do it without you.**

invest in hope become a monthly donor

Monthly donations are:

- Affordable - you choose the amount to give
- Flexible - change the amount at any time
- Convenient - by credit card or auto withdrawal
- Effective - you give Eagles Nest stable funding

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

donate monthly and help everyone care for their mental health



new
scent!

soy candles \$20

- 6 unique scents including the new "Hope: Apricot Tea" candle
- all proceeds to Eagles Nest
- available at:
 - Rescued & Restored
 - eaglesnestwaterdown.ca/events

our programs & services

Care Network

Our team comes alongside individuals and families in difficult situations to provide practical support and connections to resources.



Counselling

Our registered psychotherapists and social workers support adults, youth and children to address issues such as self-worth, anxiety, depression, conflict in relationships and trauma.



Coaching

Our certified coaches meet with adults to help them set and achieve goals and provide support and encouragement.



Programs

Practical support programs for the entire family including Boundaries (adults), Emoticon (children) and I Am Worthy (teen girls).

