



mental
health
matters

Mental health matters. Just like physical health, we all have mental health. Our mental health impacts our well-being, our relationships, our families and our communities.

Eagles Nest believes everyone should be able to care for their mental health. We provide therapy, coaching and support programs to adults, youth and children. All our services and programs are low cost or fully subsidized because everyone deserves barrier free access to mental health support.

affordable mental health services make an impact

If I had the additional burden of having to pay for the course, I more than likely would not have chosen to go. I honestly don't know where I would be, mentally, if I did not attend this course.

adult client

I'm so grateful for the program. It will impact me forever and impact the lives of my friends, family and everyone I interact with. I was in a spot in my life where I wasn't reaching out. I was in really a dark spot. It really made a difference.

adult client

My mom and dad noticed that I changed. I'm more of a homebody, weekends on the couch, but I was happy to go.

I feel like I have more confidence and more social skills from this.

youth client



from our executive director looking ahead

Eagles Nest is in an exciting phase of growth as we further develop the systems and structures needed to reach and serve our community.

This growth isn't just about our programs or expansion - it's about becoming more intentional, responsive and sustainable in everything we do.



Amanda DeVries

We're refining internal processes, building stronger partnerships and exploring innovative ways to connect with those who most need support. By laying this foundation, we are building the capacity to deliver programs that are accessible, inclusive and impactful.

We are in the final stages of a youth mental health project supported by a grant from the Ontario Trillium Foundation. Through this initiative, we conducted a comprehensive needs assessment by engaging youth, parents, caregivers, and community partners. The results provided valuable insights into the barriers preventing young people from accessing mental health services, while also highlighting the kinds of support that youth and their families are seeking. We will use the key takeaways to shape and strengthen our programs.

When I reflect on all that is happening, I'm reminded of our many supporters. Our donors, sponsors, volunteers, and community partners each play a vital and unique role in advancing our work. Whether through generous financial contributions, dedicating their time and skills, or collaborating with us to strengthen our programs, their commitment makes a meaningful impact. We are truly fortunate to have such an incredible and diverse group of people who stand with us.

mental health matters awareness campaign

Overcoming stigmas around mental health can be one of the toughest obstacles that people face when looking for mental health support. Stigma can be both external public perceptions around mental health, as well as stereotypes and shame that people internalize.

Mental Health Matters is our campaign to help reduce stigma in our community and raise awareness of the mental health services and support that Eagles Nest offers. Look for our program team at a community event or location near you!



emoticon program

Developing emotional awareness early in life is essential for healthy development.

Research shows that learning emotional regulation in childhood lays a foundation for long-term well-being and contributes to stable relationships, academic success and reduced behavioural issues.



program outline

- Emoticon is our 8 week therapeutic program for kids aged 6-11 to help them identify and manage their emotions
- 7 key emotions are addressed: happiness, anger, fear, anxiety, guilt, sadness and [anticipation](#)
- Kid-focused format with games and activities and challenges
- Group sizes are kept small to give personal attention and encourage participation
- Parent involvement is facilitated through weekly at-home activities and conversation prompts

quick facts

- The program has run continuously since it was first launched in 2020
- It is one of our most popular programs, often with a waiting list
- To allow everyone to access to this program, costs are kept low (\$50 registration fee, further subsidies are available). Similar community programs are \$750—\$800 per child.
- Following the program, 100% of parents agree that their child has a good understanding of their emotions

updates

- This year we are updating the Emoticon program based on our experience and the latest mental health research to ensure it is meaningful and impactful



brighter days ahead SOY CANDLES

\$20

100% soy, hand poured in Canada
6 unique scents
all proceeds support Eagles Nest

purchase candles

online: eaglesnestwaterdown.ca/candles
in-person: Rescued & Restored or Jitterbug Cafe

volunteers make an impact



From serving hamburgers at a BBQ to gardening.
From raising awareness about Eagles Nest at a market to running
events, our community gives back to Eagles Nest in so many ways.
In fact, in the past 5 years, volunteers gave over 10,000 hours
to Eagles Nest!

Because of the dedication and service of volunteers,
we are able to organize events, operate our
Rescued & Restored thrift store, maintain our
facilities and keep our mental health services
affordable and accessible for all.

thank you volunteers!

If you are looking to make an impact on your
community, Eagles Nest has a number of roles
that might be what you are looking for.

Time commitment varies depending on the role and can be as little as a few hours every few months.
We also offer group volunteering and student volunteer opportunities. Visit our website for more information
on how to apply: eaglesnestwaterdown.ca.



thrifting for good at rescued & restored

Shop at our 6,000 square foot thrift store and help provide affordable
mental health services in our community!

"I was driving by and stumbled upon this store, and what a gem it was to find. The store is laid
out so thoughtfully, which makes shopping less overwhelming. The prices are very reasonable
(and much appreciated), and the staff were genuinely so kind and friendly. It's also wonderful
that the profits support community initiatives. A rare find, that's for sure!" *Google 5-star review*

antiques furniture clothing art books housewares

248 Freelon Rd, Freelon rescued-restored.myshopify.com