

## It's Christmas morning and you are stuck.

Your kids just got a deluxe playhouse. It came in a million pieces and there is no way you are going to be able to put this thing together, let alone find all the parts under the piles of wrapping paper. You don't even know where to begin.

Being stuck happens to everyone. But sometimes you are stuck in something bigger: messy family situations, childhood trauma, hurtful relationships or fallout from abuse. **You need someone who has the knowledge and professional skills to help you get unstuck.**

Katrina\* came to Eagles Nest when her relationship with her dad spiralled downhill.

*I had a lot of relational things that were hard growing up. I had the burden of growing up thinking I needed to be perfect. We were supposed to be the ones giving help, I couldn't let anyone see me mess up.*

Their relationship continued to decline after she moved out on her own. When she went back home for a visit, harsh words were said; she wasn't doing things right, she was always doing things wrong, she wasn't where she was supposed to be.

*I didn't know how to handle all the emotions that went with the thoughts and the words. [After I came back from that visit] I was not doing ok mentally. Something needed to change and I was ready. I needed help and I needed it now.*

Katrina was stuck.

Eagles Nest knows relationships can be difficult. We also know things can get better. **For more than 17 years, we have been helping people cultivate healthy relationships, navigate trauma and develop self worth.** We provide counselling, coaching and other support programs to adults, youth and children. Katrina found the help she needed with an Eagles Nest counsellor.

*[Eagles Nest] is a very comfortable place to get help, to have someone to talk to, to have a starting point. I learned a lot of eye-opening things about myself. I hadn't taken ownership of how I was feeling. I couldn't blame it all on my dad but I didn't know where to put it all. [After meeting with the counsellor] all the things are still there, **I still have the same thoughts but now I have a toolbox to help me get what I need.***

### Will you partner with us this Christmas and give someone the help they need?

Why donate to Eagles Nest?

- You want to remove financial barriers for people to get help. Eagles Nest provides professional support for free or minimal cost.
- You want to help people in your community. Eagles Nest is a local organization. Our virtual and in-person programs mean everyone can access our services.
- You want your donation to be used immediately. Eagles Nest is a small non-profit. When you donate to us, your donation goes to work right away.

**With your help, someone will get the tools they need to get unstuck this year.**

*Thank you for your support.*

\* name changed with permission to preserve confidentiality