

Depending on where you travel, time machines are no fun.

A time machine arrives in your front yard. The only catch is that you must travel back to a time in your own life.

When do you choose? **One period we are pretty sure you won't choose: the early teen years.**

Remember that time? The insecurity? The shifting social groups? Never feeling smart enough/athletic enough/beautiful enough? The teen years can be soul-crushing.

It's not just your experience. Statistics on self-worth for teens are sobering:

- Between grade 6 and grade 10, levels of self-confidence in teens rapidly drop, with the highest drop experienced by girls.
- Teens who spend more time on social media are more likely to report mental health issues than those who spend more time on non-screen activities.
- Teens with low self-worth experience higher rates of anxiety, depression, loneliness and addiction later in life.

Parents in our community have told us that they are experiencing this firsthand:

(My children) are inundated with messages every day that they are not good enough unless they match up to some unattainable level of beauty and achievement.

My biggest concern for my children is the seemingly rampant mental health issues that they and their friends are struggling with. I'm concerned that a poor sense of self-worth is leading to increased depression, anxiety, and suicide ideation.

At Eagles Nest, our focus is helping people develop self-worth, cultivate healthy relationships and navigate trauma.

We know that giving teens a strong sense of self-worth will set them up for success now and later in life.

This year we launched *I Am Worthy*, a course for teen girls to help them develop self-worth, celebrate their value and experience the positive effects of a supportive peer group.

This Christmas, will you partner with us and give teens a chance to beat the statistics?

Parents have told us that they are already seeing the impact of *I Am Worthy*:

...simply talking to someone who understands or to an insider who uses the same terms has been enough to feel better. It has given my daughter a sense of empowerment, improved her confidence level and this experience will help her get through hard times with more ease.

Your partnership ensures programs like *I Am Worthy* continue. Your donation reduces wait times for services like counselling and coaching. Your donation also helps us expand our programs and services to help more families in the community.

We know times are uncertain right now. With the economic pressure we are all facing, we are especially grateful for your donation and partnership.

Time machines travel to the future as well as the past. **By giving to Eagles Nest this Christmas, you ensure teens will have the tools to handle challenges today, for a healthier future tomorrow.**

Thank you for your support.



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