

Canada's Wonderland. The airport. Christmas shopping at Home Sense. What do all these have in common? Lines. Lots of lines.

No one likes waiting in lines but if it is short, keeps moving and the reason you are there isn't that urgent, you can do it. But what if you are waiting for something you really need?

Maybe your marriage is falling apart. Or your teen has low self-confidence. Or you are having trouble managing the stress of work, family and caring for aging parents. Waiting in line for help for these things is hard.



Unfortunately, finding affordable, local mental health resources and support can involve long lines and a lot of waiting.

OHIP only covers very specific types of mental health services. If you don't fit in that box and can't pay to see a therapist or don't have private insurance coverage, you may not get the help you need.

Eagles Nest believes that affordable mental health services should be available when you need them, with no financial barriers to receiving help.

That is why all our counselling, coaching and support programs are fully subsidized or low-cost.

Everyone deserves to be able to care for their mental health, understand themselves and learn new tools for healthy relationships.

Our clients tell us that finding accessible help is life-changing,

It's a big step to recognize that you need help and reach out. I came to a place I couldn't do it on my own. I needed help... Why shouldn't you be able to access help if you have no money?

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.

Unfortunately, in the last year, our wait times for therapy have increased from 2 weeks to over 3 months.

This Christmas will you partner with Eagles Nest and reduce our wait times? Will you give someone in your community the gift of professional, affordable mental health services?

Our clients tell us just how impactful it is knowing that their community supports them,

*The idea that you are helping someone you don't know, it's helping your own community...Whatever you are doing as a donor, a supporter, **you are helping someone you know, maybe someone you are sitting beside.***



With your help, we can reduce wait times for therapy for everyone who needs it. **Thanks to your support, the next time someone looks for accessible mental health services and supports in the community, they won't have to wait in line.**