



Our Journey...

Eagles Nest has grown considerably over the last 15 years, because we are in a community who has shown incredible support through prayer, time and resources. During these past several months our team has been intentionally taking the time to reflect on where we have been, and prayerfully plan for this upcoming year and the years beyond.

In 2005, Drummond House welcomed the first resident. Since that date, this home has provided a safe place of rest and support for countless women and children during a time of distress. One woman describes how the time spent at Drummond House gave the opportunity to discover her true identity, and no longer allow lies and shame to control her life. When families graduate from the program, we celebrate these incredible transformations and the hope that has been restored in broken lives. Families leave with a purpose and new dreams.

Our work at Drummond House helped us recognize the need for another type of a safe place for families in our community: a place for families who are in need of support but not housing. In the Fall of 2017, Eagles Nest opened the doors to the HOPE Centre - *Home of Practical Education*. The Centre was built with the idea to provide holistic support to every member of the family coming from oppressive situations. We support families in crisis, help parents needing guidance, and assist individuals struggling with unhealthy relationships. The Centre also supports individuals needing preventative tools and seeking personal growth. This type of accessible programming is invaluable and is being sought out by many people. One woman shared how the HOPE Centre gave her more than support and tools, it also gave her the gift of community.

As we enter a new chapter in our journey, our hearts are grateful and excited. We are grateful for how Eagles Nest has grown over the years and for the lives that have been positively impacted as a result. We are also excited for new opportunities ahead. Months prior, we shared with you how the lease for Drummond House is not being renewed at the end of December 2019. Although this was not in our plans, we are trusting God as we walk out this next phase and are confident He has great plans ahead for the future.

At Drummond House, we will continue to provide housing and support to women and children who are in transition until the Fall of 2019. As we consider what is next, we are carefully assessing the current needs of vulnerable women and children, along with reflecting on what we have learned operating a transitional home over the last 15 years. Our team is also committed to continue investing into the programs at the HOPE Centre, by building partnerships with other professionals and organizations to both enrich and expand our current support.

Thank you for continuing to walk with us and supporting this work. We invite you to dream with us as we prayerfully consider new opportunities for the future. Together with your support lives will continue to be transformed in unbelievable ways. If you want to learn how you can specifically support us during this upcoming year, or have ideas to share, please connect with us.

Eagles Nest Board & Staff

COLDEST NIGHT OF THE YEAR - *Thank you Waterdown*

On February 23, 2019, over 170 community members - including team captains, walkers, route marshalls, volunteers, sponsors and staff - gathered to help the hurting in our own community. Through generous and compassionate efforts, \$30,000 was raised towards the programs of Eagles Nest. This fundraiser, allows individuals of all ages to give back and feel a part of something bigger. One nine year old boy explained that he was walking to help other kids who need a place to stay because things aren't good at home. We each can play our role - *Not all of us can do great things. But we can do small things with great love.* ~ Mother Teresa.



Thank you for your support...



A Reflection of *Courage & Strength*

As we journey with the women at Drummond House, working through their past experiences, it is our hope we can help prevent them from carrying their hurts into the future where there is great potential for further damage to themselves and to others. We recognize that this journey takes great courage and strength - whether it is making the first phone call to ask for help, sharing their story with strangers, making the decision to leave what they know as normal, or being willing to grow and learn. This same courage and strength is needed when they are ready to graduate and move out on their own. For each woman this situation looks different. With this new chapter comes new responsibilities and new fears. There is an adjustment and new things to learn. We watch these women who now have a new set of tools confidently face what comes their way, as well as know how to ask for help when needed.

I recently visited one of our past residents and realized how I hardly recognized her. Before living at Drummond House she had a low self confidence, allowed others to define her, and hated trying anything new. She graduated with fears of being on her own and how to juggle all the responsibilities of life. I celebrated how this woman now saw her own potential and was creating and chasing her own dreams. ~Amanda, Eagles Nest Staff



We need individuals committed to supporting our programs - **Partners of Hope**. Consider donating monthly to help us better plan our year at Eagles Nest. Together we can make a difference in the lives of others. For more information call 905.689.8721 or email info@eaglesnestofwaterdown.com.

Steps towards a healthier future...



The HOPE Centre is a safe environment for individuals and families to receive practical support. Staff and volunteers walk shoulder to shoulder with clients to develop appropriate goals for a healthier future. Based on individual needs, clients are connected to appropriate programs offered at the HOPE Centre and/or to other services in our community. We have an amazing team of professionals who volunteer their time and skills making many of these supports possible. We will be able to expand our reach and more effectively meet needs in our community as our resources increase. Since opening in the Fall of 2017, over 225 clients from the Hamilton and Halton regions have accessed programs at the HOPE Centre.



The support programs at the HOPE Centre are designed to holistically meet the needs of clients.

HOPE Centre *Programs*

Counselling - Certified professionals offer individual sessions to women to help uncover and work through deeper level issues.

Coaching - Trained coaches provide support, accountability and guidance to women ready to make changes or develop areas of growth in their lives.

Your Place - A support group for women that provides a place of love and trust. Women will grow, learn, and share with peers who also want to build healthy relationships.

Boundaries Course - An eight week course that encourages women when to say yes, how to say no, and how to take control of their life. Participants learn that having clear boundaries is essential for a healthy and balanced lifestyle.

Search for Significance - A book study that takes women on a journey in a very private place: their thoughts. Participants dismantle lies that trigger the cycle of self-doubt and rob oneself of joyful living.

Career Development - One day workshops designed to help women develop career goals, build resumes, determine skill sets, and prepare for an interview.

Wellness Workshop - Participants explore why a balanced lifestyle is so important for our mental health. Wellness is so much more than just the foods we eat and how much exercise we do.

Perfect Parenting - A two hour workshop designed to offer evidence based information on parenting strategies that enhance the child/parent connection and understanding of what kids need to reach their fullest potential.

HEART Program - HEART (Healing Emotional Abuse through Art) is a one on one program designed to encourage children to label and express their feelings using different expressive art activities.

Emoji Club - An interactive support group for children to explore emotions and learn tools for expressing and managing emotions.

Prayer Room - A quiet place where individuals or small groups can reflect and pray.

Volunteering at Eagles Nest

At Eagles Nest we have been blessed by incredible volunteers. In 2018 our volunteers donated over 5300 hours to us! By doing so, our Rescued & Restored store kept selling fabulous home furnishings, our Drummond House residents were loved and supported, and our HOPE Centre clients had access to amazing programs and resources.

The blessings that you give...are the blessings that you also receive. We are here to help each other. ~ Sandra, Drummond House Volunteer



Give back to your *community...*

Have you considered volunteering with us? We have a number of positions with a wide variety of time commitments.

Have a few hours on an occasional basis?

- Garden at the HOPE Centre or Drummond House
- Cook for Drummond House residents
- Photograph merchandise at Rescued & Restored for our social media accounts

Have some professional skills you are looking to donate?

- Coach / Counsellor to work with our clients
- Professional to facilitate a course/workshop at the HOPE Centre
- Child or Youth Worker to assist with Children's programs
- Technical Volunteer to help with computers and software , as well navigate web-based applications

Love to give back to the community on a regular basis?

- Work at Rescued & Restored selling furniture and household items
- Be part of the delivery and pick up team at Rescued & Restored

Want to volunteer as a group, one time, to make a BIG difference?

- Give one of our locations a really good clean
- Transform our gardens at the HOPE Centre
- Organize the storage areas at the HOPE Centre
- Use your muscles to move merchandise at Rescued & Restored

Connect with our Volunteer Coordinator, Jennifer Stevens at jennifer@drummondhouse.ca to hear more about these opportunities!

Rescued & Restored

FURNITURE, ANTIQUES, HOUSEWARES, SMALL APPLIANCES
CLOTHING, SHOES, JEWELRY, BOOKS, RECORDS & CDS

Rescued & Restored sells gently used furniture & household items donated by our community. With this generous support we are able to resell these items and raise over 40% of our budget. If you are Spring cleaning or moving homes please consider donating the items you no longer need.

Come visit...

248 Freelon, Rd.
Freelon, ON LOR 1K0
289.679.0481



HOURS

Monday - Wednesday 11am - 4pm
Thursday & Friday 11am - 5pm
Saturday 10 am - 5pm
Sunday 11am - 5pm

CONTACT US

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stay connected

