



On a hot summer day, sometimes you don't need the weather to change. You just need somewhere to find some shade.

A place to step out of the heat. A chance to catch your breath. A moment to rest before deciding what to do next.

Life can feel like that too.

We can't always change a circumstance or take away every difficult relationship, financial pressure, family challenge, or stressful situation. But having a safe place with support and someone to come alongside can make a difficult season feel a little more manageable.

For many people who reach out to Eagles Nest, it starts with recognizing something has to change: "I can't go on much longer like this. I need help, but I don't know what that looks like."

People often call feeling overwhelmed, tired, anxious, stressed, or unsure. They may not know what kind of support they need, whether they qualify, or where to even begin.

And even when someone knows they need support, there can still be barriers standing in the way of getting it.

We can't always change a circumstance or take away every difficult relationship, financial pressure, family challenge, or stressful situation. But having a safe place with support and someone to come alongside can make a difficult season feel a little more manageable.

For some, the biggest barrier is cost. For others, it's not knowing where to start, wondering if they qualify, or simply not having the capacity to navigate the system when they're already struggling.

That's where Eagles Nest comes in.

We listen, answer questions, and take the time to understand what someone is experiencing. We don't expect people to have all the answers. We help them explore what support might be right for them and, when needed, connect them with other resources in the community.

And sometimes, you can hear a change during that first conversation.

When someone learns that therapy may be available to them at no cost, there is often a sense of relief. As we walk through the process together, the uncertainty begins to lift.

They may not have everything figured out, but as they begin to feel like they're on the right track, we hear some share "I am hopeful now."

Sometimes, the most important thing we can give someone is a place to begin.

A place to ask questions. A place to be heard. A place to take the next step. A place to get the right tools.

Together, we can help make that place possible.

When someone finds the courage to reach out, barriers shouldn't be what stand between them and the help they need.

barriers to care

Thanks to the support of our donors, Eagles Nest is able to reduce some of these barriers and make mental health care more accessible.



Cost
Can I afford help?



Uncertainty
Do I really need help?



Information
Where do I start?



Availability
When can I get an appointment?



Stigma
What will others think?



Access
Can I get there?

mental health workshops

What if young people and caregivers had the tools and confidence to talk about mental health before a crisis?

Thanks to generous funding from the Ontario Trillium Foundation and the Arthur & Audrey Cutten Foundation, Eagles Nest launched a series of free mental health workshops this spring, with sessions continuing throughout the year.

Workshops for youth and caregivers provide a safe space to learn, ask questions, and build practical mental health skills. Youth are gaining tools to manage their mental health and support their peers, while caregivers are learning to recognize signs of anxiety, depression, and stress and better support their children.

The response has been encouraging, with participants telling us how valuable the smaller, supportive group setting has been. Offering virtual sessions helps remove barriers and make participation more accessible.

These workshops were developed in response to needs identified in our community, including stigma, limited awareness of supports, long wait times, and caregivers feeling unsure about how best to support their children.

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Thank you. This workshop was really helpful.

I liked the smaller group and learning from each other.

It was what exactly I needed.

from our Executive Director

At Eagles Nest, we continue to build strong connections in our community and raise awareness about mental health. Through our Mental Health Matters campaign, we are working to reduce stigma and help people feel more comfortable reaching out for support.

We are incredibly grateful to the individuals, businesses, foundations, and organizations who support our work. Their generosity has helped us grow our programs and meet the increasing needs of our community. Today, we provide, on average, 512 hours of direct care each month to children, youth, and adults.

Thank you to our staff, volunteers, donors, and community partners for helping us reduce barriers and make mental health care more accessible.



Team photo - Mental Health Week 2026

~ Amanda DeVries



**Rescued & Restored
Thrift Store**

thrifting for good



Rescued & Restored is Eagles Nest's thrift store in Freelon — a 6,000 square foot warehouse full of unique second-hand furniture, clothing, home goods, art, books and more.

Every time you shop or donate to Rescued & Restored, you're helping remove barriers and make mental health care more accessible for people in our community.

The proceeds from the store support our mental health programs, helping children, youth, and adults receive timely care and support when they need it most. Your donations give items a second life — and your purchases help give people a chance at better mental health.



**Together, we can turn every thrifted
treasure into a little more hope.**

Shop. Donate. Give back.

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mental health matters.

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