



## What Does Love Look Like?

There is a quote from author Anne Lamott about grace that seems to capture what we think love looks like;

*...it meets us where we are and does not leave us where it found us.*

What does that mean if you come to the HOPE Centre for counselling, coaching or one of our programs?

It means no judgement, no shame and no “should haves”. It means acceptance, an open door, a listening ear and the tools to change things if you want to change them.

*Your Place* support group is one of the programs we offer at the HOPE Centre. Each month, a group of women meet to discuss what it looks like to create healthy relationships, supporting and encouraging each other as they practice what they have learned in Boundaries, counselling and coaching.



Many of the women in the group have only experienced judgement, condemnation and oppression in their relationships. They are just starting to see what it is like to live in a healthy community that upholds and encourages you.

This Christmas, the leaders of *Your Place* were inspired by a story of a teacher who asked her students to list something they liked about each other (click [here](#) to see the full story).

The support group leaders asked each woman to write down something they admire about everyone else in the group and then gave out the compiled lists as a Christmas present.

Many women in the group had never heard things like this before: that they were selfless, smart and strong; that they

were good mothers, good friends and a support to others in the group.

What does it mean to hear things like this? From the story of the teacher, we know that these words can be carried around with you for the rest of your life and will impact you in ways you could never imagine.

What is it about a kind of love that meets you where you are at but doesn't leave it where it finds you? It is radical and transformational and we see it every day at the HOPE Centre.

## Numbers for Kids: \$45,000 and 100km

What difference would \$45,000 make to the children and youth programs at the HOPE Centre? Jamie Teeple is trying to find out by running 100km from March 1 to August 31, 2020.

The interesting thing about Jamie is that until 3 years ago he had never ran and he knew nothing about Eagles Nest.

Jamie says he was “never a runner” but started running a few years ago to lose weight. He slowly built up his distance until he was occasionally completing 5km and 10km races.

Around the same time that he was competing in weekend races he learned about Eagles Nest and the programs it was offering. As a someone who had experienced a traumatic childhood and was working through those effects, he was inspired by the programs Eagles Nest provided for children and the emphasis on helping the



Jamie Teeple

entire family. He was also impressed that everything at the HOPE Centre was free.

Last fall his pastor asked him if he ever ran in support of an organization and suddenly a vision was born.

Jamie's heart for kids is based out of his own experience. For years he has attended Celebrate Recovery, a Christ-centred 12 step program. He says he has learned that as an adult you have to come to your own realization that you need help but it is different for kids—they often don't know something is wrong.

Jamie heard no positive voices in his own life until he was 38. Starting over at that age was hard, but he says that if there are programs out there you don't have to wait as long as he did to start over.

He says, "helping kids is a miracle for the whole family. I know many people are hesitant, they don't believe that change is possible, but if parents see a change in their kids they might be willing to get help themselves."

Jamie says, "I don't know where the \$45,000 came from but it is a number I kept coming back to. There is so much need, and so many resources are needed". Starting in March he will be completing a series of races that add up to 100km and is asking donors to sponsor him and support the HOPE Centre. There are also opportunities for local businesses to get involved.

What would \$45,000 mean to the HOPE Centre? Currently the HOPE Centre offers limited programming for children age 5-12 years and no supports for youth age 13-18 years.

Amanda DeVries, Executive Director says, "These funds would not only cover the costs associated with starting youth programming but would also cover children's programming for a year. It would also mean decreased wait times and the ability to expand our current services to be able to work on a deeper level."

To learn more about Jamie and his runs, click [here](#).

## Partners of HOPE

Did you know that Eagles Nest is not government funded, is not a United Way member agency and its funds primarily come from Rescued & Restored and private donations?

Why donate to Eagles Nest?

- We are a small non-profit. Unlike larger non-profits, we have no large cash reserve sitting in the bank for future years or future programs. When you donate to Eagles Nest your donation is used immediately.

- We have low administration costs. When you donate to Eagles Nest your donation is used to deliver programming, not pay extensive overhead.
- We are local. We have been operating in the community for 15 years with an established reputation for equipping people with the tools to achieve positive change in their lives.
- We offer all our programs for free. With Eagles Nest, there are no economic barriers to getting help and your donation makes that possible.

Lastly, and most importantly,

- We offer hope. Eagles Nest knows that change is possible. Healthy relationships can be cultivated, trauma and difficult circumstances can be navigated and self worth can be rebuilt. Your donation gives hope to someone doesn't think this is possible.

## Will you consider becoming a Partner of HOPE?



Partners of HOPE are our monthly donors, contributing a set amount through a credit card donation. Monthly donations help us more

efficiently budget for current and future programs.

Visit our [website](#) to become a monthly donor. Donations can also be mailed to:

Eagles Nest Association  
PO Box 1391 Waterdown ON L0R 2H0

## Let's Keep in Touch

Email [info@eaglesnestwaterdown.ca](mailto:info@eaglesnestwaterdown.ca)  
to get our monthly e-news.



## Rescued & Restored Winter Hours

Monday: Closed  
Tuesday - Wednesday: 11:00am - 4:00pm  
Thursday - Friday: 11:00am - 5:00pm  
Saturday: 10:00am - 5:00pm  
Sunday: 11:00am - 5:00pm

248 Freelon Road Freelon, ON 289-679-0481



**everyday**  
for students and seniors  
with valid i.d.