



# OUR YOUTH OUR FUTURE

FALL 2020

## AIDAN'S STORY

**“I tried to keep up the impression that nothing was wrong.”**

Aidan was 16 years old when he went through what he describes as a dark time in his life. “In my mind I had a lot of dark thoughts. I wasn’t feeling happy anymore at all. Everything seemed like a chore to do. Living didn’t feel worth it to me.” School felt overwhelming, and his stress only mounted as he had a difficult time with one of his teachers. He didn’t know what to do.

“When I finally told my mom how I had been feeling, I had come really close to ending my life and realized I needed help.”

Aidan, in his courage to ask for help, was connected with YSB for weekly counselling with a mental health counsellor he immediately felt he could trust. “Within a short time, I was feeling happier. I no longer felt hopeless. I learned how to crush the bad thoughts I was having and replace them with more positive thoughts. And now, I feel more confident in myself.”

**When you support YSB, you’re supporting youth just like Aidan. You make healing and recoveries like these possible.**

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**youth  
SERVICES  
JEUNESSE**



## YSB TEAM MEMBER SPOTLIGHT: Shea Karst

### Youth and Family Counsellor and Wraparound Facilitator

YSB's Wraparound Program is a client-centered program for families whose youth are experiencing mental health challenges while the family navigates other barriers which may include financial challenges, language barriers, food and housing insecurity and more. Shea's role within Wraparound is to support families in identifying their own goals and identify and access community supports that help them meet those goals. Together with Shea and their supports, families are better able to navigate their challenges and move forward as a connected unit.

"What's really special about our program is we meet people entirely where they're at – figuratively and literally. Fifty percent of the families I work with I meet outside of their home, while respecting physical distancing," says Shea. "And, we are a program that is entirely bilingual. There's a need for mental health services in French in Ottawa and Wraparound helps to address this."

"Every day, my work reminds me how resilient youth are. They are going to write their own stories. You're meeting young people and their families in these really challenging moments, but within 6 months, you can start to see barriers being lifted and their challenges becoming lighter."

## Stay Up Ottawa: \$128,000 raised (and counting) in support of housing homeless youth!

For homeless youth, there's no home to stay safe in right now. Community members are doing something about it with YSB.

For years, our community has rallied around the issue of youth homelessness by joining us in our annual fundraising event formerly known as YSB's SleepOUT for Youth. This year, in recognition of our 60th anniversary and given circumstances around the pandemic, YSB introduced our new signature virtual event Stay Up Ottawa.



On November 27, hundreds of community members across Ottawa came together – apart – to raise funds and awareness for solutions to youth homelessness in our city. Together, they raised more than \$128,000, and that number only continues to climb.

Learn more and contribute at [stayupottawa.ca](https://stayupottawa.ca)

### HOW YOUR GIFTS ARE MAKING A DIFFERENCE:

**\$45** provides one  
counselling and  
support session to  
a struggling youth

**\$65** provides a  
youth in our shelters  
with meals for  
one week

**\$100** provides  
one **start-up kit** for  
a once-homeless youth  
leaving our shelter

**\$500** provides  
a vulnerable youth with  
a warm and **safe bed**  
to sleep in



# Ending homelessness starts by ending youth homelessness

On August 10, the Alliance to End Homelessness (ATEH) Ottawa announced a call to action to house 100 people experiencing homelessness before the end of September. ATEH is working alongside the City of Ottawa, YSB, and other community partners to create a public, private, and non-profit response to the homelessness crisis that was declared by Ottawa's city council in January.

The COVID-19 pandemic has only further highlighted the challenges faced by those who are homeless, including young people. Youth homelessness is often hidden and youth frequently rely on couch surfing for a place to stay. Unfortunately, this means that they cannot physically isolate or distance themselves safely, and often don't have a place to recover if they aren't feeling well. For anyone experiencing homelessness, having a place to live is the first line of defence against this virus.

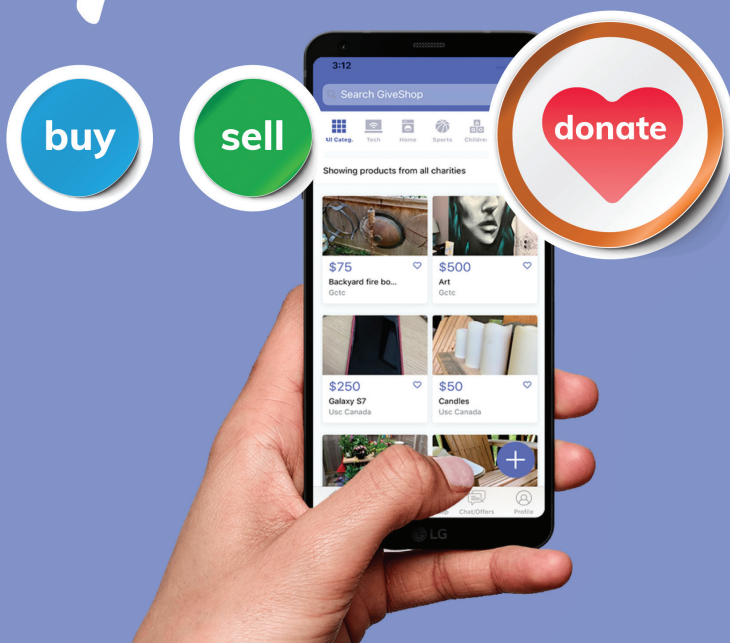
YSB's role is to support homeless youth through the expertise and care of the Young Men's and Young Women's Emergency Shelter and housing program



staff, as well as housing based case managers, to navigate and support youth through complicated systems to ensure they are able to access housing.

Once a youth has completed this process, they are ready to take advantage of the financial supports being offered within the shelters. YSB is deeply committed to providing youth with safe housing, access to financial support as well as ongoing supports including mental health counselling. Housing vulnerable young people is a critical step in helping to prevent adult homelessness in our community.

# GiveShop



## An easy way to give while you clean house!

There's a great new way to sell your gently used items and support a cause close to your heart.

YSB is proud to partner with GiveShop, a new online marketplace where donors and buyers can exchange gently used items with proceeds benefiting charitable causes in communities across the country. YSB is one of many local charities that has joined GiveShop, and we invite you to join GiveShop if you have items you've been getting rid of and would like to benefit at-risk youth in our community!

Learn more by visiting them at [giveshop.ca](https://giveshop.ca) and select YSB as your charity of choice when you register! Such an easy way to help youth this month!

# The power of One. One person, One donation.

The power of one can make all the difference to a young person who is struggling with finding safe, secure housing. One caring person who understands, one phone call answered in the middle of the night, one kind word. YSB supports Ottawa's youth in crisis through life-changing housing programs, like our two emergency youth shelters and four long-term housing buildings - programs that empower them to make choices towards the futures they want.

Be the one who makes a difference. Support our youth by supporting YSB

ONE NIGHT OUT OF THE  
COLD AND I FELT THAT  
I COULD **MANAGE**  
**ANOTHER DAY.**



**THE POWER OF ONE**

**CAN MAKE ALL THE DIFFERENCE.**

**DONATE AT YSB.CA**

## Important Dates: February 20, 2021

COLDEST NIGHT OF THE YEAR – 5 KM  
VIRTUAL WALK IN SUPPORT OF YSB'S  
SHELTERS AND HOUSING PROGRAMS  
(DETAILS COMING SOON!)

“YSB, wow... they've changed my life. They not only made me realize my potential in this world but showed me how to be independent and helped me when I needed it most. The people at YSB just wanted to see me succeed, and then they helped me to do it.”

- Alana, 17

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