



# OUR YOUTH OUR FUTURE

EDITION 2 2023

## Moving Ottawa's homeless youth off the street and into safe, supportive and inclusive shelters.

### Milo's Journey

Every year when I was little, I'd think "this will be the year that everything will be okay". And every year, I'd be crushed. By the time I was 18 I couldn't take my dad's drinking or my mom's crying anymore, so I packed a knapsack with the warmest clothes I had and I left. It was freezing cold, and I was alone...but I was free.

The next few months were rough and at times very scary. I spent nights in parks, doorways and even under bridges all with just an old sleeping bag a friend had given me. One night it was so cold that I walked until the sun came up, afraid that I would freeze to death if I slept.

It took me awhile to get over the embarrassment to start asking people for money. But, it was swallow my pride or stay cold and hungry. After two weeks of doing this I learned about YSB.

I didn't know it then but, in that moment, my life changed for the better. I got connected to YSB's Young Men's

Emergency Shelter and my first night in the shelter I slept 11 hours. I felt so safe and secure. I remember that moment clearly and I felt so hopeful.

I now have my own apartment in one of YSB's long-term housing buildings, am attending college to become a graphic designer, and am working part-time to support myself. For the first time I can remember, I'm really excited about my future. Growing up I just thought about getting by one day at a time.

I hope my story conveys just how life changing it was for me to be able to access YSB's shelter during a really difficult time in my life. The team at YSB supported me every step of the way, and I'm grateful they were by my side. I hope you'll consider taking the opportunity to transform the life of another young person like me today.

**Milo\***

\*While Milo's story is real his name has been changed to protect his privacy

CONTACT US:

 **613-729-1000**

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## Staff Spotlight: Leah

**Q1:** Who are you and what is your role with YSB?

**A1:** My name is Leah and I am a youth and family councillor with YSB Youth Mental Health Services. I work with youth and parents, and families affected by eating disorders and other challenges.

**Q2:** Do you feel the pandemic and the aftermath of the pandemic has increased the number of young people suffering from eating disorders?

**A2:** It's hard to say for sure, but one thing we know is that there has been an increase in hospitalizations. In fact, hospitalizations at the children's hospital here in Ottawa increased 60% during the pandemic alone. It's a very scary time for families and the need is quite high.

**Q3:** Are there signs a friend or family member should be aware of that might indicate a young person is struggling?

**A3:** When you talk about eating disorders, it's a very secretive struggle and people are scared to talk about it. They feel a lot of shame and that makes it hard to diagnose. I would say to watch for changes in your friend or child's relationship with food. Are they skipping meals, not wanting to eat, over exercising, and not wanting to talk about how they feel about their bodies. The biggest sign however, is weight loss. If you see a young person who is typically a certain size and you see a drastic change that is a very serious indicator to watch out for.

**Q4:** What would you say to a young person who is struggling or a parent or caregiver who is concerned about that young person?

**A4:** I would say that YSB has resources available to them. They can reach our compassionate counsellors through our crisis phone and chat service any time at 613-260-2360 or chat.ysb.ca. We also have in person services available to them. On Tuesdays and Thursdays we run a walk-in clinic where young people can be seen by a therapist and talk about their concerns. Most important is to reach out for help, because when you speak up you will get support.

## Leaving a legacy with YSB

Each of us devotes a lifetime to making a difference — to family, friends and our communities. Imagine for a moment helping a struggling young person in Ottawa build the life they have always dreamed about. Imagine them finding the hope, strength and the confidence to achieve their highest potential.

This is the difference you can make when you leave a legacy donation to the Youth Services Bureau in your will. The beauty of legacy giving is that it can often be done without reducing your bequests to family and loved ones. The tax savings realized by your estate could even increase the amount of money you leave to loved ones.

We hope you will consider leaving a lasting legacy with YSB. Your support will allow YSB to deliver critical Housing, Mental Health, Employment and Youth Justice services to Ottawa's most vulnerable young people for generations to come.

To discuss leaving a legacy gift to the YSB Foundation, please contact:

**Oliver Saner**, Fundraising Coordinator, YSB Foundation  
**Phone:** 613-729-1000 ext. 50260 **Email:** [osaner@ysb.ca](mailto:osaner@ysb.ca)



# Haircare Products needed for clients' diverse hair textures

YSB is in need of haircare products specifically designed for diverse hair textures. Ensuring clients have access to products that work for them is a priority for YSB, and we welcome your donations that help us make a difference. Examples of needed products include:

- ☐ **Moisturizing shampoos and conditioners for diverse textures**
- ☐ **Deep conditioning treatments and leave-in conditioners**
- ☐ **Natural hair oils and butters for hydration**
- ☐ **Protective styling products, such as edge control and hair gels**
- ☐ **Wide-tooth combs, detangling brushes, and hair accessories**

Together, let's ensure our young clients are cared for in the most inclusive way possible. Thank you for your support!

To donate or organize a drop off please contact:  
**Rachel Lessard**, Events and Community Engagement Specialist, YSB Foundation  
**Phone: 613-729-0577 x 50245 Email: [rlessard@ysb.ca](mailto:rlessard@ysb.ca)**

If you are unable to donate products, financial contributions are also greatly appreciated and will enable us to purchase what our clients need. Visit our website at [ybs.ca/donate](http://ybs.ca/donate) to make a donation.



This painting was created live at the recent official launch of YSB's EYAC (Ethno Youth Advisory Council) event, celebrating the beauty of diversity in Ottawa while highlighting EYAC and their resources for the community. This image hangs prominently at YSB's Youth Drop-In Centre. To learn more about EYAC contact: Sameha Ahmed, 613-241-7913 x 410 or [sahmed@ysb.ca](mailto:sahmed@ysb.ca)

## CRISIS CHAT AND PHONE SERVICE YSB IS HERE FOR YOU

24 hours a day, 7 days a week, by phone or online chat, YSB services are here to support young people in crisis as well as their families. Please share the following contact info far and wide. It just might save the life of a young person in our community.

**[chat.ysb.ca](http://chat.ysb.ca)**

**613-260-2360 (Ottawa) 1 877-377-7775 (toll-free)**

### 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 one week of shelter, counselling and healthy meals





## Corporate Partner Spotlight:

The Taggart Parkes Foundation is a non-profit, family-run organization that is committed to giving back to the communities in which they have lived and worked for three generations. Their focus is on building relationships with local organizations, with an emphasis on improving health care services, supporting and empowering vulnerable young people, and fostering healthy communities.

Since 2011, the Taggart Parkes Foundation has provided close to \$200,000 in funding to YSB that has changed the lives of countless young people in Ottawa. Their support also extends beyond YSB, benefiting numerous deserving organizations in our city.

The Taggart Parkes Foundation supported YSB's capital campaign in 2018 with the sponsorship of two apartment units at its Riverside long-term housing location. Annual support also enables YSB to support youth during various holiday seasons, ensuring purchases of most-needed items can be made. Most recently, the Taggart Parkes Foundation joined YSB as Presenting Sponsor of our Room to Grow shelter room sponsorship initiative. Thanks to their \$30,000 matching donation, YSB raised an additional \$100,000+ to support our two youth shelters for previously homeless youth.

The YSB Foundation extends deepest appreciation to the Taggart Parkes Foundation for its unwavering commitment and investments in young people and in YSB's work.



## YSB Foundation's inaugural Fundraising Breakfast

October 19<sup>th</sup>, 7:30 to 9 am  
Horticulture Building (Lansdowne)

Welcome to the YSB Foundation's Rise and Thrive Breakfast! Join us for a bright, bold morning of inspiration and stories in support of the more than 3,000 youth aged 12 and older who access YSB services each month.

From mental health services, shelters and housing, employment programs and justice support, we ensure youth are seen, heard, housed and supported without judgement of what they look like, where they live or who they love. Join us October 19<sup>th</sup> as we remind youth in our community that, Together, We've Got This!

**Join us as a Sponsor**   **Purchase a table**  
Engage your Business,   and help change the life  
Clients & Employees   of youth in our city.

Details at: [ysb.ca/rise-and-thrive/](https://ysb.ca/rise-and-thrive/)

CONTACT US:

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