



OUR YOUTH OUR FUTURE

FALL 2018

Nicole's story “YSB was part of the village that kept her alive.”

Five years ago, Mary's oldest daughter, Nicole, was in the midst of battling severe depression and suicidal thoughts. It was an extremely challenging and unstable time for their entire family. Searching for help, Mary was able to find a supportive youth group that brought together young people who shared some of Nicole's common interests and could relate to her experiences. That youth group was found at YSB's downtown Drop-In Centre, and it helped change Nicole's life.

“It's so good that Nicole had her own connections within places like YSB — and aside from family — because the staff and youth group members had a better understanding of what she's going through and have seen it before.” says Mary, recalling this time in her daughter's life with

compassion. “To have YSB there for her was huge. I knew that Nicole had options with YSB. And she had access to other services too, like employment and education.”

Having supportive peers, combined with caring youth workers and counsellors who offer help at the right times, can change everything for a young person who is struggling. **Your generosity ensures vulnerable youth like Nicole have supportive spaces to turn to when they are facing some of the most challenging times.**

“YSB was part of the village that kept her alive.” Mary reminisces.

With your belief in our work, YSB was able to be there for Nicole, because **you** were there first.

CONTACT US:

 613-729-1000

 FOUNDATION@YSB.CA

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Hope is a Place and Supporters like YOU are Building It!

YSB's new Youth Housing Hub is underway!

Thanks to the City of Ottawa and incredible partners and donors like you who believe in the resiliency of young people, the construction of YSB's new Youth Housing Hub is underway, and will soon be home to once-homeless and at-risk youth in our community. The 39-unit apartment residence will provide more than just affordable housing, and will also offer crucial support services in the areas of mental health counselling, education, health care, employment, and more.

There has never been a more urgent need for supportive housing for homeless youth in Ottawa.



YSB is proud to announce that \$7 million of the project's \$9 million budget has been secured to-date. Our focus in the coming months is to partner with 39 Founding Families to each contribute \$25,000 to fund a room for youth in the building. This generous gift can be paid over a 5-year period. Is your family one of them? Learn more at foundingfamilies.ca or contact Patti Murphy, Executive Director, YSB Foundation, 613-729-0577 ext. 1262 or pmurphy@ysb.ca.

Students in Ottawa gave homeless young women a home...THIS is Youth for Youth



At the end of the 2017/18 school year, the students and community at Joan of Arc Academy celebrated their achievement of raising enough funds to sponsor a room at YSB's Young Women's Emergency Shelter. Their efforts have ensured that homeless young women have a safe and caring place to call home when they otherwise have nowhere else to turn. For one year, a plaque on the door of Room 208 proudly displays the Joan of Arc Academy name.

The Joan of Arc students went above and beyond to reach their goal. They held fundraisers throughout the school year, donated out of pocket, and decided as a group to give up their planned graduation party to be able to sponsor the room. **Thanks to their generosity, the young women who will reside in their room this year have more than just immediate, safe shelter.** They have access to additional resources offered by YSB – including mental health support, employment, education support, and beyond. Safe housing, coupled with these supports, can mean a newfound sense of hope and a life transformed.

"I am so proud of my students, who care so deeply for the well-being of homeless and at-risk young women," says Teacher Connie Springfield. "They led this project, and it will make a real difference."

For more information about sponsoring a room at one of our shelters, contact Savanna Schiavo, Fundraising Coordinator, 613-729-0577 ext. 1260 or sschiavo@ysb.ca, or visit ysb.ca.

Will you be at Ottawa's biggest outdoor SleepOUT of the year?

SleepOUT so our youth don't have to.

YSB's signature event, SleepOUT for Youth, is a unique experience that brings together hundreds of community members to spend a night sleeping in the cold so homeless young people don't have to. Community leaders, groups, schools, corporate teams, and individuals join together on the field at The Stadium at TD Place to raise funds and awareness for solutions to youth homelessness in Ottawa, and it makes a significant impact. **Collectively, SleepOUT events have raised more than \$1 million in support of YSB's youth housing services, moving youth from the streets into safe, stable housing and support.**



Help us make a direct and lasting impact on the lives of homeless youth in our city. SleepOUT for Youth 2018 takes place Thursday, December 6th. Join us by registering or joining a team at sleepout.ysb.ca.

For more information about SleepOUT, contact Desiree Rapoch, Events Coordinator, 613-729-0577 ext. 1245 or drapoch@ysb.ca.

Impacting the lives of young people: Volunteering with YSB

We sat down with passionate volunteer Mary-Frances Brule, who shared some inspiring words about why she chooses to give her time to YSB.

'I think it's extremely important to have a support system that young people can rely on to get help when they are in trouble or on the streets.'

Mary has contributed to YSB by volunteering her time at our SleepOUT for Youth event and a range of other activities. She feels she's been fortunate in life, and wants



DID YOU KNOW...

Over 68% of homeless youth have at least one diagnosable mental health issue?

struggling youth in her community to have the same opportunities she has had.

'It's important to me to volunteer with YSB because I think most people in their lives experience ups and downs, and issues with health or mental health, as I have. I can't help but wonder what it would be like for young people who don't have that support close by.'

Volunteers, like our donors, help us support young people in profound ways that change their lives forever. For information about volunteering with YSB, contact Jillian Deslippe, Human Resources Officer - Volunteers & Staffing, 613-729-0577 ext. 1228 or jdeslippe@ysb.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



A message of thanks from a parent whose daughter you have helped:

'The Youth Services Bureau team is caring, loving, and *life-saving* for teens today. When a family member is in a crisis, it puts a strain on the entire family. Our daughter was depressed and suicidal before learning the tools to communicate her thoughts and experiences. YSB helped establish goals to move her and our family out of crisis and into a better place. My daughter has now returned to school and is feeling stronger. I want to thank YSB for continuing to be on the front lines caring for young people who are struggling. **Thank you.**'

YSB CRISIS SERVICES

24/7 Crisis Line:

613-260-2360

Online Crisis Chat service:

chat.ysb.ca

Ways to support youth this season

REGISTER TO JOIN SLEEPOUT FOR YOUTH AND SPEND THE NIGHT OF DECEMBER 6 WITH US. VISIT: sleepout.ysb.ca for more info!

DONATE NEEDED ITEMS SUCH AS NEW SOCKS, BACKPACKS, TOWELS OR GIFT CARDS. CONTACT: Savanna Schiavo, Fundraising Coordinator, 613-729-0577 ext. 1260 or sschiavo@ysb.ca for more info.

SPONSOR YOUR OWN SHELTER ROOM WITH YOUR COLLEAGUES, FAMILY, SCHOOL OR COMMUNITY GROUP.

Learn how by contacting Savanna Schiavo, Fundraising Coordinator, 613-729-0577 ext. 1260 or sschiavo@ysb.ca.

MAKE A DONATION TO YSB AND SUPPORT LIFE-CHANGING YOUTH PROGRAMS RIGHT NOW. CALL: 613-729-0577 or VISIT ysb.ca.

HOST A THIRD-PARTY EVENT AND FUNDRAISE IN SUPPORT OF YSB.

To explore event ideas, contact Desiree Rapoch, Events Coordinator, 613-729-0577 ext. 1245 or drapoch@ysb.ca for more info.

LEAVE A LEGACY FOR YOUTH BY MAKING A PLANNED GIFT TO YSB IN YOUR WILL.

CONTACT: Patti Murphy, Executive Director, YSB Foundation, 613-729-0577 ext. 1262 or pmurphy@ysb.ca for more information.

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