

# The Haven

haven (hā' vĕn) noun. A place of safety or refuge.



YES Newsletter: Winter 2013-2014

## Giving Back by Mary Overholt

Michael was having a hard time and had nowhere to go. YES was recommended as a safe haven that could help get him on the right track. Michael was met at the front door by longtime YES staff member, Ruby, who explained that at YES, everyone chips in; we help you, and you help your community. This is something Michael has really taken to heart. He took advantage of the opportunities he found at YES, including First Aid and maintenance training courses. He started volunteering, doing everything from odd jobs around the building to food deliveries for Kawartha Food Share.

Eventually, Michael moved on to Abbott House and YES' second-stage housing program. There, he took

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cooking classes, learned how to better manage conflicts, and got the help he needed to become financially independent.

While at YES, Michael received his first guitar as a Christmas gift.

He's learning to play, and sees music as its own language: "Whatever you're feeling, you can express it more through music." Now, Michael and his dad are sharing an apartment and enjoying spending time together, listening to and playing music. Michael works at YES one day a week doing odd jobs, and volunteers on a weekly basis. He's happy to help, since "they've done so much for me." When asked how he would describe YES, Michael says "it's the second chance you didn't think you had; it's hope."

## YES Shelters Families, Too by Suzanne Galloway

It's surprising how many people are unaware that YES offers shelter to families as well as youth. Since 2007, 15 of the shelter's 30 beds have been allocated to families, and 119 families have sought shelter at YES. Of the 21 families served this year, 17 were lone-parent families. Some stayed just a few nights, while others took nearly two months to stabilize their housing situation. This summer, we were overwhelmed with donations of furniture and clothes to support a family whose home was destroyed by fire. After five weeks at YES, the single mother and her three children moved into their new home in Millbrook with the help of the YES cube van, driven by one of our valued volunteers. Earlier this year, our family section was stretched as we served a family of nine!

YES makes efforts to allow families to normalize their family routines as much as possible while staying at a shelter. Our family section has

six units with a separate staircase for entry, allowing families a little extra distance from the youth residents, if they want. Families can use the dining hall outside of set meal times and can make their own lunches and breakfasts together. Special laundry times are reserved for families as well. But the mix of youth and families can be a positive one, with the presence of younger children bringing out more caring behaviour among the youth we serve. YES also has a staff person who offers the "Nobody's Perfect" parenting program on-site to interested parents residing at YES, in collaboration with the Peterborough County-City Health Unit.

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## It's The Holiday Season: In From the Cold Concert



Tickets might still be left for this annual holiday favourite, running Friday, December 13<sup>th</sup> and Saturday, December 14<sup>th</sup> at Market Hall. Hosted by Celtic folk group Carried Away, In From the Cold has raised an amazing total of approximately \$80,000 for the shelter since 2000! Tickets are \$17 and available at Moondance Records or online from [www.markethall.org](http://www.markethall.org).



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# “Y.E.S...a home for growth and opportunity in our community.”

## Many Thanks to our Supporters

YES relies on support from our many donors and volunteers. Here are a few recent highlights:

- ★ Imagine Dance Studios donated over \$1,500 from their 10<sup>th</sup> anniversary celebration/fundraiser;
- ★ Kenner construction students fixed YES' shed and ceiling;
- ★ Bo Pizza donated a pizza party to thank the Kenner students;
- ★ A Taste of Russia regularly hosts a delicious hot lunch for YES residents & staff. This year they also donated funds so we can take the residents bowling;
- ★ Home Depot Foundation gave \$5,000 towards roof repairs at Abbott House, home to YES' Second Stage Housing Program;
- ★ Youth participants in John Howard Society's Quantum program rebuilt an old stone wall at Abbott House;

Many other volunteers and supporters have made unique contributions to YES. Thank you!

## Wish List

YES welcomes in-kind donations of new or gently used personal and household items. We update our wish list regularly. It can be found on our website: <http://yesshelter.ca/yesnews/index.php/wish-list/>

## YES Seeks Volunteers

YES is looking for volunteers to fill the following roles:

- Drivers (monthly food runs & moves)
- Food Bank support
- Decorators
- Painters (you and your friends can spruce up a room one weekend)
- Donation sorters
- Event organizers
- Birthday cake bakers for resident birthdays

Our next volunteer orientation is January 13<sup>th</sup>. Please contact Wyatt at [wlamoureux@yesshelter.ca](mailto:wlamoureux@yesshelter.ca) to see if we can use your talents at YES.

## Join Our Mailing List

We'd love to keep in touch with you. To join our mailing list, and receive our twice-yearly e-newsletter and occasional news alerts, send an email to [board@yesshelter.ca](mailto:board@yesshelter.ca) with "join mailing list" as the subject.

## Homeless? We Can Help

If you or a youth or family you know is at risk of being homeless, YES can help. We provide emergency and transitional housing for youth aged 16-24 and for families, as well as a variety of related programs and services. The shelter is open 24 hours a day, 365 days a year, across from FreshCo in downtown Peterborough.

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### The Perfect Gift

Why not make a donation on behalf of your loved one to YES? For every \$10 donated, we'll provide you with a decorative card to let the recipient know of your gift in their name.



Donations by cash or cheque can be mailed or dropped off to the shelter. Donations can also be made online with a credit card - visit our [website](#) and click on



Tax receipts are issued for donations over \$20.00.

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