

WINTER NEWSLETTER 2015



IN FROM THE COLD & COLLEGE BOUND!

A young man was brought to the shelter after being found walking in the cold far outside of town. It soon became clear that he was mentally unstable and wasn't taking his medication. He had a long history of homelessness, frequent hospitalizations, and was not connected to any supports. Although he was unwell, YES staff managed to make a connection with him. Over months, there were episodes where he needed to be in hospital or would choose to not reside at YES but we were able to maintain a relationship. When he chose to stay at YES for a longer period, there was a distinctive change. He became more stable and started taking his medication regularly and willingly. He also found his voice to speak up and with YES staff's help, advocated to have a different psychiatrist. This increased his attendance at psychiatric appointments and engagement with his medication regime.

YES staff supported him to find housing and he has been in stable housing for 5 months now, keeping on top of his health and in-touch with Fourcast's housing retention supports. Amazingly, he started college this fall. It's thanks to you that we can offer this extended stay and more intensive support for individuals facing a number of challenges.

VOLUNTEERS WELCOME

Even a few hours a month can really help YES offer more to our clients. We have rewarding and clearly defined volunteer jobs including:

- Staffing our food cupboard for 3 hours
- Accompanying clients to the gym on Wednesday evenings
- Helping with special events
- Cooking with clients on the weekends
- Caring for our garden

If you would like to volunteer, please contact Wyatt at

wlamoureux@yesshelter.ca

YOUTH LEAVING CAS GET DEDICATED SUPPORT AT YES

A new resident at YES' transition House found his way to YES' services through our Youth in Transition Worker program which provides supports to youth (16-24 years) with significant past or current involvement with the Children's Aid Society. Residing at YES' 'Abbott House', he now has a stable place to live for up to a year with the support of a mentor and a savings program to put towards his next steps. He's grateful for this support:

"Before I was in contact with Kelly at the YES Shelter, I was down on my luck and feeling lost. I was going through a lot. Kelly and her supports have truly helped me in a lot of ways, and they continue to do so. All in all, I wouldn't be making the good changes I'm making without Kelly's supports. I believe that in the future I will be doing better as a result of her picking me up when I was down. I want to say thank you for everything you've done and are doing to help me. I really do appreciate everything. Things like court help, housing help, counselling help, food help, and just being there when I had nobody else I felt I could turn to."

16TH ANNUAL IN FROM THE COLD CONCERT



This wonderful concert benefit for YES takes place on December 11th and 12th. Get your tickets quick as this event sells out most years. Tickets are available at Market Hall and Moondance.



GETTING TO THE REAL ISSUES

By Suzanne Galloway, Executive Director - YES Shelter for Youth and Families

I hate being called Susan. When I returned to work at YES in the spring of 2013, there was a young man who would politely say “Good morning Susan”. He was always cooperative with staff, agreeable about doing chores, and never caused unrest at the shelter. And, I’ll admit, without a dedicated case manager on staff, he flew under the radar. After a month or two, he would leave YES with some much needed rest, but no further ahead. He’d be back to street life. While not at YES, he’d get further in trouble with the law. The assaults we would read about in the paper would surprise us given the demeanour he displayed in the shelter. When he returned this past spring, I told him “You’re here all the time, so I need two things. I need you to call me Suzanne and you have to meet with Maureen, our new case manager.” He was fresh out of jail and feeling scared. So he did. He was ready to make a change in his life. Thanks to you and increased funding from the United Way, YES had a skilled case manager to listen and help.

A breakthrough moment was when he disclosed the racism he experiences in Peterborough, both from service providers and on the streets. In his life, being the victim of racism has been a catalyst for him to respond with violence and fueled his involvement with the justice system. Fear of racism caused him to avoid meeting with probation and so he didn’t meet court orders and got in even more trouble. YES’ new case manager made sure he knew she believed him and understood. Together, they advocated for change in services and his life.

Recently, he came to use our food cupboard which is always a welcome opportunity for us to check in on past residents. He is standing taller. His eyes are clear and engaging. With great pride, he shared with us that he is attending anger management classes. He had also come to ask our case manager to help him write a complaint about a service provider who had told him to “Go back to your country”. Rather than responding with violence, he has found his voice.

It takes time and tremendous work to counteract years of trauma and instability in a young person’s life, and systemic oppression that can keep anyone down. YES is grateful to the United Way of Peterborough and to your contributions that allows us to do this work with the vulnerable youth we serve, even after they leave our emergency shelter.



RECENT ACTIVITIES AT YES

Clients participating with YES in the Peterborough Pride Parade hand wrote compliments to give to onlookers. The looks on the faces of recipients were priceless as they received heartfelt messages from an unexpected source.

YES hosts the Housing Resource Centre every other week to provide clients with tips on finding housing and financial supports, and be informed about their rights and responsibilities as tenants.

Recent Maker Mondays events have included creative writing, flag making, vision boards and circus arts activities.

YES RECEIVES \$10,000 PRIZE FROM HAVELOCK METAL

We are thrilled to have won Havelock Metal’s Gimme Shelter contest! Thanks to everyone who supported our entry via Facebook and to Havelock Metal for giving back so significantly to the community. A missing shingle on our emergency shelter’s 15-year-old roof caused a small leak in a family’s room this spring. We look forward to installing a new roof next summer. Havelock Metals’ generosity will help YES make the wise investment in a metal roof. We welcome your contributions to this important capital project that will truly keep youth and families warm and dry for decades.



YES is grateful to the donors who help to make a difference every day for the youth and families who need our support.

Can you help us do more?

Whether you give \$20, \$40, \$100 or more, you will be supporting people who need our help. We accept donations by cash, cheque, credit card, and Interac email transfer.

Visit www.yesshelter.ca for more donation options.

Thank you for helping our neighbours in need!



YES Shelter for Youth and Families - 196 Brock St., Peterborough, ON K9H 2P4 - www.yesshelter.ca

Phone: 705-748-3851 Fax: 705-748-6697