



House of Friendship

STRONGER TOGETHER

2020-2021 COMMUNITY REPORT
www.houseoffriendship.org



STRONGER TOGETHER SINCE 1939



Vision

A healthy community where everyone can belong and thrive.

Mission

We walk with those who need food, housing, community resources or addiction treatment.

Values

Inspired by Christian faith, we continue to be shaped by the following values:

COMPASSION

We extend the hand of friendship

INCLUSION

We believe everyone has a seat at the table

JUSTICE

We value a society where all have a voice

DIGNITY

We honour the self-respect of each person

HOPE

We always see hope, even in times of trouble

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Keith Cressman
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COURAGE, THROUGH CARE AND CONNECTION

This past year, everyone faced the same challenge – navigating a world that is forever changed.

For most of us – those with stable income, safe homes, and savings – how we navigated it was our choice. **We could face it with courage, care, and connection – and even some curiosity** – or we could face it with fear and judgment, isolating ourselves even further in the process.

It takes courage to see the world with curiosity and wonder about the “why” behind the challenges individuals face. Why is someone struggling with addiction? Why is it hard for parents to feed their families?

**When we ask the “why,”
when we are curious
enough to want to know the
story behind poverty and
addiction, it becomes much
easier to care.**

Inspiring thought leader Brené Brown expresses it this way: “Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver.”

We saw Waterloo Region become a little braver in 2020, in so many ways.

You provided care and connection through your compassionate support for residents facing incredible challenges, without the luxury of choice. How do you isolate when you don’t have a home, or you live in a crowded apartment? How do you

help your kids learn from home without adequate technology? How do you feed your family when you’ve lost your minimum wage job and have no savings?

You saw the need, and you stepped up to meet it.

Whether you made a first-time donation to help where needed most, or were moved to compassion after a Shelter fire displaced men who had already been through so much, you responded. Thank you.

And now we ask you to stay on that path, to continue to see the world with the curiosity that looks for solutions to complex problems like homelessness, poverty, hunger and addiction. We need your help to not only meet the urgent need now, but to look ahead to find ways to address these systemic challenges – which affect not only Waterloo Region, but all of Canada.

With your help, together we continue to work towards our vision of a healthy community where everyone can belong and thrive – a vision that only courage, care, connection and curiosity can create.



Keith Cressman,
Board President

A handwritten signature in blue ink, appearing to read 'Keith Cressman'.



John Neufeld,
Executive Director

A handwritten signature in blue ink, appearing to read 'John Neufeld'.

ADDICTION TREATMENT

Supporting Recovery and Healthy Living

It Was the Final Piece I Needed

Katie started drinking in her teens.

"Since I was 14, I don't think there was a week that went by without getting drunk," said Katie. "I had problems dealing with my emotions and feelings, so I just drowned them."

When she started blacking out because of alcohol, Katie knew she had a problem. She first looked into residential programs, but realized they wouldn't work for her, as a young wife and mother.

Through HERE24/7 (1-844-437-3247), Katie found out about House of Friendship's *Day Treatment* program. She took a few weeks off work for the intensive in-person program in January 2020.

"It was difficult for those two weeks, just being sober for the first time in a long time. I had a lot of emotions, a lot of anger. I was annoyed a lot. It was good to hear that it was okay to feel these things - that these emotions were normal."

And then the pandemic hit.

"I slowly got back into drinking. In the beginning, I would try to just have one drink. But then over the months and months, being in lockdown and homeschooling my children was just so hard."

She tried to quit drinking on her own, but experienced agonizing withdrawal.

"I spent so much time locked up in my room waiting for the days to pass. I told my husband, if this is how I will feel physically, knowing that just one drink will make the pain go away, I don't want to live like this."



Katie is ready for a fresh start, thanks to you!

While sharing with her support group, Katie learned about House of Friendship's *Rapid Access Addiction Medicine Clinic* (www.raamww.ca), where she could get medical support for her withdrawal symptoms and one-on-one counselling.

It was the final piece that Katie needed. Now, she continues to meet with her counsellor as she navigates a life of sobriety.

It took a range of treatment options to help Katie take the next step in her journey. Thanks to your support of Addiction Services, including our new *Addiction Treatment Centre* in Cambridge, mothers, fathers and loved ones can get the help they need. **Thank you for caring!**

A Year of Resilience

In a difficult and challenging year, one thing has shone through - the resilience of participants of House of Friendship's *Concurrent Supportive Housing* program.

"Everybody has shown so much strength and resilience during this pandemic," said Addictions Counsellor Neil Thomas. "It's been incredible."

The *Concurrent Supportive Housing* program, offered in partnership with Thresholds Homes and Supports, helps men and women struggling with addiction by meeting them in their own homes to provide counselling support.

When the pandemic hit, that vital connection between counsellors and participants was threatened.

Despite the challenges, it didn't take long for everyone to find their rhythm. With PPE in place, counsellors were soon able to meet with participants in person.

"Face-to-face contact is so important with addiction treatment," said Neil. "Now, we meet with people in their apartments as much as possible or go for a walk outside."

And despite the chaos of this past year, individuals have successfully tackled their addiction.



COVID-19 was no match for the resilience Addictions Counsellor Neil Thomas saw in program participants in 2020.

As just one example, a participant was able to graduate from the program that provides in-person counselling support for men and women struggling with addiction.

"It's a really cool success for that person that even in the midst of all the stuff that was happening, they were able to find that change and power within themselves."

The journey is not a simple one

A range of options and supports are needed to help individuals on their path to recovery.



HOUSING

Finding a Place to Call Home

Overcoming Grief and Loss

Denise knows about loss. Over a short period of time, Denise lost three family members – first her parents, and then, a few months later, her brother also suddenly passed away.

The grief was overwhelming, making it difficult to cope. When a family member suggested she move nearby to get additional support, Denise jumped at the chance.

“I trusted a family member that I thought cared about us, and had our best interests at heart, only to realize that they wanted to have me nearby to take what I have. What that person did was pretty much take all my money and put me and my family out on the street.”

Denise and her adult son, Majesti, ended up homeless, living in a shelter.

“It was incredibly difficult. Majesti was used to living in a house with his own room. I felt terrible – it was because I made a bad decision that he had to suffer.”

When Majesti was young, he suffered a severe head injury that still affects him to this day. He isn’t able to live on his own, and needs supervision – making it impossible for Denise to work.

After a year in shelter, Denise and Majesti thankfully found a new place to call home through House of Friendship’s *Supportive Housing* program at Eby Village.

Your support allows Denise and Majesti see a future of hope and possibility, in spite of the challenges they face. Thank you!



Denise and Majesti
have a home of
their own,
thanks to you!

In addition to affordable rent geared to her income on Ontario Works, Denise receives ongoing support from her worker, Ayshen, as she begins to build a new life.

“It’s just so good to have someone to talk to, to get some of the tough stuff out, so you can kind of function the next few days. It makes a difference to know someone is there to support you, that you aren’t alone.”

From Homeless to Housed

Collin has struggled with alcohol his entire adult life.

Growing up in an abusive home, Collin always turned to alcohol to ease his fear and anxiety. He would drink every day, as many as 12 drinks in one night.

It all caught up to him when he ended up going to jail for impaired driving. When Collin was released, he had nowhere to stay.

It was also the start of the COVID-19 pandemic.

He didn't know what was going to happen to him. But because of your support, Collin was able to benefit from the ShelterCare model (www.sheltercare.ca) at House of Friendship's *Shelter*, getting the help he needed.

"I've literally used every service, and it's been really positive," said Collin.

While there, Collin reduced his alcohol consumption, connected with the health team on site to renew prescriptions, sought out counselling to improve his mental health, and received support to apply for housing and a residential addiction treatment program.

"I wouldn't be where I am without this help," said Collin. "I feel so much better."



Thanks to you,
Collin has a place
to call home.

With your support, Collin is now living independently in his own apartment, and has made great strides with his addiction.

"Without ShelterCare, I might be dead," said Collin. "I definitely wouldn't be where I am today. I'd still be homeless."

ShelterCare is one of the many solutions needed in this community to help individuals like Collin move from being homeless to housed. Thanks to your support, Collin is looking to the future with hope. Thank you!

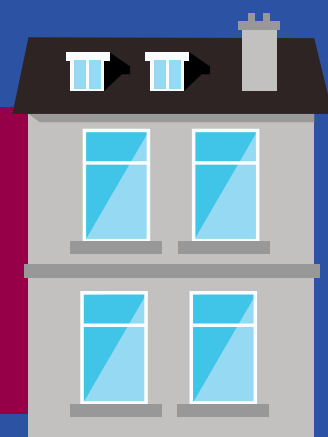
Everyone has a right to safe, affordable housing

We all need to work together to address the affordable housing crisis in Waterloo Region.

400+ HOMELESS
6000
HOUSEHOLDS
need affordable housing

RENT UP  **35%** OVER THE
LAST 10 YEARS
2.1% RENTAL
VACANCY RATE

*WATERLOO REGION STATS



SHELTERCARE

Integrating Health Care and Shelter

Building Trust and Hope

This March, when *Shelter* participants became eligible to receive the COVID-19 vaccine, 54 men signed up out of 70 – reaching 77% of the men!

It's a sign of how effective the ShelterCare model (www.sheltercare.ca) has been in building trust amongst a group that has not always had a good experience with health care. Your support of ShelterCare is making this possible!

“Everyone has become extremely comfortable with the healthcare team on-site and the other agencies,” said Jordan Wettlaufer, Shelter Day Supervisor. “The comfort level of participants coming to them for issues is incredible.”

The cross-team collaboration – involving members of the Inner City Health Alliance and other agencies – meant that a comprehensive team was ready to help when a fire displaced the program.

Shannon McMahon, a counsellor with Canadian Mental Health Association Waterloo-Wellington, was ideally placed to help support the men.

“It was so hard for them being out of their city and removed from all of their personal belongings,” said Shannon. “Just being there to listen and build



The ShelterCare approach has eased concerns over the COVID-19 vaccine.

rapport and show that you care means a lot.”

Thanks to your kind support, this cross-agency team is breaking down barriers to get men healthier and housed - together!



Hockey Helps the Homeless Waterloo Region is continuing to face off against homelessness. In spite of the pandemic, this volunteer committee achieved a record year and raised \$322,000 for Waterloo Region's shelters, including House of Friendship, through the virtual Hockey Helps the Homeless Canada Life Cup. A special thank you to Swiftspace Inc. for their matching donation of \$100,000!

Thank you HHTHWR committee for your incredible care and commitment!



LEAVE A LEGACY OF HOPE

A Gift in Your Will for Future Generations

Our Son is the Reason Why

Karen knows what it's like to have success in her career. She also knows what it is like to struggle as a parent.

For many years, Karen served as the CEO of FaithLife Financial before retiring. She has also worked as the Executive Director of Community Justice Initiatives. In both roles, she has been inspired by the generosity and faith of her community.

At home, things have been more difficult. She and her husband Peter adopted their son Jake*, who had a rough start in life. He lived in 19 different foster homes in just his first 24 months of life.

"Jake got lost in a great deal of turmoil and difficulty. He was on the streets, in trouble with the law. A lot of the time we didn't know where he was."

"This was a tremendously difficult journey and without organizations like House of Friendship, I can't imagine how we would have weathered it. Because throughout that period, our son was able to spend time there, get a meal, be safe, get care and support and be a person in his own right."

Karen believes that's what made the difference for Jake. And by leaving a gift to House of Friendship in her Will, she knows House of Friendship will be able to walk alongside many other sons and daughters as well.



"There will always be people in our community who need help; perhaps for a short time, perhaps for a long time. So we want to make sure that help doesn't run out by leaving a gift in our Will."

Karen and Peter Bjerland want future generations to get the help they need.

We're here to help! To learn more about making a Gift in Your Will, contact Development Director Margaret Lucas at MargaretL@houseoffriendship.org, or visit www.houseoffriendship.org/Wills.

STRONGER TOGETHER

To belong is a powerful thing



Food

Providing food for individuals and families in Kitchener-Waterloo.

- **20,000** individuals per year
- **Over 20%** received food hampers for the first time in 2020



Neighbourhoods

Providing support to families living on low income.

- **5,500** children helped each year
- **7 community locations** for Neighbourhood Food programs



1 IN 20

HOUSEHOLDS IN WATERLOO REGION RECEIVE FOOD ASSISTANCE



38%

OF FOOD HAMPER RECIPIENTS REGION-WIDE ARE CHILDREN



1 IN 8

RESIDENTS OF WATERLOO REGION STRUGGLE TO OVERCOME THE BARRIERS OF POVERTY



14,485

CHILDREN IN WATERLOO REGION LIVE BELOW THE POVERTY LINE

OUR VISION... OUR DREAM

A healthy community where everyone can belong and thrive.

OUR MISSION...

We walk with those who need resources or addiction treatment



 **6,000**

HOUSEHOLDS ARE ON THE WAIT
LIST FOR AFFORDABLE HOUSING
IN WATERLOO REGION

 **75%**

OF THE MEN IN OUR SHELTER HAVE
SIGNIFICANT MENTAL, PHYSICAL
OR ADDICTION HEALTH NEEDS

 **1,200**

EMERGENCY CALLS IN WATERLOO
REGION WERE RELATED TO
OVERDOSES IN 2020

 **21%**

OF CANADIANS WILL
STRUGGLE WITH ADDICTION
DURING THEIR LIFETIME



Housing

Providing emergency shelter,
affordable and supportive housing
to overcome homelessness.

- **120** men at Shelter
- **88** adults living in Supportive
and Affordable Housing



Addiction Treatment

A range of treatment options
to meet the continuum
of needs.

- Providing support to **2,600**
adults each year

OUR PROMISE

food, housing, community
t.

OUR VALUES... OUR INSPIRATION

Inspired by our Christian faith, we are shaped by:
Compassion • Inclusion • Justice • Dignity • Hope.

NEIGHBOURHOODS

Building Strong Families and Communities

Because You Helped Katealyn, Now She's Helping Others

Katealyn's life has come full circle.

When she was young, her mother received support from House of Friendship's *Live and Learn* program, getting support to help her manage the day-to-day challenges of being a single mother.

Years later, Katealyn also turned to House of Friendship for help.

After a difficult relationship ended, Katealyn found herself caring for her two young children on her own. She was unable to work because she couldn't afford child care on minimum wage.

"It wasn't easy being on my own," said Katealyn. "I felt isolated and alone. I didn't know if I could do it."

She was paying market rent at the time while living on Ontario Works, making it extremely challenging to make ends meet.

Katealyn found support through House of Friendship programs at Sunnydale Community Centre, including *Family Outreach*, after-school programs and food when money was tight. She gained the sense of community she sorely needed.

"They made me feel like it's okay to get some help," said Katealyn. "You're not judged."

Katealyn made sure to take advantage of many community activities at Sunnydale. Finding fun activities for her children meant a great deal for her, knowing that she couldn't always afford to plan outings for them.



Katealyn went back to school, thanks to you!

Because of you, Katealyn got the breathing room she needed.

Katealyn returned to school while still on Ontario Works, and today she is a registered practical nurse at a local nursing home! **Your faithful support is helping Katealyn – and others like her – overcome the odds stacked against them!**

"The emotional support and advice I received when I was doing this on my own meant so much," said Katealyn. "I'm on the right track now," and it feels good."

Bringing Families Together

What is the recipe for a fun-filled afternoon of cooking with family?

One cup of laughter, two tablespoons of curiosity, a dash of pride, and a generous dollop of meaningful connection.

This is the recipe that brings together children and their families every week at virtual cooking classes for youth.

Yuel is a regular. Over Zoom, he learns to cook new meals. He can easily list some of the delicious recipes he's mastered with the help of his family: lasagna, pizza, casseroles, and tacos.

Before 2020, these classes were offered in person. Thanks to your generous support, the team at Kingsdale Community Centre was able to pivot and provide this class virtually – and found that this new approach brought new benefits.

Online, children get a chance to cook the entire meal themselves, growing in confidence. Classes like these help children build connections with others and develop crucial life skills.

"At home, the kids are involved in every part of the cooking," says Alissa Sauder, House of Friendship's Community Development Worker. "It's really nice to see the families working together in the kitchen. These cooking classes provide a wonderful opportunity for family connection."



Virtual cooking classes bring connection and fun into the kitchen!

And Yuel wholeheartedly agrees. "The fun thing about the classes is that I get to do it with my whole family."

Your support of our Neighbourhoods programs is making it possible for children like Yuel to make these connections, learn new skills and grow in confidence. Thank you!

It's not the same pandemic for everyone

It is more challenging to navigate a crisis when you live on low income.



No savings to fall back on



Front-line service jobs at minimum wage



Not enough devices for online school



No space at home to call your own

FOOD

Providing Food and Nourishment

No Longer Alone

Dorothy Anne isn't sure how she could have weathered the storms of her life without support.

Thanks to the *Neighbourhood Food* program at Chandler Mowat Community Centre, she didn't have to.

For the past five years, Dorothy Anne has helped provide care to her autistic grandson, after his mother died of cancer. She gave up her job and moved to her son's home to provide this care and support.

But it came at a cost.

"It was a very difficult time. I love my grandson, but he required a lot of help."

Her son, still traumatized at his girlfriend's death, had problems of his own, struggling with addiction.

It became too much for Dorothy Anne, who started having panic attacks. She just couldn't stay with her son any longer – she needed a place of her own.

Dorothy Anne found affordable housing, and started counselling. She then added to what she calls her "umbrella of support" by connecting with the *Neighbourhood Food* program.

It became much more than food for Dorothy Anne, who was able to learn more about other programs and supports in her community.

When COVID-19 hit Waterloo Region, Dorothy Anne was grateful to see the food program continue, in a way that made her feel safe.

Then tragedy struck again. Her beloved grandson moved to Newfoundland, to be with his other grandparents. Shortly after, she received news that a granddaughter had died of an overdose.

"There were days when I wasn't able to get out of bed," said Dorothy Anne. Staff arranged a safe delivery of her food so she didn't have to go without.

"We weren't left to fend on our own," said Dorothy Anne. "They would call and check in on me."

Your support has made it possible for Dorothy Anne to not be alone during a very difficult year. Thank you for your ongoing care and compassion!



Because of you,
Dorothy Anne
received much
more than food.



Your support
provided families
with a holiday meal
this Christmas.
Thank you!



Meeting the Need in a New Way

This December, you brought joy to your neighbours! Because of you, families and individuals were able to enjoy a memorable meal and celebrate together.

The 2020 *Christmas Hamper* program looked very different this year. Instead of physical hampers filled with food delivered to households in Kitchener-Waterloo, staff and volunteers worked together to provide gift cards and turkeys to local families.

Nearly 13,000 people received support in this new way, a way that provided greater flexibility and dignity to recipients as it allowed them to purchase the food that met their needs.

Thank you to the hundreds of volunteers who demonstrated compassion, hope, and the importance of community this holiday season.

This year, the Kitchener-Conestoga Rotary Club raised a record \$430,000 - the proceeds of which help fund the *Christmas Hampers* program. **We are incredibly grateful to everyone on the Rotary team for your unwavering support and commitment to your community – thank you!**

Did you know?

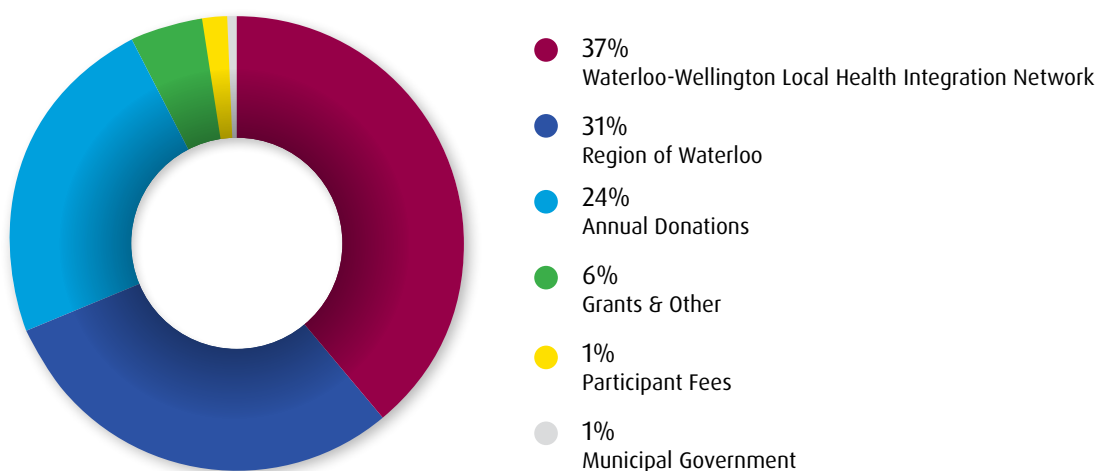
For some families living on low income, travelling to a central location to get a food hamper is an incredible challenge. The barriers include not having a vehicle, needing childcare and having to take time off work. This is why the addition of our Neighbourhood Food Distribution program is so important. And this past year, your support has allowed us to expand it from four to seven locations throughout Kitchener-Waterloo. Thank you!



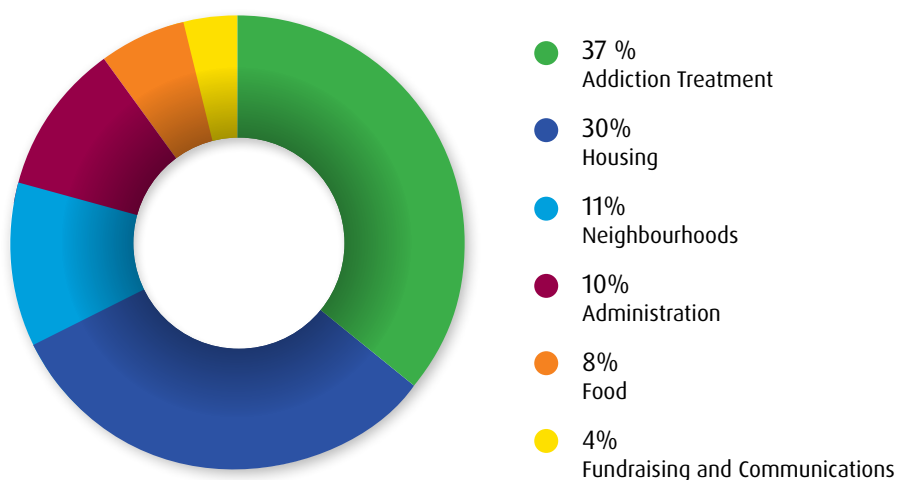
FINANCES

Financial Stewardship Summary 2020/21

WHERE SUPPORT COMES FROM – TOTAL OPERATING REVENUE \$17,402,393



WHAT YOUR SUPPORT DOES – TOTAL OPERATING EXPENSES \$17,368,887



Thanks to your support, we have met our commitment of a balanced budget for the eighth consecutive year, and we continue in our commitment of financial stewardship of each donation gifted to House of Friendship. Full audited financial statements and the 2021/22 Annual Budget are available online at www.houseoffriendship.org.

MANY WAYS TO GIVE

Give Today and Make a Difference!



Give a **financial donation**
with 3 easy ways to give:

Online at

www.houseoffriendship.org

Call

519-742-8327 x 131

Mail or drop off at

51 Charles St. E.
Kitchener, ON N2G 2P3



Volunteer:

Please visit

www.houseoffriendship.org/volunteer

to learn about the latest
opportunities to help your
community.



Leave a
Gift in your Will:

A gift in your will ensures
that future generations of
men, women and children
will be able to find the support
they need in their most difficult
season of life.

To find out more, call Margaret at
519-742-8327 x 122
or visit www.houseoffriendship.org/Wills

Increase Your Impact with Monthly Giving!

Consider becoming a **MONTHLY DONOR**! Monthly giving provides ongoing program support for families and individuals in Waterloo Region, while reducing administrative costs, ensuring that more of your donations will reach those in need. To become a monthly donor, please contact us at **519-742-8327 x 131** or fundraising@houseoffriendship.org



Donate needed items:

Throughout the year, House of Friendship programs need specific items to support our work throughout Waterloo Region. *Please review which items are being accepted, as well as donation drop-off times, at www.houseoffriendship.org/donations.*



PART OF THE FAMILY

Seeing the Impact of their Support

A Beautiful Friendship

Mike and Jen Kuhl didn't find House of Friendship. **"It's like House of Friendship found us," said Mike.**

Mike drives a garbage truck. Just over a decade ago, he heard a series of radio ads that changed his life.

As he drove, Mike kept hearing about House of Friendship's *February Potato Blitz*, and the need for volunteers to help local families needing food.

By the time Mike heard the final ad of the day, he was ready to volunteer.

That year, Mike and Jen served as store captains, organizing the fundraising efforts at a local grocery store and gathering together a team of like-minded people to help out, including their daughters.

"Our youngest ended up making a jingle with one of her friends, and we had so much fun," said Mike.

It was the start of a great friendship – one that led to more volunteer opportunities, including serving on committees of the board and helping out at Turkey Trucks. The more they learned about the need in their community, the more they wanted to help. It seemed only natural to start donating.

"In a perfect world, there would be no need for Emergency Food Hampers," said Jen. But she noticed how House of Friendship not only met the needs that community members were facing, but looked at deeper issues like addiction and preventative work in low-income neighbourhoods.

"They're doing the whole range at House of Friendship," said Jen. "You're helping children and families in ways that might help them escape poverty. It's giving people more chances."

Knowing that their donations would have a lasting impact made it all the more meaningful to Mike and Jen.

"We could see the result of our donations," said Mike. "It felt good."

"You don't donate to feel good; that's not the motivation," added Jen. "But it's just sort of an end result of it. It's nice to know our donations are making a difference."



Mike and Jen Kuhl found their calling as volunteers and donors through the February Potato Blitz.

HERE WHEN YOU NEED US

To access these services, or for information, call **519-742-8327**, or **houseoffriendship.org**.

ADDICTION TREATMENT

SUPPORTING RECOVERY AND HEALTHY LIVING

Call 1-844-437-3247 (HERE247) to apply for these services.
NOTE: All programs, except for residential, are now offered virtually as well as in person.

Residential Treatment

Residential abstinence-based and counselling focused programs for men and women, including Justice Pathway transfers from prison.

Day Treatment

Introductory group counselling and intensive two-week day programs for men and women. Held in Cambridge, Guelph and Kitchener.

Counselling Services

Counselling services available for individuals, groups and families concerned with addiction, substance use, problem gambling, gaming and internet use.

Community Addiction Support Services

Programs provided by House of Friendship together with community partners:

- **Concurrent Supportive Housing**
Addiction counselling for adults in supportive housing in Waterloo Region.
- **Community Withdrawal Support Program**
Support to help individuals develop a plan to withdraw from substance use. Apply at 1-844-722-2977.
- **Rapid Access Addiction Medical Clinic (RAAM).**
A walk-in clinic for those experiencing health issues related to their substance use. For hours and locations: www.raamww.ca. or 1-844-722-2977.

FOOD

PROVIDING FOOD AND NOURISHMENT

Emergency Food Hampers

Providing food for individuals and families.

Neighbourhood Food Distribution

Providing food for families in their own neighbourhoods in multiple locations in Kitchener-Waterloo.

Christmas Hampers

www.christmashampers.ca

Providing food for individuals and families at Christmas.

NEIGHBOURHOODS

BUILDING STRONG FAMILIES AND COMMUNITIES

Family Outreach Program

www.familyoutreach.ca

Providing access to vital community resources for families with children 17 years of age and under who are living on low income.

Community Centre Programs

Supporting families and individuals living on low income in the following neighbourhoods:

- **Centreville Chicopee**
- **Chandler Mowat**
- **Courtland Shelley**
- **Forest Heights**
- **Kingsdale**
- **Sunnydale**
- **Victoria Hills**

Neighbourhood Food Programs

Community food programming to build belonging and connection in low-income neighbourhoods.

Summer Camp Sponsorship

Providing a summer camp experience for children of families living on low income.

HOUSING

SUPPORTING INDIVIDUALS TO FIND A PLACE TO CALL HOME

Men's Shelter

Emergency shelter for men experiencing homelessness, with wraparound supports (www.sheltercare.ca) to become healthier and housed.

Supportive Housing

Permanent affordable housing for single adults, with support services that foster recovery from homelessness and community integration. Participants from the Prioritized Access to Housing Support (PATHS) list are eligible.

Affordable housing also available for those requiring financial assistance and on the Community Housing Access Centre (CHAC) list.

- **Charles Village**
- **Eby Village**



STRONGER TOGETHER, BECAUSE OF YOU!

It's your compassion and determination to care for others that have made these stories of resilience, hope, and new beginnings possible. To journeys of loss, pain, and obstacles, you have brought courage, care and connection. Thanks to you, no one has to face this journey alone. Thank you for building a community where everyone can belong and thrive.

Thank you for being living examples of our House of Friendship values of compassion, inclusion, justice, dignity and hope!

51 Charles Street East, Kitchener ON N2G 2P3

Phone: 519-742-8327

Email: admin@houseoffriendship.org

www.houseoffriendship.org

Charitable # 10749 3892 RR0001

About the Cover: Zenib, Mamaye and Salwa find community through programs at Sunnydale Community Centre. Because of you, these women can connect and belong through peer health groups, cooking clubs, and English conversation circles.

