



House of
Friendship

your friendship news

FALL EDITION 2023

www.houseoffriendship.org



Sherry is getting a fresh start after years of struggling with addiction. Thank you for walking alongside community members like Sherry with compassion and understanding!

Getting a Second Chance, Thanks to You!

Sherry left home when she was only 16 years old. It was her birthday.

Her dad kicked her out after Sherry held a party when her parents were away. **There was no second chance.**

As far back as she could remember, Sherry's life had always been unstable – both of her parents struggled with alcohol use, and fought constantly.

"They would start drinking on a Friday and then they would split up on the Saturday or Sunday and Mom would be dragging me to my aunt's house and we'd stay there for the week."

Moving out at such a young age with no coping skills of her own, Sherry turned to drugs.

She had already been experimenting with marijuana, but quickly moved on to harder substances – cocaine, ecstasy and mushrooms.

It wasn't long before Sherry couldn't go through a

day without getting high.

“

Home never felt safe to me. I wasn't allowed to have any emotions, to cry. I learned to keep everything inside.

- Sherry

”

And even when she became a mother a few years later, she couldn't stop. She would often wait until her daughters went to sleep at night, but could rarely go a single day without taking something. Coping with reality was just too hard.

Sherry was able to maintain brief periods of abstinence after going to treatment programs. But during one period of no use, Sherry received devastating news. Her daughter had been molested by Sherry's former boyfriend.

"That just tore my whole world apart. The one person that's supposed to protect her innocence

...Continued from front page

stole it.”

Sherry couldn't cope.

“I was working night shift at the time, and so focused on taking care of her that I didn't take care of myself. By the time I would get them off to school and feed them, it was time to go back to work. I could only hold on to that for so long. That's when I relapsed.”

Sherry's lifetime journey of drug use didn't end until she entered House of Friendship's Residential Treatment Program. It was the chance she needed to begin again. And while she had tried to quit before for others, this time was different.

“This time, I wanted to be there. This was for me,” said Sherry.

While in the program, Sherry learned to face her emotions and truly feel them – and finally forgive herself.

Using the techniques Sherry developed while part of House of Friendship's program, Sherry learned how to face life, with all its joys and struggles.

Sherry is continuing with counselling, and makes sure to attend support meetings every day. She's

learning to be comfortable with her emotions – and that's okay to not be okay.

“

I know now that I deserve to be happy.

- Sherry

”

“It's a vital part of my recovery to stay connected with others, to talk to people who've gone through what I have gone through,” said Sherry. “I can be myself. I don't have to hide.”

Sherry knows that she has a tough journey ahead of her, but is thankful for the change to begin again through House of Friendship's Residential Addiction Treatment program.

Thank you for being part of a caring community of support – you are helping to fight the stigma of addiction, and giving people like Sherry the second chance they so desperately need!

The Right Help at the Right Time

Every person dealing with addiction is unique - and the support they need will look different. That's why it's vital to offer a wide range of services, to meet each unique need.



Virtual support



Day treatment



Residential treatment



Harm reduction



Counselling



Aftercare

Sheltercare is **Making a Difference!**



The ShelterCare team celebrates the milestone of serving 100 men in our new ShelterCare facility in Waterloo.

It's been an incredible journey at our new ShelterCare facility in Waterloo!

Since moving in earlier this year, our ShelterCare team has been working closely with our community partners to support men experiencing homelessness.

Thanks to your compassionate, caring support, 100 men are now receiving health-care, addiction and mental health supports. These men are getting healthier and ready to exit the cycle of homelessness for good!

Key components of the program include supporting individuals in developing a housing plan, working side by side to develop life skills like cleaning and laundry, and health supports such as primary care, vision clinic and addiction services.

To learn more, and watch a behind-the-scenes video update from our ShelterCare program, visit www.houseoffriendship.org/ShelterCareUpdate.

Thank you for your continued commitment to ensuring individuals experiencing homelessness get the help they need to get healthier and housed – for good!



BY THE NUMBERS*

100 men joined the program

3 men have been housed

15 men are employed

78% reduction in incident reports

30% of participants are meeting with an onsite addiction counsellor

**Since ShelterCare program opened in February 2023*



Golfers at Friendship Golf had so much fun this year with our crazy “photo booth” photos.

You Played with Purpose at Friendship Golf!

Thank you so much for joining us at this year’s Friendship Golf, where you Played with Purpose, raising an incredible **\$ 95,877!**

This year’s Friendship Golf tournament took place at Beaverdale Golf Club, and while it featured a few other changes one thing remained the same – caring community members came together to help support the men in our **ShelterCare** program!

Whether you sponsored, golfed, donated by Funding Belonging or by bidding on our auction items – you showed how much you care for men who have no place to call home.

Presented by **Strassburger**
WINDOWS AND DOORS

Your generosity has never been appreciated – or needed more – with 100 men receiving 24/7 care and support through our new ShelterCare facility in Waterloo (Read more on page 3).

Thank you for your compassionate, faithful care and commitment to helping address the root causes of homelessness and join the change-makers in Waterloo Region who are working together to make a difference!

A SPECIAL THANK YOU TO OUR SPONSORS!

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- Joe Reinhart Glass Service Inc
- Network Telecom
- Owl-Tech
- Sentinel Pest Control Incorporated
- Soprema Inc
- St Jacobs Printery
- The Sunbeam Lodge

Join us for Friendship Dinner This October!

Presented by **RBJ Schlegel**
Family Foundation

Please mark **Saturday, Oct. 28** on your calendar, and join us for “If I Had One Wish...” at this year’s Friendship Dinner.

Every parent has big dreams for their children’s future. And every parent knows that nail-biting fear of how to get there. This is especially true for families living on low income. When parents are struggling to make ends meet, wishes for a bright, happy future for their children can seem out of reach.

But with the right supports, youth can not only dream of a bright future – they can see those dreams and wishes become a reality! Join us at Friendship Dinner, and meet inspiring youth who are overcoming the odds, to become our future leaders!



FRIENDSHIP DINNER 2023 - “If I Had One Wish...”

October 28, 2023 - Bingeman’s, 5-9 p.m.

Buy a ticket, a table, bring a friend or donate a ticket -

we can’t wait to see all of you! www.houseoffriendship.org/friendshipdinner



HOCKEY HELPS THE HOMELESS WATERLOO REGION FRIDAY, OCTOBER 27, 2023

It’s almost that time of year again – for hockey fans to lace up their skates and join the fight against homelessness!

Hockey Helps the Homeless Waterloo Region will be celebrating two incredible milestones this year – its 10th anniversary, and surpassing the \$2-million mark in money raised to help address homelessness in Waterloo Region helping five local shelters, including ShelterCare!

To participate, sponsor or volunteer, visit wr.hhth.com



YOUR SUPPORT IS NEEDED THIS HOLIDAY SEASON!

Your generous support of the Christmas Food Program makes a difference in the lives of families and individuals in Kitchener-Waterloo as they celebrate the holiday season.

This December, we invite you to join in two ways:

- **VOLUNTEER:** Express your interest in volunteering by setting up your volunteer profile now at www.houseoffriendship.org/volunteers, and you will receive notification by email when it’s time to sign up for available positions.
- **DONATE:** Watch for your invitation this fall to support Kitchener-Conestoga Rotary Club’s 21st Annual Turkey Drive at www.turkeydrive.ca



Finding A Place of Belonging

"I want to share what's been a part of my life with others. You only get to keep what you give away."

That's the philosophy that Will Stoltz lives by. At 82 years old, it has served him well.

Growing up, Will was a self-described introvert, and struggled to connect with others. That changed with the love of one special person. "Jean was the first – and last – woman I ever dated.

"She helped me discover out how important it is to have unconditional love in your life, to build confidence, because if you're a loner, you wall out the pain of being hurt again, but you also wall out a heck of a lot of love," said Will.

Jean helped Will discover the joy of being part of something bigger. For the first time, he understood the importance of a community.

It's important that we all have a place of belonging, and we feel good about who we are

Will Stoltz, leaving a gift in his Will to House of Friendship

Will was inspired to give back, so he got involved with Big Brothers. The experience moved the Stoltzes to volunteer at the KW Big Brothers camp for kids whose fathers weren't a presence in their lives. Jean endearingly became known as "Cookie."

"I had a strong pull to be with and empower those who didn't feel they belong, because I knew it from my own childhood," Will explains.

He got active with church agencies, and even went on to become an ordained church minister.



Will Stoltz is leaving a gift in his Will to House of Friendship, as a way to share the blessings he's received with others.

One night, Will led a retreat for men at House of Friendship. Something special happened. "The guys were very responsive, enthusiastic and curious," he remembers. Will was so affected by the impact he made, that he decided to focus on society's most isolated individuals, serving as a chaplain in prison ministries.

These days, Will loves spending time with his daughters, grandchildren and great-grandchildren. Thinking about their future, he created a Will that includes both his family and House of Friendship.

He feels good knowing his decision represents his core values: "I get great joy out of my future gift to House of Friendship, and also, helping my kids and their kids."

"My legacy is taking the unconditional love I received, and using my gratitude to say, 'Hey, I want to share what's been a part of my life with others.'"

To learn more about leaving a gift in your Will to House of Friendship, contact Development Manager Joanne Adair, at joannea@houseoffriendship.org, or 519-742-8327 x 137.

Increase Your Impact with Monthly Giving!

Consider becoming a **MONTHLY DONOR**! Monthly giving provides ongoing program support to Waterloo Region's most vulnerable residents while reducing administrative costs, ensuring that more of your donation will reach those in need. To become a monthly donor, please contact Keke at 519-742-8327 x 131 or fundraising@houseoffriendship.org.

Give Today and Make a Difference!



Give a **financial donation** with 5 easy ways to give:

Online at
www.houseoffriendship.org

Call us at
519-742-8327 x131

Mail or drop off at
51 Charles St. E.
Kitchener, ON N2G 2P3

E-transfer or Securities:
Call Keke at
519-742-8327 x 131



Volunteer:

Please visit
www.houseoffriendship.org/volunteer
to learn about the latest opportunities to serve in 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, please call Joanne at 519-742-8327 x 137, or visit www.houseoffriendship.org/Wills



Donate needed items:

Throughout the year, House of Friendship typically accepts specific items that are needed to support our programs. Our donation needs are continually changing. **Please be sure to check www.houseoffriendship.org/donations to find our current list of needed items.**

Planning a fundraising event or group collection? Contact us at fundraising@houseoffriendship.org.

"Leaders of Tomorrow" – 84th Annual AGM

It was wonderful to see you at this year's Annual General Meeting and Strawberry Social at Catalyst 137!

On Monday, June 19, more than 200 community members gathered together to enjoy a time of connection and community, as well as the chance to learn more about the impact of their support.

Interim Community Services Director Dauda Raji shared his insights on the importance of **Inspiring Leaders of Tomorrow** – and how vital it is to provide future leaders in low-income neighbourhoods with education, experience and engagement to help them grow and learn.

At the AGM, the Board of Directors also recognized and honoured Neighbourhood Youth Leaders with the Buhr Legacy of Fellowship. Accepting the recognition on behalf of all youth leaders were Fredlyne Kayee, Nate Caudle and Abdulmajid Abdulmajid.

A heartfelt thanks to **Herrle's Country Farm Market**



At this year's Annual General Meeting, the Buhr Legacy of Fellowship honoured Neighbourhood Youth Leaders. Receiving the recognition from board president Karen Bjerland on behalf of Neighbourhood Youth Leaders were Fredlyne Kayee, Nate Caudle and Abdulmajid Abdulmajid.

for providing the fresh strawberries and to the team at **KPMG** for their hard work in preparing and serving refreshments and delicious strawberry shortcake. Your support and contributions made the event even more delightful!

Your Community Report!

Every year, we gather the stories of resilience, strength and hope that your compassion and generosity have made possible.

We put all of these stories together in our Community Report so that you can see the impact of your support!

If you haven't already received a physical copy, you can request one by calling us at 519-742-8327 x 131. You can also view it online at www.houseoffriendship.org/communityreport.

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



Your Friendship News!

The stories shared in this Friendship News are your stories – you have made them possible. You are walking alongside men, women and children in Waterloo Region during their most difficult season of life. We hope that you enjoy reading these stories that show the impact of your support. Contact Gail Martin, at gailm@houseoffriendship.org if you have any feedback or would like to update how we communicate with you.