



UNITED WAY FUNDED AGENCIES ARE MAKING A REAL DIFFERENCE

For each of the stories below, the names of the people involved in accessing the programs have been changed to John Doe, or Jane Doe to protect their identity and confidentiality. Specific dates and locations have also been changed to protect the families and clients. Any similarity to actual persons is purely coincidental

PASTEWE PLACE DETOX CENTRE

John was at his "rock bottom." He was tearful, afraid, sick, and very sad. In the first week he was at Pastew Place Detox Centre, the staff brought him to the crisis response team at the hospital because John could not see a future for himself. Afterwards, John spent a couple of weeks at the Centre. We could see him starting to open up. He started attending more and more programs, feeling safe speaking with staff, and at that point, he decided to attend a residential treatment program. John took the opportunity to participate in the Pre-Treatment program until he voluntarily transitioned into the treatment facility at Pastew Place Detox Centre.

John is now attending a program at Reset Society. This program is tailored to victims who have been sexually exploited.

John Doe still calls the Centre weekly to speak with staff as he feels we are, and will continue to be, here to support him in his recovery. John's goal is to eventually be able to help other victims who are looking for a new life. We are very proud of John and how far he has come.

PASTEWE PLACE DETOX CENTRE

"I went to Pastew Detox after hitting rock bottom. I was at such an unhealthy weight. Coming through the doors I was so lost and broken. The staff are an amazing bunch of people. The Day Program helped me on my journey to recovery and the food was unbelievable. While I was there everyone was so welcoming and friendly. I had nothing to fear; even being different, there was no judgment."



“I couldn’t have asked for a better experience. This was my first time in detox. Thanks to this place I was able to get into treatment. Thanks to all their help at the beginning of my recovery, I am happy to say I have been clean and sober from all mind-altering substances for months. I would highly recommend this place if you need help with addiction and doing it for yourself. You will get a lot out of the program, it helped me. You just need to put in the work and it is worth the work you put in. Taking the small steps to stay sober helped as well as all the advice and tools I learned on my road to recovery.”

THE CHILDREN’S CENTRE

Jane Doe attends the Postnatal Program. When she first came to The Children’s Centre she had very low self-esteem and felt she was a real failure because she was a young, single mom and had just had her second child.

The first couple of times she was here, Jane was very quiet and did not have much to say. It did not take her very long to come out of her shell, and once she did, there was no stopping her. She started to participate in class, meet new friends and she came every week never missing a class. Jane just loved it here because it was a great support for her. She found moms exactly in the same situation as she was.

Jane told the coordinator she wanted to get out of the rut that she was in and she wanted to stop using Social Assistance. She wanted to be a better role model for her children but did not know how to go about it.

The coordinator asked her if she thought about going back to school and doing something with her life, but Jane said she couldn’t see how she could do this, as it would cost her too much money. The coordinator told her she could apply for Student Financing at the college and she could also apply for subsidized childcare. As the coordinator was talking to her she could see the expression on Jane’s face change; for the first time in her life Jane was filled with hope.

The coordinator told her how she should go about it and helped her take the first step. Appointments were set up that very day. Once Jane had decided to do this, it was full steam ahead. She went to councilors, got her student financing and had her baby registered for daycare.



The day before Jane was to start her first day of school she came to the coordinator and thanked her for helping her get started.

THE CHILDREN'S CENTRE

This year, a young student named John Doe was having real difficulty adjusting in a social setting. When he started preschool, he had a lot of trouble sharing with other children. When it came time to share toys or wait turns John would have a complete meltdown and often become very upset. Although this was troubling for the teachers and other students, we knew with the right help, he could learn to do better with the social challenges he was facing.

The teachers truly believed our preschool program was the best place for John. With the struggles he was facing, he would benefit tremendously from the early intervention of different social, emotional, and support strategies. After talking with the John's parents, it was evident they were also having a difficult time at home and had recently experienced some big changes. John as struggling with these changes too. We believe having a consistent routine at school and at home, combined with a positive environment for the children to grow and learn would help them, not only at school, but at home as well.

Within 2 months of starting preschool John was a very different child and quickly learned how to share and play with other children. Teachers in the preschool no longer had to coach him through waiting his turn or sharing, and his parents noticed a change in his behaviour at home as well. By the end of the school year in May, you would never know John had any previous challenges. It is truly a pleasure and such a reward to see our preschool program have such a positive impact on young children.

THE HUB FAMILY RESOURCE CENTRE

"I signed up hoping to learn techniques to make my children behave. Now, I know as a parent, my job is to respond to my children's needs and their "bad" behaviour is just their way of communicating to me they needed something. It shifted the focus onto me as a parent, and it's been very insightful. I feel I understand my kids more, and can put myself in their shoes. It has led to more peace in our home."



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THE HUB FAMILY RESOURCE CENTRE

"The Hub Family Resource Centre has given me more reasons to stay patient with my children, as now I know they aren't "acting out" but just looking for connection."

THE HUB FAMILY RESOURCE CENTRE

"The Hub Family Resource Centre has taught me the importance of stepping back and reflecting on the situation and approaching my child's needs calmly"

THE HUB FAMILY RESOURCE CENTRE

"I enjoy the people, the environment and the freedom my child has to explore and create connections with others at The Hub Family Resource Centre. Learning through play is very important to us."

THE HUB FAMILY RESOURCE CENTRE

"The Hub Family Resource Centre has completely changed our lives for the better. Even if it is something as small as the staff giving the parents reassurance we are doing the right things with the children, it helps a lot. The amount of love and support my family had received from the staff has been unmatched! We love The Hub!"

VARIETY CHILDREN'S CHARITY

"Our elementary students from Kindergarten to grade 6 participated in the *Just Like You Program*. Classes of all grade levels appreciated the facilitator's honesty and passion for teaching youth about diversity and inclusivity.

It is meaningful for our staff and students to witness the facilitator, a past student in Fort McMurray, demonstrate her strengths as a leader for the program. The program is interactive and allows the students to ask questions in a safe environment. Students were enthusiastic and engaged during the presentations. It is a wonderful program for all ages to learn about creating safe and inclusive spaces."



CANADIAN MENTAL HEALTH ASSOCIATION

"I have family with addictions and now have the confidence to speak with them. I several family members to drugs and I still have relatives who are addicted to drugs. These workshops have given me the courage and confidence to start communicating [with my family] again."

LEGACY COUNSELLING SERVICES

"I want you to know that while attending my counselling sessions, I so appreciated meeting you! You have provided me with much needed life tools to navigate stress, past trauma and I basically know now in my heart, I'm going to be ok."

ST. AIDAN'S SOCIETY

Three days following an agency event, a community member reached out to our agency to say, "We really respect what you do". They went on to say, "My children are very close their grandparents, and we are happy to know seniors would have help if they need it."

The fact that our messaged resonated with this community member is very positive and it is what we hope for when we strategize about making a difference.

SUPPORT THROUGH HOUSING TEAM

Jane Doe was initially referred to Support Through Housing Team by the psychiatric social worker at the Northern Lights Hospital. She stayed in the hospital for a while due to mental health issues, was diagnosed with major depression and schizophrenia, and suffered from suicidal ideations.

After discharge Jane went to stay with her parents, however, the family dynamics were unhealthy, and the family could not be supportive of her mental health struggles. Jane had several barriers to housing, including poor mental health, lack of support network, low income, inability to sustain a job, lack of essential life skills, past trauma, and addiction issues, and an incident involving the police.

At the beginning of Jane struggled to build positive relationships and was extremely quiet. However, she was always willing to work with the team and follow through with a service plan. Jane soon met all of the conditions to move into Centennial House and has been working with support services, remaining in close contact, and showing significant improvement.



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Jane's mental health has stabilized and is now manageable. She is more engaged, open, and working with other community service providers to manage her needs. Since moving to Centennial House, Jane has made friends with several tenants, and her social skills have vastly improved. She participates in the life skills events and maintains housing with no concerns. Jane has gotten comfortable with the staff and other tenants to demonstrate humor and the ability to joke with others. She now has a job and has been in high spirits with a positive outlook on life and the future. Jane continues to impress us with the amount of dedication and attention to recovery she has been put into the program. This is evident in the daily interactions witnessed and the improvement seen in becoming a productive member of society.