



# NEWSLETTER

## SEPTEMBER 2018



## RIDE FOR REFUGE

BY CATHY MANUEL

In 2012, I purchased my first bike and was terrified to ride it, as it had been 24 years since I had last been on a bicycle. But driven by a goal, and the patience of a friend and teammate, I persevered. Even though my fingers tightly gripped the handle bars and I was too scared to reach for my water bottle, I successfully complete a 25km ride, on a cold October morning. The motivation to push beyond my limits was lit by the desire to assist youth in our community who did not have the same resources or privileges as others. The following year, Youth Impact began to host Ride for Refuge.

In its 15th season nationally, the Ride for Refuge will be taking place on SEPTEMBER 29th in 28 locations across Canada, including Moncton. Participants can register online at [www.rideforrefuge.org](http://www.rideforrefuge.org), selecting from a standard 10, 25 or 50km routes, depending on skill level or determination. A 5km walk has also been added for those without a bike. Nationally, the RIDE provides participants the opportunity to spread awareness and raise much-needed funds for their choice of 200+ registered charities. Here in Moncton, the funds raised

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for Youth Impact Jeunesse support Youth QUEST Central located at 199 St. George Street. This drop-in centre for at-risk and homeless youth gives, provides access to basic services such as laundry, shower, food and clothing. It also connects youth to other on-site programs to assist with education, employment, housing and more.

The Rotary Club of Moncton West and Riverview and Ermen Plumbing and Heating Ltd. have stepped up as lead sponsors of this event. Their generous support along with 14 other local sponsors is truly appreciated. There is only two weeks left to reach the goal of \$25,000 and 125 riders in Moncton head to your favorite keyboard and type [www.rideforrefuge.org/moncton](http://www.rideforrefuge.org/moncton). Register to pedal, walk, volunteer or donate.

For specific information on the RIDE in Moncton, please contact local Event Director Cathy Manuel at 506-869-6338 or [events@youthimpact.org](mailto:events@youthimpact.org).

For more information, check our website

[youthimpact.org](http://youthimpact.org)

# Youth Helping Youth: Youth Philanthropy Matters

## Mia's Stewardship

BY MEL KENNAH

Mia Blakney is a 16-year-old volunteer and fundraiser associated with Youth Impact who has demonstrated exceptional initiative in assisting other young people in having a better chance of succeeding with their goals. Mia was first introduced to Coldest Night in 2015 and for the past three years, she has been a strong participant in both fundraising for and walking in the event. This young woman has inspired people of all ages this past year by being one of the event's top five fundraisers among 370 participants. Her drive and dedication to helping those around her exhibit her selflessness and compassion and is the most honest act of kindness.

The infectiousness of Mia's need to help those around her and her insight and kindness toward strangers are refreshing and inspiring. We can all learn from this young person's example.

## Remembering Becca

BY TREVOR GOODWIN

Rebecca Schofield's #BeccaToldMeTo movement swept cities throughout the world. She reminded us that we were all once scared of the dark and that we have all needed help at times in our lives. Rebecca opened her heart to anyone in need and with the power of a grandma's hot coco or a mother's chicken noodle soup sent a wave of warmth and compassion throughout a community.

Middle and High School students began raising funds and collecting food and items for their classmates that were in need, and people started opening up about their issues under a new blanket of acceptance. For many clients of Youth Impact, their support and involvement in their communities increased tenfold. From volunteering with Coldest Night of the Year and Ride for Refuge to helping out at local soup kitchens, food banks, and thrift stores. Recognizing that even though they needed help, the satisfaction of helping each other was rewarding.

In an organization whose clients are often forgotten, Rebecca's light inspired a culture of youth to help not only each other but also their community.



- Emma Cormier with Mel Kennah, Executive Director, Youth Impact Jeunesse

“We can help the young generation become compassionate people with keen social awareness. Not only will they serve the good of the nation, but they will become tomorrow's ethical business leaders, parents, and workers.

- Ashley Cierlak-Lubben

## Beyond Birthday Presents BY TRACY CORMIER

Emma Cormier, ten years old, knows the importance of giving back. For the second year in a row, instead of a traditional birthday party, she hosted a donation party. Last year, she gave to the SPCA of Greater Moncton and this year to Youth Impact Jeunesse.

Emma was first introduced to Youth Impact when her family's business, Ermen Plumbing and Heating became a lead sponsor of Ride for Refuge. When she began learning about the realities homeless and at-risk youth face on a daily basis, Emma wanted to help. Emma felt so fortunate to have a beautiful house, a comfy bed, good food, and nice clothes; she wanted to help others feel fortunate too.

Emma's Birthday Party was on September 8th, and she celebrated with family and 10 of her closest friends. Together they raised an astonishing \$500.00. Emma and her mother (Dawn Ermen Cormier) came to Youth QUEST Central for a tour, met some youth and presented a cheque to Mel Kennah.

Thank You and Happy Birthday Emma!

**“I am so proud of Emma for choosing Youth Impact Jeunesse as her charity of choice this year. Youth are our future, and Emma's actions make that future a little brighter”** - Dawn Ermen Cormier

# OUR IMPACT: YOUTH QUEST IMPACT REPORT

## 2018 SECOND QUARTER IMPACT



### YOUTH QUEST CENTRAL

A non-judgmental, safe multi-resource and drop-in centre that serves as a one-stop shop for youth who are struggling with degrees of homelessness.

**209**

UNIQUE YOUTH SERVED

♂ 123 ♀ 84 ♀ 2

**1043**

INDIVIDUAL INTERVENTION

**1230**

BASIC SERVICES ACCESS



### TRANSITIONAL HOUSING

A residence where a young person can stay while they rebuild their life and move it in a positive direction. They receive coaching and supervision to achieve program requirements and learn life skills and independence.

**12**

CLIENTS SERVED

♂ 5 ♀ 7

**2**

SUCCESSFULLY COMPLETED THE PROGRAM



### DRUG INTERVENTION PROGRAM

A voluntary program that provides youth who struggle with drug use and may have had, or are at high risk of coming into, conflict with the justice system. Youth receive information, support and strategies that will assist them in alleviating their drug use and alter their criminal behaviour.

**28**

ACTIVE CLIENTS

**11**

NEW REFERRALS

♂ 10 ♀ 1



### IMPACT LEARNING CENTRE

An academic upgrading program for youth 18 to 24 years of age who have not experienced success in a typical classroom setting. Youth progress at their own pace, with the goal of successfully completing the General Education Development (GED) exam.

**18**

ACTIVE LEARNERS

♂ 6 ♀ 12

**1**

WROTE GED EXAM



# Volunteer Highlight: BreeLove counselling

BY ASHLEY BLACK



**“** Not only am I teaching them things, but they are teaching me.

Since the staff have built such a rapport with these clients, they can often refer them to myself with ease for further self-help. It is easy to say that I love doing what I do, but to be able to do it in a supportive environment means everything. One other aspect that I love about volunteering at YIJ is the change I see in others. Whether staff or client, each interaction is impactful and incredible. Finally, seeing the resiliency and determination in each individual is why I keep coming back to Youth Impact. Not only am I teaching them things, but they are teaching me.

**Thanks to volunteers like Sam we are able to offer a variety of services at Youth QUEST Central.**

Samantha “Sam” Nickerson has been a volunteer with at Youth QUEST Central since May 2018. She offers free counselling services to youth through BreeLove Counselling. She is currently completing a Masters in Counselling Psychology. In her spare time, she enjoys reading, the outdoors and hanging out with her cats (although she says she is not a crazy cat lady, yet). Sam fell in love with the world of psychology during her second year at university.

## What Made You Volunteer for Youth Impact?

Sam: Originally, it was offered as part of my placement with BreeLove Services. I was given the opportunity to work with adolescents and young adults; an area of interest for myself.

## What do you do as a volunteer for Youth Impact?

Sam: As a volunteer, I offer free counselling services with BreeLove Counselling. I provide counselling for a variety of mental illnesses; such as, depression, anxiety, Borderline Personality Disorder, PTSD, and others. Typically, my sessions are on Mondays (starting in September) and last 50 minutes. It gives individuals the chance to confide in someone else and seek help if they so wish.

## What do you love about volunteering for Youth Impact?

Sam: Starting out, my volunteering was part of a requirement of hours I needed for my practicum course. However, the decision to stay was mine and mine alone. There are so many things that I love about volunteering for Youth Impact. First of all, the staff that work in YIJ care about their position and the individuals that come through the door. The interactions between staff and the adolescents and young adults are admirable. They aren't dismissive of their feelings nor shortcomings. In fact, they are often doing what ever they can to help them out; whether it be providing them with food, clothes, activities, or just plain conversation.

# Youth Story: Transitional Housing Program

BY TREVOR GOODWIN

Lydia\*, 17, was a bright young girl who suffered from extreme societal anxiety, deep-rooted depression, and other varying mental health issues. She felt disconnected from people and neglected in her home life. Both her parents were successful and busy people who were not often around, which only added to her already heightened anxiety and depression. When Lydia first entered the Transitional Housing Program she was needing to be driven or escorted almost everywhere due to anxiety and her independence and confidence levels were low. She would often spend days upon days in her room with depression which made school and employment hard.

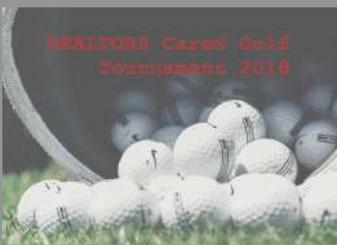
With the guidance and support from the staff, Lydia soon became comfortable enough to take the city bus to and from appointments and eventually her classes. Staff worked tirelessly to build the confidence levels in Lydia to where she not only handed out her resume and attended interviews, but she was able to obtain and maintain employment at a large grocery chain. From there, she continued working on herself and her dark days became less and less frequent and shorter. This allowed Lydia to repair relationships with her family. When she successfully completed the Transitional Housing Program, she was completing her grade 12, working part-time, and had returned home with her family.



*\*not her real name or picture*

“ I am to the path to success. Thank you...”

## UPCOMING EVENTS:



**SEPT 20**

We are proud to be one of the recipient charities this year of the REALTORS Care Golf Tournament to be held at Moncton Golf Club.



**SEPT 29**

We will be hosting our 6th year of Ride for Refuge in Moncton. Join us and the rest of Canada in celebrating this great cause!



**OCTOBER**

Our Youth QUEST Central team will celebrate Halloween with the youth. Check the activity calendar for more information. [LINK](#)



**OCTOBER**

Youth QUEST Central will host an annual Thanksgiving celebration. You can join the team by volunteering or giving a donation.



**VOLUNTEER**

touch a life and make an impact



**DONATE**

your contribution will change a future



**CONNECT**

learn more about our mission and work

For more information, check our website

[youthimpact.org](http://youthimpact.org)