

# WYNDHAM HOUSE

WINTER 2014

## In Their Own Words

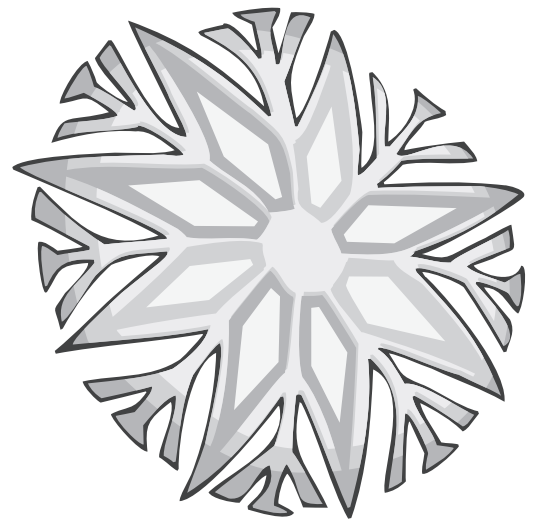
### ***An Open Apology to Myself..***

*Dear Me,*

*I am sorry. I'm sorry I constantly criticize you, ranging from your genetics, your mental health, your flaws and even your blessings, your past decisions; even on the things you couldn't control. Your Physical attributes, Your Feelings. I'm sorry I constantly belittle your achievements, especially when you've come so far. You keep thinking you're all grown up when really, what no one seems to understand, especially me, is that you're only seventeen! By this age, very few kids are on their own. Maybe you haven't exactly had a job for longer than a week, So what? You've lived life on survival mode for so long you forgot what it's like to be a kid. And for that I'm most sorry; that both circumstance and I left marks on you that'll never go away: emotional, mental, and physical. I'm sorry I made you blubber on the street of downtown Guelph, making a perfect stranger ask you what's wrong. And maybe one day you and I can forgive yourself for everything we have done, in spite and sadness, in happiness and hopelessness. And I know that this'll take time. After all, it took years for me to inflict this pain. And all scars take their time to heal.*

*I love you. Never forget that...*

*Sincerely and in tears.*



#### **Administration & Resource Centre**

26 Douglas Street, Guelph, Ont. N1H 2S9 Tel: 822-4400

e-mail: [info@wyndhamhouse.org](mailto:info@wyndhamhouse.org) website: [www.wyndhamhouse.org](http://www.wyndhamhouse.org)

#### **Long Term Residential Programs**

51 Bellevue Street 74 Suffolk Street

519-763-8040 519-763-8660

#### **Youth Emergency Shelter**

18 Norwich Street

519-837-3892

# Wyndham House News

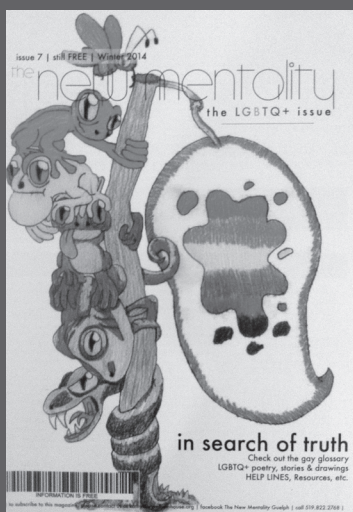
## The New Mentality

The New Mentality is a youth-led magazine which promotes meaningful engagement by empowering youth to concentrate on the work they are most passionate about, to foster their voice without feeling tokenized, and to influence change within the mental health system and beyond. Wyndham House has published over 8 issues of the magazine which range in topics such as; stigma and discrimination, addiction and self medication, LGBTQ and relationships. Several community partners have assisted in funding this youth led project, which have allowed us to publish several issues.

Over 70 youth have participated in putting together issues of the magazine - by submitting articles, stories, poems, art work and drawings related to topics that they feel are important to discuss and need to be addressed by their community. Youth participation offers young people the chance to develop important decision-making and problem solving skills, develop meaningful relationships, and bolsters their self-esteem. Watching youth receive a copy of the magazine that has a piece of their thoughts

and opinions published within it is truly something amazing.

Youth feel a sense of pride and accomplishment knowing that their voices have been heard. The opening story of this newsletter was a story written for our Bullying Issue of the New Mentality.



## VISION STATEMENT

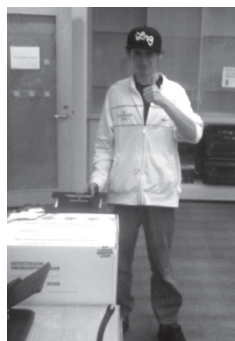
Wyndham House envisions a community that supports youth in achieving their full potential.

## Grate Groan Up Spelling Bee



**The Zom-Bees** with (from left to right) **Kim Kirby**, **Adam Metcalf** and **Terri Millar**. Once again this year the **Rotary Club of Guelph South** hosted the **Grate Groan-Up Spelling Bee**. Wyndham House was one of three charities chosen to share the proceeds of the event, and was one of the participating teams in the spelling bee. Wyndham House had a lot of fun even though we are not particularly good at spelling! Many thanks to Rotary Guelph South and to our team sponsor **Label Design Ltd.**

## Vote!



A youth, staying at our Youth Emergency Shelter casts his vote in the mayoral election.

**The Poverty Task Force** placed extra emphasis on making sure those with no fixed address knew where to find the information needed to allow them to exercise their democratic right to vote. Social inclusion - encouraging participation and finding ways to make that participation easier- helps empower those who are often marginalized.

## CIBC

**C.I.B.C.** cheque presentation with (from left to right) **Terri Millar**, Wyndham House President of the Board, **Debbie Bentley Lauzon**, Wyndham House Executive Director, and **Diane Elliot**, Senior Manager for C.I.B.C. Community Investment.

Since 2012, C.I.B.C. has been helping fund the aftercare program which ensures that youth moving out of our long term residences have everything they need to maximise their successful transition to independent living.



# Friends of Wyndham House

## STEPS and the Oaktree Project

**The Mactaggart Team's Oaktree Project** provided charities a platform to share their stories and to create more awareness of the work they do. The STEPS program operated by Wyndham House, in partnership with The City of Guelph and Public Health, was nominated. Here are a few of the comments posted on the Oaktree Project website in support of STEPS:

*"STEPS offers recreational programs to youth in our community, and the great thing is they are doing really interesting things outside traditional sports ... things like rock climbing and yoga. Activities that not everyone has access to, but that inspire healthy, active lifestyles."*

*"STEPS gives me a reason to go out and get active ... it gets at risk youth to engage in other activities that keep them healthy and out of trouble."*

*"I love going to Hot Yoga ... without them, I wouldn't have the opportunity to do so as it can be pretty costly. Most of us don't have people to even ask us how our day went, to even care about it, but STEPS does and they go 10 steps ahead to make sure we always have fun and maybe even temporarily take away some of our daily worries and stresses."*

*"The Wyndham House STEPS program has made a lasting impression with the youth in Guelph .... STEPS allows all youth to have equal opportunity, and to be given the chance to voice what is important to them and to have access to resources."*

## More Friends

Wyndham House would also like to send out a big thank you to **EROS Hair Salon** for their Glam-a-thon held in July at Sip Club. This is the second event EROS has held in support of Wyndham House, and we are truly grateful for their wonderful community spirit and generosity. The July Glam-a-thon raised \$850 for the long term residences. Staff who attended had a wonderful time.

**Purchase With A Purpose!** During the month of November **Dianne Snyder**, an **Arbonne** Independent consultant, is donating her sales commission to Wyndham House. This is the second year Dianne has run this campaign and we are grateful for her continued support and generosity.

**Wellington Laboratories** is another business that is

*I am fortunate to work with the youth service providers here in Guelph and I see, day in and day out, the impact STEPS has made. Without this program, many young people would not have the opportunity to thrive or feel connected to their community ..... STEPS cultivates leadership, mentorship and self-esteem.'*

Wyndham House is the proud recipient of \$2,170 from the Mactaggart team and we would like to take this opportunity to acknowledge their innovative approach to working with charities. The funds will be used to further our recreational programs for youth.



**Wyndham House representatives - In October Oaktree invited all the charities nominated to attend an event where the five finalists gave a brief presentation. Wyndham House - as one of those five- provided some unique flair to the evening by getting the whole audience up doing some Zumba moves.**

extremely supportive of the work we do with youth and we are very grateful for their continued support. Without the generosity of businesses like Wellington Laboratories, Wyndham House would not continue.

Finally we want to give a big shout out to **Meaghan Mazurek**. She started off with us by doing a workshop on LGBTQ awareness and got along really well with the clients. She then began coming in as a volunteer cook. She takes the clients ideas each week and puts together a meal for the following week. The clients have really enjoyed the days that she comes in as the meals are always very different from what they are used to or something they have wanted to try but haven't had the chance to do so. She takes the time to teach the residents how to prepare the meals. Thank you soooo much Meaghan!

## MISSION STATEMENT

Wyndham House provides youth a continuum of care that includes referrals, services and residential and educational options.



# Wyndham House News

## Wyndham House is selling Guelph Storm tickets!

All tickets are \$20 each, which is a \$4.00 savings from box office prices.

**PLUS!** \$3.00 of each ticket sold will be used to support our long term residential programs which give homeless youth a place to live while they attend school and learn the life skills necessary for future independence.

### We have tickets to three games:

- Sunday Nov. 23rd 2:00 against Kitchener section 115 rows 5, 6 & 7
- Friday Dec 5th 7:30 against Peterborough section 105 rows 4, 5 & 6
- Friday Jan 30th 7:30 against London section 105 rows 3, 4, 5 & 6

### !GO STORM GO!



Please pass on this information to family, friends, neighbours, coworkers or acquaintances. If you have clients or employees, please consider buying tickets as a gesture of your appreciation or possibly early Christmas gifts.

You get a good deal on the tickets and help support a local charity. WIN ~ WIN!!

If you wish to order tickets for any of these games please contact Susan at:

[info@wyndhamhouse.org](mailto:info@wyndhamhouse.org)

## From the Desk of the Executive Director

### ***When Robert Frost is wrong.***

*The poet Robert Frost once wrote that home is the place where, when you have to go there, they have to take you in. It's a lovely sentiment, but Wyndham House knows that this is not always the reality. For a lot of different reasons - there are a lot of stressors on families that can cause havoc - home is not always the safe or welcoming or happy place Frost envisioned.*

*So what happens when Frost is wrong?*

*Even in a community like Guelph, youth find themselves on the street with no option of going home.*

*Housing first comes out of a social justice perspective, where everyone should have access to a safe place to live. The first step - before you can do anything else - is having a place to live that provides a safe secure foundation from which you can begin to build a better future. A housing first approach for youth must provide very different services than those geared for adults. Wyndham House supports youth when they stay with us and then, when they are ready to leave, we help them find that home of their own and support their move to independence - much the way a parent helps a newly-launched young adult.*

*Research on housing first suggests that it is the most effective intervention and more cost effective for the public's purse than the traditional shelter system that only provides short-term basic needs. It leads to better physical and mental health outcomes. Of course it does ... how can you be healthy and happy if you have nowhere to call home? At the end of a work day? Discharging from a hospital? Where do you want to go? Home.*

*Christmas is probably the time when we long for home the most. Home is comfort and joy ... or at least we hope it is. We wish it were. The reality is that both Wyndham House long term homes are full this holiday season with youth who - for one reason or another - are not with their families. For these youth we provide all the supports and services our programs are based on, but we also hope to provide a little of the comforts and joys of the season.*

*Once again we need your help. I know we have said it a thousand times but it remains true - we rely on financial support from our community to ensure we continue to give the kind of support that will result in the best outcomes for the youth who live at Wyndham House. We need to offer more than basic needs and shelter if we want youth in our homes to thrive. Your on-going and generous support is needed and appreciated. From all of us at Wyndham House, thank you and we wish you and your family all the comforts and joys of the season.*

Debbie Bentley-Lauzon

# Our Christmas Wish Lists

## Long Term Residences Wish list:

(51 Bellevue Street or 74 Suffolk Street W.)

Bath Towels  
Bed Pillows  
Twin-size Sheet Sets  
Twin-size Comforters  
Casserole Dishes  
Pots and Pans  
Kitchen Tea-Towels  
Plastic Juice Cups  
Kitchen Knives  
Tupperware Containers  
Measuring Cups/Spoons  
Coffee Maker  
Toiletries: Hair Shampoo, Conditioner,  
Tampons  
Tooth Paste & Brushes, Floss, Deodorant  
Back Packs  
School Supplies  
Alarm clocks  
Guelph Transit Bus Tickets  
Hoodies (L)  
Boxers and Socks (guys)  
Gift Cards & Treats  
Journals & Day Timers  
Art & Craft Supplies



## Resource Centre & Outreach Wish list:

(26 Douglas Street)

Blankets  
Guelph Transit Bus tickets  
Gift Cards  
Movies (D.V.D.'s)  
Canned goods  
Can openers  
Coffee Maker  
Journals  
Socks, Hats & Gloves  
Sleeping Bags  
Backpacks  
Men's clothing  
Brushes  
Guitar  
Bike locks  
Winter Coats  
Headphones  
Deodorant

**Executive Director**, Debbie Bentley Lauzon ~ **President - Board of Directors**, Terri Millar

**Board of Directors** - Goldie Barth, Buzz Dean, Drew Hughes, Gia Lucchetta, Morris Twist, David Woolcott, Steve Wynen, Robert Pavlis, Chris Perkins

*"No one is useless in this world who lightens the burdens of another." ~Charles Dickens*

**Dear Friends of Wyndham House:**

**At this time of year, we ask you to remember the young women and men who, unable to live in their family homes for a variety of reasons, come to Wyndham House. With your assistance, we can help our residents fulfill their dreams – by keeping them safe and warm and in school. We're counting on you.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Contact Phone #** \_\_\_\_\_

**I wish to make a one-time gift of:** \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ Other \_\_\_\_\_

**Cheque Enclosed** \_\_\_\_\_ **Master Card** \_\_\_\_\_ **Visa** \_\_\_\_\_

**Card #** \_\_\_\_\_

**Expiry Date** \_\_\_\_\_ **Signature** \_\_\_\_\_

**Please make your cheque payable to Wyndham House**

**Wyndham House  
26 Douglas Street  
Guelph, ON N1H 2S9**

**An online option exists through Canada Helps. Visit [www.canadahelps.org](http://www.canadahelps.org)**

**All donors will receive a charitable tax receipt. Registered Charity # 119305217RR0001**

**Contact your bank to participate in a monthly contribution plan and show your support of Wyndham House year round. Please contact the office at 519-822-4400 to set up an automatic payment on the first of each month.**

**Thank you for your support!  
Happy Holidays from all of us at Wyndham House!**



**United Way**  
Guelph Wellington  
Dufferin