

# A WORD FROM OUR BOARD PRESIDENT AND EXECUTIVE DIRECTOR

At Horizons we believe that homelessness is the result of poverty, alienation and abuse, trauma and illness and a lack of affordable housing. We work with the most vulnerable and marginalized people from all walks of life. The cost in human lives and the suffering is not an acceptable situation for any just or compassionate society.

Our clients have a long history of unstable housing and a complex variety of mental health and/or substance use issue, as well as other physical ailments. "Dry" housing for persons with substance abuse challenges has been determined not to be a rehabilitative service on its own, and must be combined with extensive counselling and referrals to meet the requirement of rehabilitation. Homeless youth who reside in shelters, cannot be expected to live successfully in independent self-contained accommodation without having a transitional period in order to assist them to prepare for the responsibilities and opportunities of living in the community. For this reason the services that we provide in the shelter are based on a transitional housing model.

Our focus is to ensure that every youth has access to support services not just in the shelter but also after leaving Horizons. Last year we helped the highest number of youth successfully reintegrate back into society than any previous year. We are an Emergency Shelter and as such we are mandated to follow the "Housing First" model, however clients who just focus on finding housing, usually end up being homeless again because they haven't acquired the life skills to cope on their own.

We are also very proud of how Horizons dealt with the looming pandemic during the height of COVID-19. Ontario health and safety guidelines were rigorously maintained, resulting in less than ten recorded case of Covid for 2022. This resolute compliance from staff and youth ensured that Horizon was able to remain open throughout the year, despite record high cases across the country. We are confident that Horizon will continue this trajectory of safety throughout 2023.

It is a privilege to be involved with Horizons for Youth and again. We would like to thank all those who help make Horizons for Youth such a successful, vibrant and up-lifting organization.

LYNNE BREJAK
BOARD PRESIDENT

Lynne Brejak

FILOMENA WILLIAMS
EXECUTIVE DIRECTOR

# VOLUNTEER TESTIMONIAL

Hi Angela,

It was a pleasure to meet you and your team today.

I want to express our deepest gratitude for the opportunity you granted us to be part of your mission. Working alongside your dedicated team, witnessing the impact we could collectively make on the lives of the city's youth, was profoundly inspiring.

Knowing that our efforts brought a little extra joy to someone's day, someone who truly needed it, has been incredibly rewarding for all of us. We understand the challenges you face daily, the demanding nature of your jobs, and we are in awe of your unwavering commitment and passion. Each one of you is nothing short of incredible.

We wholeheartedly believe in Horizons and the goals set out for the youth. In this ever-changing world, providing them with the tools and support they need to succeed is not just a noble endeavor; it's a vital one. We are deeply thankful for the opportunity to contribute, and we cherish the belief that together, we can make a real difference.

Once again, thank you from the depths of our hearts for allowing us to be a part of this meaningful journey.

With warmest regards,

The Team at Mister Safety Shoes (volunteered on October 26, 2023)

## **A Wish For William**

Homeless youth are often separated from their community – their friends and family. They're left without the support they need to guide and mentor them through their most formative years. Instead, they're forced to become an 'adult', alone, overnight.

One night on the streets can change a young person's life forever. Scared and lonely, their mental health can deteriorate quickly.

After spending months in the city's youth hotel shelter program, 24-year-old William\* felt a void. As the winter months grew near, his wish to find a safe, comfortable and caring place overwhelmed him. Within days, William's wish came true in the form of an available bed at Horizons for Youth.

"In the youth hotel program it would just be me by myself kind of thing. I don't have very much family in my life. So being here at Horizons is a way for me to be a little bit more social and have somebody to keep me on track and check in on me."

At Horizons for Youth, we provide youth like William with emotional support through our Mental Health & Wellness Program, as well as working alongside them to create long term goals to ensure that they have the best chance at life.

"Just for any other kid walking through these doors, the biggest thing that this place helps with is getting you on your feet and staying there. Because they'll sit here with you in the intake process and be like, okay, what's going on in your life? What's bringing you here and then work on those things to not only have them get out into a place but to be able to succeed past that point."

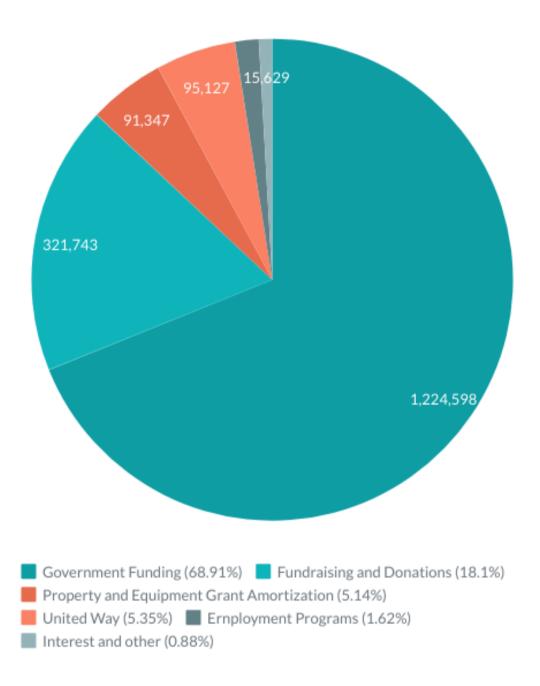
Everyone should have a place to call home. That's why at Horizons for Youth we ensure every young person who comes to our shelter for support is made to feel included. We give them a space to feel safe and be their true selves. In this way we can also provide support which is tailored to them, their identity, and their experiences. Once this happens, they can rebuild their lives and escape from the cycle of homelessness. Your continued support helps us get vulnerable youth off the streets and into safety.

\*name has been changed to protect our client's identity

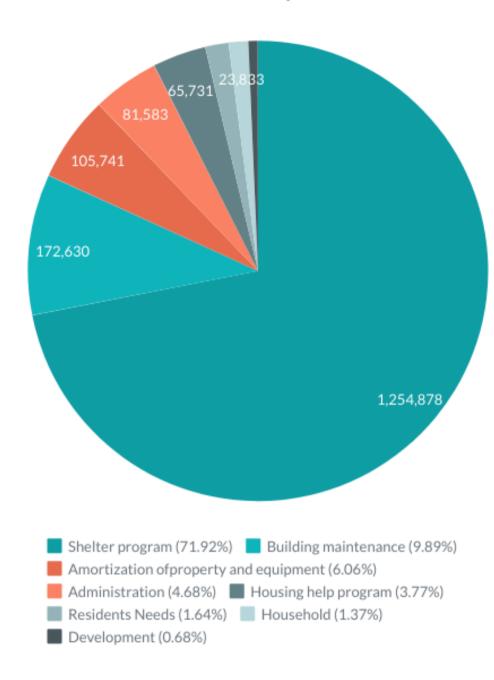




### HFY 2022 Revenues



## HFY 2022 Expenses





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