

SHINE A LIGHT ON YOUTH 2023

GIVE NOW TO PROVIDE AN AT-RISK YOUTH WITH A SAFE HOME



CONNECTION FIRST AN FNS STORY

B has lived in Threshold Housing for three years. In that time, she has worked on her sobriety, mental health diagnoses and eating disorder, completed school courses, and shown the most growth of any youth I've worked with. Her willingness to work on her relationships and herself has been inspiring.

B's parents and family members struggled to support and understand her. Both B and her family have shared frustration, shame, and sadness about their disconnection. When I first reached out to B's mom about Family and Natural Supports (FNS), she shared her deep relief. She said, "We've been waiting for something like this to come along for so long. Knowing this is here makes me feel like I could cry." She acknowledged how life-changing Threshold has been for her daughter; she also talked about the challenges she and her family had not knowing how to help B, and feeling like bad parents.

FNS uses a connection-first perspective as a foundation for trust; we begin 'talking with,' not 'talking to.' B's mom appreciated having a space where parents can gain knowledge and be vulnerable without judgment. She also disclosed there can be shame in struggling as a parent, so asking for help is scary.

Setting boundaries and supporting youth as they learn fosters connection based on relationship rather than need. B's family and I discussed how building life skills goes hand in hand with autonomy and accountability for B, and how imperative these lessons are for her independence and success.

Working with FNS, B's mom has learned about her daughter's experiences and challenges. This has brought them closer and helped create a relationship based on understanding and respect while providing tools to help mom navigate the hard times and enjoy the good times with her daughter.

Bryanda Smith,
FNS Worker

WHO YOU ARE HELPING



REFERRALS



INDIGENOUS APPLICANTS



OF APPLICANTS IDENTIFY WITH A GENDER OTHER THAN FEMALE OR MALE



APPLICANT AVERAGE AGE

**WHO YOU
ARE HELPING**


51

YOUTH WERE
SUPPORTED ACROSS
ALL PROGRAMS

29

YOUTH VISITED
OUR IN-HOUSE
COUNSELLOR

13

YOUTH ACCESSED THE
ROTARY EDUCATION
PURSUIT FUND

35

YOUTH PARTICIPATED
IN FOUNDATIONS
PROGRAM ACTIVITIES

MESSAGE FROM
COLIN TESSIER



Looking back at 2023, I'm amazed at how Threshold has transformed while maintaining our alignment with our mission and values. Our staff team has doubled, we have added a new program in housing, launched the Family and Natural Support program, and our Indigenous Wellness Team is offering meaningful cultural engagement for youth while walking alongside our staff in our reconciliation work.

It seems that as we grow, so does the demand for youth housing. The housing crisis hits hard for young people, especially when compounded with inflationary costs for food and transportation. Beyond those basic needs, we are witnessing increased support needs for youth due to mental health challenges, substance use, and the impacts of trauma and systemic bias. For every youth we house, there are two more on our waitlist.

Paying off the mortgage on our Niagara Street property, thanks to the transformative gift from Carole and Clint Forster, has positioned us to move forward with expanding our housing offerings early in the new year, including the redevelopment of Forrest House and potential additional properties.

Of course, none of this is possible without the amazing support we receive in so many forms from our community. Foundations, businesses, and individuals all give generously, trusting us to steward that money with diligence and an eye to a future in which all youth thrive. If you are able, please add Threshold to your giving this year. Your gift makes an immediate difference for youth.

From everyone at Threshold, we wish you happiness and health this holiday season.

Colin Tessier
Executive Director



SHINE A LIGHT SHINES BRIGHTER

Nearly all winter celebrations centre on a light in the darkness, something Threshold tries to be for youth in need. Shine a Light on Youth Homelessness invites you to both see the need for youth housing and to join us in providing youth with sanctuary, community, and home.

This year, we are excited to add a partnership with Crowfoot Collective to the campaign. Alongside our Silk Road 12 Days of Tea gift boxes, this year you can purchase a beeswax pillar



a warm addition to the holidays whether you buy them for yourself or as gifts.

You can purchase our tea boxes and pillar candles online and at a growing number of stores

candle that adds a special glow to Shine a Light. Crowfoot Collective is a Vancouver Island-based Indigenous business that uses wild Vancouver Island beeswax to produce these calming, healing candles. The deep forest green of the Shine a Light Candles make

including Country Grocer (Royal Oak and Esquimalt locations) and Urban Grocer. Proceeds help Threshold create a community where all youth thrive.

Visit ThresholdHousing.ca/ShineaLight for a list of retail locations.

HUMAN TO HUMAN REBEKKAH'S STORY

Rebekkah was 19 years old and living with her mom when their unresolvable conflict escalated, and she had to leave home suddenly. While her boyfriend's family opened their home and hearts to her, Rebekkah knew it wasn't a long-term solution given the newness of that relationship. With the help of a former counsellor, Rebekkah learned about Threshold, soon moving into Threshold House, where she was met with acceptance and encouragement.

Rebekkah cherishes her two years living in Threshold housing. Key to her growth at Threshold was the variety of relationships she experienced with staff and other youth and being able to be authentic about what she was dealing with. As Rebekkah says, **"So often in life we only show the highlight reel, and at**

Threshold it's okay if you're not okay." That lesson allows her to meet other people where they are – human to human – and was a key maturing point for Rebekkah.

Rebekkah's dear friend was also a youth at Threshold during her time there. Their friendly, fun, personalities connected immediately, and they would hang out during programming. That friendship was strengthened when they graduated Threshold and chose to stay connected. In fact, Rebekkah and her friend recently got matching house tattoos in homage to Threshold and their point of connection.

Now married, to the boyfriend whose family supported her at 19, Rebekkah has met her goal of finding stable housing and putting down roots. She loves her work at a community health service, where her friendly demeanor and

ability to meet people with empathy in their place of need makes a difference for others.

If Rebekkah could say one thing to youth, it would be that **"There is no shame in asking for help!** There is strength in recognizing what you need and asking others to help meet those needs. Community-based support is a huge help."





HOW YOU CAN HELP

PROVIDE BETTER FUTURES FOR YOUTH

Our impact lasts a lifetime. So can yours!

Become a Brighter Future Funder (BFF), donate at thresholdhousing.ca/donate or scan and donate using this QR code link:



SUPPORT YOUTH AND DONATE TODAY!

THERE ARE MANY WAYS TO SUPPORT OUR WORK

ONLINE

Use the QR code to the left or visit thresholdhousing.ca/donate

BY MAIL

Threshold Housing Society
1524 Fort Street
Victoria BC V8S 5J2

VOLUNTEER

While our volunteer needs are small, we can always use a few dedicated people. Whether you are an individual or a group looking for volunteer opportunities, please reach out.

HOST AN EVENT

If your team or organization is looking to make a difference, please consider sponsoring an event. Fundraising through events is essential for our ability to continue to provide safe housing, support services, and community to at-risk youth.

INVITE A SPEAKER

Having someone from Threshold come and speak to your team, club, faith group, or event helps raise our profile. It's also very likely that through a presentation someone will hear the information they need to help a youth in their life.

If you have questions about any of these opportunities to support our work, please contact Director of Development Shannon Whissell by email at Shannon.w@ThresholdHousing.ca or by calling 778-677-3675.

SAFE HOMES, BRIGHTER FUTURES HELP END YOUTH HOMELESSNESS

Invest in today's youth & leave a legacy for the future

CONTACT 250-383-8830 OR VISIT THRESHOLDHOUSING.CA



THRESHOLD
HOUSING SOCIETY

- facebook@ThsVic
- twitter@ThsVic
- instagram@ThsVic
- linkedin@ThsVic

THANK YOU TO OUR SUPPORTERS!

A Way Home Canada & Making the Shift

Anglican Diocese of British Columbia & its parishes

Big Wheel Burger Community Foundation

Coast Capital Saving

Country Grocer

David Charitable Trust

Esquimalt High School Vital Youth

Hinterland Games

Home Depot Canada Foundation

Hour Movers

Khalsa Aid

ISL Engineering

KCC Restorations

Oak Bay Kiwanis Club

Peninsula Co-op

P.E.O Sisterhood Chapter BO

Provincial Employees Community Service Fund

Silk Road Tea

South Jubilee Neighbourhood Association

Tilling Canada Foundation

Urban Grocer

United Way of Southern Vancouver Island

Victoria Foundation