



## My Guiding Light

By: Odette, Phoenix youth

Phoenix has been a guiding light for me. When I was in a dark time, I was referred to Phoenix by my school's vice principal. From there I was connected with Alana, a Phoenix Outreach Worker. I expected it to be similar to many other services; they'd tell me what to do, but I would not know how to do it.

I was amazed to find that Alana and Phoenix instead helped me by showing me the way – being kind, caring, and providing an alternate way to connect with people and opportunities around me.

As a youth living outside of the city, the Youth Outreach Program has helped me and so many others find connection. Community thrives on connection and I couldn't say it more simply. Like the brightly burning phoenix which the organization represents, the community also shines with possibilities. Being connected helps create a strong community with massive potential.



Odette with her East Coast Lifestyle Clothing & Phoenix design

Phoenix helps youth see their potential. For me, it's my design work. Alana guided me to an art business program which is currently turning my life around for the better and I look forward to each meet up with the lovely group of individuals in my class.

The design I created for this year's Phoenix and East Coast Lifestyle Clothing line incorporated one of Nova Scotia's most iconic landmarks and a symbol of hope, and for me, of Phoenix – a lighthouse. The design also was handled with care as to resonate with both rural and urban Nova Scotia. All these considerations were made to bring meaning to art.

In the end, this design is a symbol made with all my heart and mind to illustrate the story of my connection with the community, something I could not have done without Phoenix.

## Snapshot Highlights of our Year!



Celebrating 30 years of Phoenix with our community



In fall 2017, Traelene, Ky & 22 other youth began college or university



Participating in NSCAD's Art Factory Program

# Stitched & Stuffed with Love

Each year Phoenix brightens the holidays with help from community members who donate all sorts of goodies and necessities from the Holiday Wish List. The key component never mentioned on the list are the stockings themselves.

That's because when Bev Stevens, a member of Bedford United Church's United Church Women (UCW), discovered Phoenix youth didn't have a 'stocking supplier' back in 1991, she decided that needed to change. Each year since, with a small budget for fabric, members of the UCW have cut and sewn stockings. That's over 3240 stockings, stitched with love and placed in the hands of 3240 youth... for 27 years!

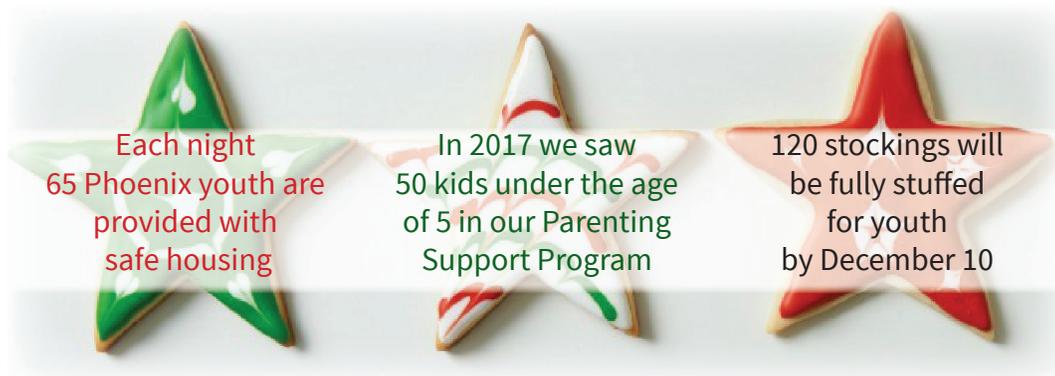
Stockings are then hung in the church sanctuary and congregation members take them home to add items from the Phoenix wish list before they arrive at Phoenix.

"It makes us happy to know we are bringing joy to Phoenix youth during the holidays!" - Elaine Loney, UCW member.



Stitched & stuffed stockings

From there, additional donations received from the community are added to the stockings by members of RBC, Time + Space, and the Canadian Progress Club- Halifax Cornwallis who volunteer their time to put together these festive, care packages for youth. For some, this stocking may be the very first they've received – that's community; that's joy!



Each night  
65 Phoenix youth are  
provided with  
safe housing

In 2017 we saw  
50 kids under the age  
of 5 in our Parenting  
Support Program

120 stockings will  
be fully stuffed  
for youth  
by December 10

## Holiday wish list items may seem like small things

to some, but to youth they are greatly needed and appreciated.

When they receive a stocking at our annual holiday party, it becomes a symbol of how much the community cares for their well-being.

"Every young person who comes through the door of Phoenix has great capacity for growing, for learning, and for contributing to the world around them. They struggle sometimes and work hard all the time to achieve their goals — often without the support others can take for granted.

"Our intention for the holiday party is give these young people a pleasant evening of fun, friendship, and food; to treat them, give them a **stocking**, make them feel special — because they're worth it."

-Kilby McRae, Phoenix staff

## Our Holiday Wish List

### Personal Care Items:

Shampoo/Conditioner

*(Hair care products for natural & relaxed African Canadian hair is appreciated)*

Deodorant

Body wash

Razors & Shaving cream

Hand Lotion

Lip Balm

Tampons

Toothbrushes

Toothpaste

Skin cream

### Clothing:

Socks

Underwear *(boxers / boxer*

*briefs preferred by males)*

Mittens/gloves

Scarves

Toques/winter hats

Coats

Boots

Rain jackets/ponchos

Umbrellas

### Household Items:

Sheets and Pillowcases

Towels & face cloths

Dish cloths & towels

Cleaning supplies

Laundry soap

Pillows

Pots/pans

Dishes

Utensils

Mixing bowls

Bathroom supplies

### Other Items:

Halifax bus tickets

Gift cards—\$5, \$10, \$20

*(grocery stores, movies, pharmacies, coffee shops)*

Age-appropriate items for children under 5

Pre-paid phone cards

Art & Stationary Items

*(markers/pens, sketchbooks, journals, paint kits)*

### Wish List items can be dropped off at:

Phoenix Centre for Youth—6035 Coburg Road, Halifax, NS—Monday to Friday 9am to 4:30pm

Phoenix Youth Shelter—1094 Tower Road, Halifax, NS—Sunday to Saturday 7:30am to 9pm

Questions? Please contact Mark, at (902) 455-5771 or mmcintosh@phoenixyouth.ca