



Because Youth Matter

30 years

Report to the Community 2017/2018

Together, we're 30 years strong!

Who we are and what we do

Since 1987, Phoenix has been dedicated to supporting youth and contributing to a vibrant community. Phoenix's multiple locations in Halifax, Nova Scotia, provide a wide range of support for youth ages 11–24 and their families. We offer important services and programs including shelter, food, housing support, health care, parenting support, recreation, education and employment services, and therapy. Our team of caring professionals recognizes that each person who comes to us has individual needs as well as strengths. People are the leaders in their own lives; Phoenix is a leader in supporting them.

Our services

Advocacy
Youth Outreach
Community Engagement
Youth & Family Therapy
Arts, Recreation & Leadership
Health Services
Parent Support
Housing Support
Money Management
Crisis Support
Education Support
Employment Support

Our programs, and when they began

- 1987** Phoenix House
- 1992** Supervised Apartment Program (renamed Phoenix Homes for Independence (PHI) in 2015)
- 1994** Phoenix Centre for Youth
- 2000** Phoenix Learning & Employment Centre
- 2000** Special Initiatives Program (SPIN)
- 2001** Phoenix Youth Shelter
- 2002** Phoenix Prevention Program (renamed Phoenix Youth & Family Therapy in 2016)
- 2011** Phoenix Youth & Community Centre in Mulgrave Park
- 2012** Phoenix Youth Outreach Program
- 2015** Phoenix Supportive Housing Program (alignment of PHI and the House)

**Did you know that
Phoenix employs
over 50 full-time
and over 30 part-
time /relief /
term staff?**

30 years grateful

Time flies

It seems like just yesterday that we were sewing curtains at Phoenix House and using a typewriter without a P! But here we are, 30 years later, offering a range of programs to support youth, their families and communities, as they pursue the futures they want in spite of challenging circumstances. We can only make tangible impacts because of you, our amazing community of supporters.

Over the years our focuses on social justice and love for youth have continued to grow. Phoenix began in 1987 with the goal of trying to fill a gap in a system that didn't yet understand how to serve the changing needs of young people. The community's faith in our ability to serve that purpose grew. As we saw needs change, we expanded our services from solely managing crises to intervening before problems arise and supporting youth to become independent.

Growth through partnerships

Phoenix wouldn't have the presence we do today without ongoing community support!

The support is deep and wide. It includes three levels of government; organizations like the Canadian Progress Club Halifax Citadel; historical foundations like St. Paul's Home; the Food for Phoenix partners; and families and individuals who believe that every person contributes something. The passion you share for our work inspires and supports our staff every day. You have helped to keep Phoenix thriving and ready to face the future.

We are especially grateful to be entering year three of a multi-year service level agreement with the Government of

Nova Scotia's Department of Community Services to help support Phoenix's core program delivery for youth, families, and communities.

Into the future together

Stick with us – we need you as much as we have since day one. Nothing is possible without you – our volunteers, our ambassadors, our funders, our community – our family.

The next 30 years will bring more change, so we're listening and thoughtfully preparing to respond to evolving needs.

We hope you enjoy this 30th year report that reflects on Phoenix's growth and impact over this year, and the past 30, while looking forward to new opportunities.

With heartfelt gratitude,
Mark Donohue, Chair, Board of Directors
& Timothy Crooks, Executive Director



Board of Directors (missing: Elizabeth Church, Janet Martin, Judith Ferguson, Roger Burrill).

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A need to feel at home

In 1987, Sonia was the sixth youth to enter Phoenix House. She was the youngest resident ever, and she had the longest stay – three years.

“Right away for me, Phoenix House had that homey feeling,” she says. “I felt comfortable there. As youth we didn’t only spend time together at the house, we also hung out at school. I made a lot of friendships that I still cherish today. In fact, the maid of honour at my wedding is a friend from Phoenix.”

Over the years, many aspects of living at Phoenix House that help to normalize life for youth haven’t changed, like being in school, working, or volunteering; the little pranks played between youth and staff; the chores and curfews; and the fun experiences.

Little things; big memories

“I remember going skiing and to the sand castle festival, and helping the staff do the Christmas shopping. One of the best memories was when we decided to do a car wash on Robie Street to fundraise for a camping trip to River John. I don’t remember how much money we raised, but we had so much fun!”

“I also have fond memories of the volunteers who would spend time with us. One older lady would come in to make meals for us and she taught me how to cook. Now I’m a great cook! Another volunteer who stands out to me was a college student who would simply come in and spend time with us. I remember thinking how cool that was, that she wanted to be there. We were just people hanging out. Phoenix taught us to be accepting of people and differences. That is something I’ve carried with me throughout my life.”

Phoenix never gives up!

As a young resident, the feeling of belonging was especially important. “I used to run away a lot. I’d run from foster homes and even Phoenix. The thing is, unlike when I would run from other places, Phoenix would come find me – they wanted me back. They never gave up.”

“One staff member, Jonette, used to point out my good marks. She told me, ‘With these marks, you can do anything.’ That showed me that I had options and it was so good for my self-esteem. People who work with youth should know that nothing goes in vain – it may seem like the lessons aren’t sinking in, but they are.”

Getting our act together

Sonia earned post-secondary education in finance accounting and worked in this field as well as sales for many years. She also bought and sold several properties and made a profit on them. She recalls a conversation with Tim Crooks, Phoenix’s current executive director, who was a key worker when she was a resident. “I called and told him I bought my first house. He laughed and told me he hadn’t yet and needed to get his act together!”

Sonia is a very proud mother of two grown children. “Both of my kids completed post-secondary education. My daughter is a social worker and my son recently completed his firefighter training!”

“When I was 15, I knew everything. Now that I’m an adult, I realize I have a lot to learn! For youth currently in situations like I was in, I want them to know this isn’t their life – this is a stepping stone. You’re not supposed to know what you’re supposed to do yet – take your time. Be comfortable with yourself. The possibilities are endless.”

Sonia



What guides us...

Phoenix is humbled by and proud of where we started, how far we've come, and where we're heading next. Along our journey we've learned a lot, deepening and stretching our knowledge and practice. Some of our longest-serving staff members – Alison (30 years), Rob (25 years) and Tim (29 years) – share the wisdom behind our achievement.

- Youth know best what they need to succeed in life. Listening to them and being advocates for them is the best way to provide effective support.
- Youth, families and communities *MUST* lead the way.
- Our programs are based on thoughtful planning and on the wisdom of those we support.
- Intervening early is key to reducing future crises with youth and families.
- Building comfort and trust can take time, but are well worth it.
- Understanding and holding true to values of social justice hasn't always been easy, but it is most effective in the work we do.
- We succeed because we have solid support from, and relationships with, community.

We listen. We respond carefully.

Youth, families and communities matter!

Since 1987, Phoenix has touched the lives of about 10,000 youth and family members.



Phoenix staff in 1995. From left to right: Elizabeth McGibbon, Rob Morris, Lesley Dunn, Timothy Crooks, Tina O'Reilly, Linda Wilson, Alison Little.

Tell us!

It's important that all youth have a chance to share their opinions and feedback. Sometimes it's hard to be direct, so in March 2018 we circulated a survey that 114 youth completed. Here are some of their responses that will guide us as we work to do the very best we can to serve youth, their families and communities.



93%

"Staff are understanding of aspects of my identity (racial, cultural, gender, sexuality, spirituality, ability) that are important to me."



94%

"Staff show care and compassion."



60%

"Phoenix helped me strengthen my relationship with an adult who I believe plays a positive role in my life."



81%

"Phoenix helps me think about what I want in the future."



84%

"I feel Phoenix encourages me to explore and grow my unique skills and abilities."



84%

"Phoenix helps me feel more confident in ways that are important to me."



93%

"Phoenix helps me connect and access resources and opportunities that are useful and meaningful to me."



78%

"Phoenix helps me increase my ability to cope with challenges, make decisions and solve problems in my life."

The young philanthropists

Giving back and paying it forward

There are so many caring and incredible youth out there – the ones who use Phoenix services, the ones who support Phoenix, and those who do both. It brings us great joy when young people support each other!

Janie supports Phoenix

Janie told us in the 2013–14 Report to the Community about her dream to become a chef. Since then, Janie has graduated from NSCC's culinary arts program and worked in restaurants as a sous chef for more than four years!

Joe Gurba, the owner of the Dartmouth restaurant The Watch that Ends the Night, wanted a way to support worthwhile community causes. They decided on a Charity Cup, where the beverage and charity would change regularly. Each time a patron purchased the Charity Cup, 25 percent of the proceeds would go to the chosen charity. When Janie suggested Phoenix be the next beneficiary of the Charity Cup, the restaurant's executive didn't need much convincing!

"Janie is a great addition to our team – we're thankful to have her," says Riley Maggs, at The Watch. "And second, Phoenix is a great local charity to support."

Janie couldn't be more pleased.

"I'm really happy they chose Phoenix for this menu round, and maybe longer," she says. "I love working here. Without Phoenix, I wouldn't have had the tools and support to succeed so quickly."



Janie, Phoenix youth and sous chef.





Five years of five days

Each year in March, the Dalhousie Commerce Society participates in the national 5 Days for the Homeless campaign, where students raise funds and awareness to fight youth homelessness by sleeping outside for five nights. Over the last five years in partnership with Phoenix, they have raised nearly \$55,000 to fight youth homelessness!

This year, Phoenix staff member Creston Rudolph used vacation days to join the Dal crew for the full five days. "Our 5 Days team fully recognizes that living outside for five days is not the same experience as homelessness," said Creston. "The purpose of the campaign is to bring awareness to the issues of youth homelessness and raise funds for Phoenix to support youth who are currently in these circumstances. I was really excited to be part of this initiative."

Katie Flannigan, a Dalhousie commerce student, has participated for all five years and we have loved working with this compassionate young leader! Katie graduated in the spring of 2018 and the Phoenix family wishes her well!

Many thanks to all students over the last five years who have taken action through this campaign for other youth!

Yes WE can!

Every year in September, thousands of students across Canada launch a Year of Action at WE Day events, choosing one local and one global organization to support. Riverside Education Centre students in grades 6 through 8 chose to support Phoenix as their local charity! Students sold candy-grams on Valentine's Day and held a spring fair and dance, raising \$1,500.

"The WE Team at Riverside Education Centre wanted to give back to youth as they know being a teen is hard and even more so when you have extra challenges," says Megan Phelan, guidance counsellor. "The WE Team felt raising money was one way to give back."

Thank you, Riverside!



Kim Morvan, Phoenix's Senior Director of Development and Katie Flannigan, hug at the end of the 5 Days for the Homeless campaign.



Dr. Richard Florizone, President of Dalhousie University, student members of the 5 Days for the Homeless team, and Dr. Sylvain Charlebois, Dean of the Faculty of Management at Dalhousie University.



The WE Team at Riverside Education Centre.

Housing that helps

Starting in change

One of Rob Morris' early memories of his career with Phoenix is the excitement of the youth as the agency prepared for its first program expansion. The Supervised Apartment Program (now Phoenix Homes for Independence) was about to open its doors to provide another housing option for youth.

"I remember the youth were very excited. When I became a key worker at the house five months later, I was hearing a lot about how this new housing program made a lot of sense to them."

Phoenix now has three Homes for Independence where youth live semi-independently in houses with three to four bedrooms. One of the people in the house is a Phoenix staff or "live-in" who is there to offer support as youth hone their skills and confidence, preparing them to live independently.



Rob Morris
Director of Residential Programs

Building relationships

In the early years, Rob, now Phoenix's director of residential programs, recalls how important these programs were, but how they were only scratching the surface.

"We were creating relationships with youth who were living at Phoenix and with a handful of youth on the waiting list, but we knew there were many others sleeping rough or experiencing homelessness that we weren't reaching. The catalyst for connecting with those youth was the development of the Phoenix Centre for Youth in 1994."

Adding services

The Phoenix Centre for Youth (PCFY) was, and continues to be a place, where youth can access necessities (food, laundry, showers) as well as connect with a case manager. Over time the services expanded to housing support, parenting support, and trusteeship. PCFY started seeing approximately 100 youth a month and it became obvious that a youth shelter needed to be developed.

"The issues were amplified with so many voices now in the mix. It was like changing from speaking into a tin cup to speaking through a megaphone. We listened and then became the story-tellers and advocates for youth."

Adding more shelter

Phoenix was positioned to take on the development of a youth shelter, and politically the environment was right. The agency knew it had to be properly prepared to operate and sustain this service. It hired staff and spent close to three months training and preparing before opening the shelter's doors.

Another important aspect of preparation for opening new residences is having community and neighbourhood support.

"Our relationships with community are huge. We educate our youth so they

“I grew up next door to Phoenix House and it has been wonderful to return to my old neighborhood as the coordinator of the Supportive Housing Program; returning has enriched my sense of community and has given me a sense of continuity in purpose and place-making.

When I think back to Phoenix from my high school years my favorite memory is about our family dog pushing his nose through the kitchen window at Phoenix House to get treats from the youth. This of course delighted us all. I have since learned that the window screens had to be replaced many times from our dog’s blundering attempts to get into the kitchen and to that group of youth who spoiled him.”

understand that they are part of the community and the responsibilities that includes. We are genuine in our relationships with neighbours and are 100 percent open to hearing and alleviating concerns. We show youth what it takes to be a positive part of community through participation in their community.”

Linking shelter and support

Being responsive to youth, community, and programming are all important in Phoenix’s effectiveness as a nonprofit organization. In 2015 Phoenix House and Phoenix Homes for Independence (PHI) were administratively merged under the banner of Phoenix Supportive Housing Program (PSHP). Although the programs are distinct, they seek similar outcomes. Most importantly, we are now better able to meet the housing needs of the youth we support, through continuity in relationships, targeted best-fit housing options, and flexibility

“I love being a live-in worker because it allows me to mentor youth in a non-traditional social work role.”



to move between programs as youth needs and values shift over time. A review of Phoenix’s housing statistics highlighted that youth transitioning most successfully out of PSHP are those that remain connected over time to a supportive staff person.

Going even deeper

Recently Phoenix has been responding to heightened needs related to mental health, addictions, affordable housing, and gender and sexual identity. The agency is exploring other housing models that suit the needs of youth – not models that youth need to fit into.

“Supporting youth to get housed is, frankly, the easy part; helping them maintain that housing is where it gets hard and resource heavy. We want to build a wider range of programs to suit the diverse needs of youth. As a member of the National Learning Community on Youth Homelessness, I know that affordable housing, the Housing First model, mental health supports, and a focus on prevention are common approaches to addressing the housing crisis across the country. I also see how each community needs to craft their own custom responses to the specific circumstances they face.”

“Everything Phoenix has done since day one has been thoughtful and based on the needs expressed by youth. The methodical nature of our approach has served us well over the years. We always have the best interests of youth at heart. Nothing bad can come from listening to youth.”



Leisha Seymour
Coordinator, PSHP

Amanda McNeil
Live-in worker, Phoenix Homes for Independence

Christina's milestone

Continuing support from home

In 2017 Christina Dadford retired after 23 years. "I started as Phoenix's accountant on October 23, 1994. I know it was the 23rd because staff were concerned that our rent cheques were going to bounce in a week," Christina says with a chuckle. "Things have changed so much since then."

During her time as Phoenix's accountant, the organization grew a lot! Phoenix was operating three programs in 1994 – Phoenix House, SAP (now Phoenix Homes for Independence), and the Phoenix Centre for Youth. To keep up with the needs, as we grew to eight programs, employment went from 13 full-time staff to over 50 full-time and 30 part-time employees. The fund-raising goal grew from \$102,000 to \$1.1 million.

Supporting from many chairs

Over the years Christina worked from many chairs, including a lawn chair she brought from home! The most meaningful and perhaps most challenging chair was in the front room at the Phoenix Centre for Youth.

"Sometimes staff would be busy moving youth into different residences, so I was the only person available to sit in the front room of PCFY for an hour or so," she says. "That's when I got to know the youth. One of the young people I spoke with on occasion returned

after four years of being away to say hello. He asked for me by name. I felt very happy that he remembered me – that meant a lot."

Over the years Christina has gone well beyond her role as accountant to support the youth and families at Phoenix. "The kids in my house always had milk, juice, and clean socks, so I believed the youth at Phoenix needed these things too."

The microloan program

Although Christina has said good-bye to her desk and chairs, she continues to support youth with microloans that help pay small, high-interest debts and bills that present big barriers for youth.

"I really believe in what Phoenix is doing. That's why my husband and I started the microloan program. It gives youth small loans that can have a huge impact on their ability to move forward with their lives."

Christina worked with Phoenix all these years because of the fun she had with colleagues and because of their commitment to the work.

"It's hard to express how dedicated staff are. A youth is not just another kid to Phoenix staff; every youth is their own person. Youth that come to Phoenix are smart and capable. They can do anything with support behind them – that's where Phoenix comes in."

Happy retirement, Christina! You will always be part of the Phoenix family!

23
years



Inspired giving



Eighteen years of Food for Phoenix

Verna Munroe was driven to make a difference. Verna and Elizabeth Brown began the Food for Phoenix Church Committee in 2000 to raise funds for groceries for the Phoenix Centre for Youth. Committee members represent supportive congregations across Halifax Regional Municipality.

What gives them joy in being members of this group after 18 years?

"I most enjoy working with my fellow committee members and local churches. It gives me a great sense of pride knowing I am part of a special group working to ensure youth in our community have the resources they need to achieve a happy and successful future."

– Heather MacDonald

"As a founding a member of the Church Committee, I enjoy being part of an ecumenical team serving youth. My career began as a caseworker in Child Welfare. Being a member of the Church Committee, providing healthy food for the youth, enables me to continue to serve youth – so thank you Phoenix!"

– Shirley Bergman

"Meeting some of the youth from Phoenix has made my job as a volunteer more real. Once a young lady in a shop thanked me profusely for shopping for the youth (she noticed my grocery list with Phoenix's name on it). The staff at the drop-in centre frequently make my day! They are so sincere and excited by my participation."

– Joanne Cameron

"I enjoy meeting with the members from all the different denominations working for the common good. Together we can make a difference for the youth who are in need."

– Kathy Chaddock

"I enjoy hearing about other local churches and congregations, and the support they are able to give to Phoenix. I am very thankful that our small congregation is able and willing to play even a small part in helping these amazing young people who come to the Phoenix Centre for Youth for help."

– Carol Grantham

"I enjoy the camaraderie of the others in the group and hearing about their faith communities. The times when I go into the drop in centre and see the youth, and appreciation of the staff are special. I like that it is a direct, grassroots and concrete way to contribute in a small way to an amazing organization for youth."

– Louise Stringer-Warren

Youth enjoying healthy snacks at the Phoenix Centre for Youth.



Members of the Food for Phoenix Church Committee. Left to right: Kathy Chaddock, Anne Morvan, Louise Stringer-Warren, Heather MacDonald, Joanne Cameron (missing Carol Grantham, Shirley Bergman, and Joan Kelly



Kayla



Connecting to a safe situation

Kayla has always had a passion for camping, education, and helping others.

"My dad passed away when I was 12. Mom and I moved from Indian Brook to Halifax. It was a big change. I started facing some serious issues at home and my mental health was suffering. I loved camping though, and at 14 I started participating in winter camping and other activities through the Nova Scotia Sea School. My youth mentor knew I needed to leave an unsafe situation at home and introduced me to Phoenix one week before my 16th birthday."

Six years later, Kayla has been involved in nearly all of Phoenix's programs and numerous activities, like the Volunteer Thank-a-thon, RBC's Make 150 Count (where she created birthday party packages for the children of young parents at Phoenix), face-painting, and speaking at Phoenix's 30th-year celebration.

The Phoenix family

"Over the years Phoenix truly has become my family – it's not just services. Everyone cares about you and wants to hear about your goals. When I was living at Phoenix House, Marianne was my case manager. When I moved out of Phoenix House and into residence at Mount Saint Vincent University (MSVU), she continued as my case manager – that made the transition a lot easier! Kilby from the Phoenix Learning & Employment Centre and Marsha, the Phoenix Housing Support Worker, are in my corner too! They encourage me to push for what I need, but they step in to help when I hit road blocks in navigating things like government services, housing, and education."

What motivates Kayla?

"My dad and my mom told me to make something of myself and take care of others at the same time. They wanted me to go to university and get a better education than they had. They told me to be proud of my culture and be myself."

Kayla has taken this guidance seriously. While living at Phoenix – the shelter, house and Phoenix Homes for Independence – she completed high school with honours! After three years at MSVU, she decided to change schools and programs. She was accepted to Dalhousie's highly competitive Bachelor of Science, Therapeutic Recreation program and has completed her first year.

Impact and vision

In March 2018, she was selected to attend the UN Commission on the Status of Women and Girls in New York. She also trained as a facilitator with the Youth Truth and Reconciliation Initiative in Ottawa and is a member of the Wisdom and Action Youth Advisory Board at Dalhousie University. She is also a youth commissioner with Scouting Canada, where colleagues fondly refer to her as the "rogue Girl Guide."

"I'm proud of the impact I can have with children and youth through recreation. I've had kids from past camps come up to me in the grocery store and tell me that 'last summer was the best summer ever!' I want to give back to kids where I live and be a role model for all indigenous youth."

Kayla's vision for her future is clear. After finishing her degree she wants to explore European recreation programming models to adapt for under-supported indigenous youth in Canada, starting in the North.

"I'd also like to write a book someday about my journey and mental health," she says. "No matter what, I will always stay connected to Phoenix, through volunteering or service projects, because I believe being connected to Phoenix saved my life. Phoenix gives you an option when you don't think you have any. I want to thank everyone who supports Phoenix. It might seem like what you do or give is small, but it makes a big impact."

Make a ~~little~~ lot of noise!

Expanding music, spreading joy

Music adds joy or significance to everything in life. It also allows people to express themselves creatively, to develop skills, to relax, and even to build community.

After 7 years and 11 incredible seasons with the Phoenix Community Choir, youth started telling us they wanted to take what they had learned even further. Phoenix youth have many talents and diverse musical interests.

We have listened to youth and are diversifying our music program to ensure more youth benefit from music!

Writing songs with Meaghan Smith

Two Phoenix youth are collaborating on a song-writing project with Halifax's own Meaghan Smith! With expert guidance from Meaghan they are learning how to write lyrics

and structure songs. Meaghan and a music student from Dalhousie are helping them refine their singing skills and record at Codapop Studios. We can't wait to hear the final product!

Beat central

Every Friday, youth get together at Halifax Central Library to listen to music that interests them – usually hip hop, R&B, and pop. The Beat Central program lets Phoenix youth ages 16 to 24 connect with each other in a relaxing environment while listening through their album of choice.

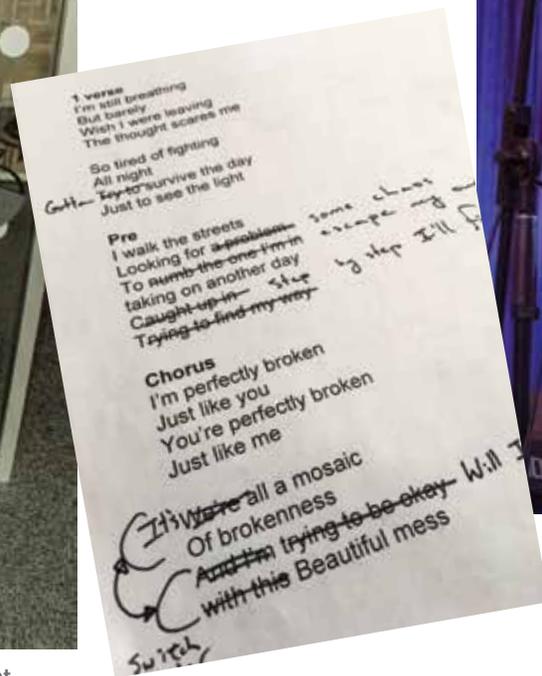
Scaling-up talent

Over a dozen youth take private vocal and piano lessons with Phoenix's support. These opportunities are cultivating the talents of youth, teaching them how to go beyond what they know in their musical journeys.

Phoenix works with ALL youth and ensures they receive supports that are as beautifully unique as they are!



Youth at exploring music at Beat Central in partnership with the Halifax Central Library.



Lyrics being drafted with youth in collaboration with Meaghan Smith



Quentin, Phoenix youth, who is taking one-on-one music lessons.

She would be proud

6
years

Paula's legacy lives on

When Paula Mann passed away at a young age due to a rare neurological disease, her husband David and sons Bruce and Chris wanted to honour her memory. For them, Phoenix was the obvious choice.

Family values

Paula had been a music teacher and had often seen the challenges youth face when they don't have the support they need. Paula's father had supported Phoenix, and she recognized that we offer something some young people need, so she became a committed donor and volunteer.

After she passed away, her family wanted to leave a legacy by giving to a charity Paula already supported. "Phoenix demonstrates the values that Mom taught us – she believed we should do whatever we can to help create something better for people," says Bruce.

During a tour of Phoenix's programs, David was impressed by the staff and their relationships with youth. The SPIN (Special Initiatives) program particularly interested him because of Paula's keen interest in music and physical activity. She believed all youth deserved opportunities to learn skills and be involved in activities. She lived this by volunteering at her sons' schools in various productions.

Immediate impact, lasting gift

"Mom always wanted to support things that had immediate impact. She saw how pageants and music immediately produced joy," says Chris. "When the SPIN program was explained to us, it was almost a no-brainer."

The Mann boys felt that although giving to medical research can be a fine way to leave a legacy, Paula would prefer to support youth now and through a funding base that would last. Having her name on the fund was also important to the family. They wanted youth who benefit from Paula's support to know that she cared about their futures.

"Helping Phoenix provide youth with opportunities to build skills and just have fun, forgetting about the challenges they face, is a reflection of Mom. We feel proud of how she continues to help our community through the Paula Mann Fund."

The Paula Mann Fund has been supporting Phoenix's work since 2012, and we're so grateful to her family.



From one heart to another...



Marcella and David Abugov

Marcella Abugov immigrated to Canada from Belize nearly 50 years ago. Coming from humble beginnings, she feels blessed to have been able to support Phoenix youth, families, and communities for 16 years.

"My Dad used to say, 'Give and give from the heart,'" she says. "Youth are the future, and that time in life can be very difficult. Everyone needs people who love them, a place to belong, and the knowledge that someone's listening. Each of us has a story that deserves to be told. You can never truly understand a person's situation without listening to their story."

Listening to the youth speaker and being in a room full of community members who care at the Phoenix Holiday Luncheon is incredibly uplifting for Marcella.

"I love that Halifax is my home. When you look out at the many people at a Phoenix event – they are all there to support. The people here are so community-minded and generous. We're honoured to be a part of Phoenix's great work."

Marcella and her husband David donate to Phoenix in honour of friends and co-workers each year instead of giving gifts during the holiday season.

"We love to give gifts; but rather than giving friends things they don't want or need, we donate to Phoenix. People who have gifts given in their name know we really appreciate them and are happy that they are part of giving back. For us, it's a wonderful feeling of sharing."

"I like the saying, 'when the student is ready, the teacher will appear'. We know that by giving back in honour of others we help create opportunities for youth when they are ready to take them on."

Tribute gifts

Some donors make memorial gifts to honour close friends and family. Others make gifts to honour individuals at Christmas, for weddings, birthdays, and to recognize individuals for their outstanding service to our community.

In Honour

Alice Brittan
Andrew Black
Anne Hanlon
Bill Black
Bob
Brown
Cathie Dingwell
Colin MacDonald
Dan McQuinn
Daniel Banoub
& Kelly McMichael
Denise Fitzgerald
Devon Koeller
Diane McCormick
Don & Peggy McDermaid
Doug Wallace
Eleanor Rimmer
Elizabeth Church
Frank Schwartz
Gail Logie
George Murphy
& Kathy Montgomery
Gerald Walsh
Gregory Butler
Janet Martin

Jim Cragg
& Barbara Woodward
John & Judy Sap
Julie LaRoche
Karen Dwyer
& Maurice Cramm
Lacey Hanshaw
Lisa & Pat Gray
Lynn Oldfield
Margaret & Howard Dwyer
Margaret Phoenix
Marion & George Tomlik
Marion van der Merwe
Marlene & Bernie St. Peters
Melanie Sturk
Melinda Fleming
Michael McCormick
Michelle van der Merwe
Morris & Goldie Trager
Mullins & Gillis
Patrick Convey
Paul & Jane LeBrun
Rita & Joel Pink
Ron Cragg, Anita Gore
& Sasha Cragg-Gore
Ryan St. Peters
& Mike Souther

Shannon & Craig St. Peters
Shirley & Chum Johnson
Sophie Keddy
Stephen & Jackie Dwyer
Susan J. Ross
Susan Ross
Susan V. Bennett
The Fountain Family
The Staff at daMaurizio
The Staff at Il Mercato
The Staff at La Frasca
The Staff at
The Bicycle Thief
Tracy Mahoney
Wendy Franklin
Will & Lacey
Will Hanshaw
Zdenka Franci

In Memory

Adam West
Alex Fountain
Allison Nowe
Ann McIntyre
Arthur Curran
Audrey Cleveland

Betty Woolway
Brian Knight
Bud Tarrant
Charlie
Christine Archiba
David Ferguson
David Heathcote
Doreen Dick
Edward Stock
Elizabeth Brown
Eric Ryan
Frances Fitzgerald
Frances Marks
George M.
Helen F. Marks
Howard Oxley
Ian Sargeant
Isabel Curran
Janet Keddy
Jeanette Currie
Joan Rounsefell
John Cornick
Joy Showell
Justin Raymakers
Karen Tomblin

Keith Phinney
Kent Nickerson
Laura Martin
Leland Lewis
Len Wein
Leo MacIntosh
Margaret Bowering
Marion Ferguson
Meghynn Norman
Melissa Peacock
Morgan O'Brien
Murray Naugler
Peggy Porter
Rev. Caissie
Robin Giddy
Ruth Kinsman
Sammy Tiller
Sarah Russell
Shawn Small
Sister Theresa
Steven Burns
Stuart McLean
Valerie Firth
Verna Munroe
Yvette Morrissey

Dreaming big!

Learning that builds lives

When youth come to the Phoenix Learning and Employment Centre (PLEC) they are searching for a job, funding for school, tutoring, providing career information, seeking help to identify their career interests, and more. Every youth is different, but all are looking for support to build their futures.

The team at PLEC does more than listen and respond to youth as they choose their steps. This team walks with youth.

Wrap-around educational support

"We don't simply tell youth what supports they can access, we connect them to these resources," says Claire Munroe, Coordinator of the Phoenix Learning and Employment Centre. "When youth invite us, we act as the supportive adult in their lives as they work toward next steps."

For some youth, this support starts early. For example, Phoenix has an in-house academic coach, who works in schools to help Phoenix youth stay connected to school and achieve their academic goals. Funding through the Nova Scotia Department of Education and Early Childhood Development makes this connection to schools possible. Youth say the program helps them attend classes more regularly, and that they might have dropped out or failed without it.

Re-imagining the future

"A junior high student may not see themselves at university or college, but we do!" says Claire. "We help them see that they absolutely can do it. We provide the necessary supports and provide opportunities to build confidence to get them there. We want youth to dream big!" Exposing youth to new skills and possibilities plays a huge role.

The PLEC team has many ways to support youth in preparing for their dreams. The team sets up meetings with people whose work interests a young person. It partners with businesses and organizations to offer work

and volunteer placements, tours of universities and colleges, leadership and skill development opportunities, and connections between youth and their communities.

"We're dedicated to broadening the vision that youth have for their futures. It's not just about getting a job. It's about finding independence through skills and education in a career they love."

Unique help

And, it's working! In the 2017 academic school year, 24 students entered post-secondary school – a record at Phoenix! These 24 youth have 24 different sets of needs. Phoenix teams wrap each one in individualized support.

Helping youth make the transition from high school to community college or university is critical to their success there. Phoenix makes sure youth know what to expect and then we continue to walk with them. PLEC helps them to manage schedules, course loads, and everyday needs like housing, transportation and groceries. Everyone hits rough spots in life – we make sure the young people we work with have what they need to get past those spots.

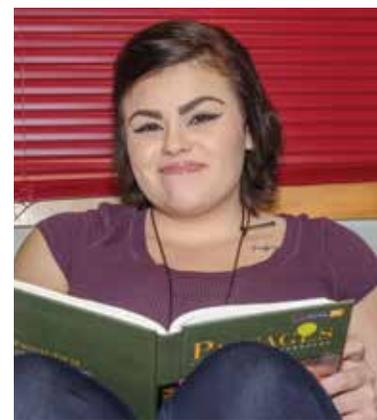
Rae ready to start their first year at MSVU.



We thank our many employment and education partners, including The Home Depot and The Cooperators, who believe every youth has incredible potential, no matter where they are in their journey when they enter our doors.

In March 2018 Phoenix received funding from the Department of Labour and Advanced Education for a new two-year project that will provide training and employment in a field of a youth's choice. Phoenix will be there to link youth with employers that intend to continue employment after the project ends. We can't wait to bring updates on their success over the next two years!

Allison reading at PLEC.



Feeding the soul

After high school Traelene did what many young people with good marks do – she started university, studying for a Bachelor of Science in Nursing. After a year it became clear that this was not the right career choice for her. She left the program with a mountain of student debt. It was a scary decision for a young mom with a part-time job, but a decision she knew she had to make. She tried to figure out what to do next for about a year, when a door opened.

“I was trying hard to find a job with enough hours to cover my and my son’s needs,” says Traelene. “It was hard. But when Patricia, a staff member from Phoenix, came into my mom’s office promoting a work program, it changed everything for me.”

Learning to make it work

At the time, Phoenix’s Transition Program offered work-related certifications (First Aid, WHMIS, food handling and others), work-readiness skills (such as team building and resume writing), and a 12-week subsidized work placement to help youth become ready for good jobs.

“I was always interested in cooking, but wasn’t sure if I was going to be able to attend school for it, considering the loan I already had, and not wanting to add any more debt on my plate,” she says. “I learned a lot from watching cooking shows and I would ask to cook supper for me and my mom when I was in high school. But, with my student debt, I thought I couldn’t go back to school. I was wrong.”

Help from Phoenix and the Veinos

Kilby, an employment counsellor at the Phoenix Learning and Employment Centre, worked with Traelene to get educational funding generously provided to Phoenix by the Veino family. Kilby helped Traelene apply to the culinary program at the Nova Scotia Community College and to land a kitchen job at Pete’s Fine Foods in Bedford, giving her experience working in a kitchen.

“It’s been great,” says Traelene. “All my school expenses are covered by the scholarship, from tuition to my knives and uniform. Overwhelming to say the least, but I’m forever grateful to have someone like Kilby by my side helping me and allowing me to take the first steps in making my dream come true. Kilby always says if I need anything, I can go to her. That means a lot.”

Cooking up a different plan

Culinary school is a much better fit for Traelene than university because of her hands-on learning style. In these classrooms, she can learn by doing things, and that has made a big difference.

“I used to be anxious in class. I felt like I was in a shell. I would hold back my skills, not ask questions and allow my anxiety to take over. Now I just do it. I know it’s OK if I don’t have the answers. I’m here to learn.”

She was always a good cook, but she loves that she’s learning new techniques and teaching them to her son.

“I like teaching my son basic cooking. He makes scrambled eggs and pancakes – he’s only three, but he learns quick and loves cooking in his play kitchen as well as ‘mommy’s kitchen.’ I love passing on my knowledge.”

“My dream is to have my own food truck after I graduate. I want to travel around cooking with my son and be my own boss. Then I hope to open a small restaurant as an extension of my truck that can be passed down to Tae’Jaun someday.”

“It’s important for other youth to know that there are resources out there that you can get. You don’t have to do it alone. Without Phoenix I don’t know where I’d be right now. I want to say thank you to the staff and people who support Phoenix for all they’ve done.”

Traelene



Phoenix does that

Thirty things we do that might be news to you! Phoenix supports youth in all kinds of ways that you may not know about. We...



accompany youth, at their request, to doctor appointments, job fairs, graduations, and more.



tutor youth in junior high and high school three days a week.



travel from Sheet Harbour to Sackville to Hubbards to support youth with housing, education, employment, and advocacy – 1,600 km/month!



bag **lunches** for youth living at the shelter who are in school or are working and unable to attend our regular meal times.



offer youth **drop-in services** at five high schools.



coordinate nightly activities for our youth at the Phoenix Shelter every night of the week.



partner with Art Gallery of Nova Scotia on **Open Studio youth art program** – for 17 years!



do **income tax returns** for youth.



provide youth with individual bedrooms they can make their own during their stay at Phoenix Youth Shelter, Phoenix House and Phoenix Homes for Independence, providing comfort and dignity.



build skills for independence by involving youth in menu planning and meal preparation.



drive youth to and from food banks – groceries are heavy!



support youth entering post-secondary education – 24 this year!



meet with **Mulgrave Park Community Advisory Council** for direction on Phoenix Youth and Community Centre programming.



train and mentor social workers and youth workers through **student placements** in many of our programs locations.



welcome partners in our space to make legal services, addictions counselling, and financial help more readily available to youth and families.



employ an **academic coach** who provides support to Phoenix students attending various high schools in Halifax. Thanks to Citadel High for their partnership!



source free computers, so youth have the resources they need to succeed in school.



provide **financial management services** through our trusteeship program to help youth stabilize their housing.



sit on the board of directors for the Canadian Housing Renewal Association, the Child Welfare League of Canada, and the Nova Scotia Community Sector Council.



support 25 youth living in their own apartments through our Housing Support Program.



attend **prenatal appointments** at the request of soon-to-be moms, and provide parent programming.



give back to the community by youth and staff performing random acts of kindness such as BBQs and community clean-ups.



offer clinical therapy services for youth starting at age 11 and their families.



serve turkey dinners to seniors in Mulgrave Park and North End Halifax at Thanksgiving and Christmas.



collaborate with other shelters to understand the community's needs.



use pronouns that respect preferences of youth, staff, and volunteers.



provide leadership development training to staff to hone expertise, build skills, and increase knowledge.



visit Metro Turning Point and Out of the Cold shelters once a week to connect with youth.



provide brief, therapeutic support to parents whose children are not ready for counseling.

140
volunteers

Thank you!
6,605
hours

Lucky indeed!

Anne and Jim Hanlon

Jim and Anne Hanlon have been faithful friends and donors to Phoenix, as well as volunteers and ambassadors!

For 10 years they have been hosting a St. Patrick's Day fundraiser, a tradition that began shortly after they bought their current home.

"We wanted to pay it forward," Jim says.

"We were already supporting Phoenix in other ways and had the idea to turn the house-warming into a St. Patrick's Day silent auction fundraiser party."

Preparing the event involves acquiring MANY auction items, coordinating logistics, hosting 100–150 people and gathering donations – no small feat!

The Hanlon's three children, Chris, Heather, and Greg, all donate both time and items to help out.

"The most exciting part of this is to have our three kids and granddaughter excited about participating in helping with the event and those in need," says Anne.

The Hanlons cover the cost of the event as part of their donation, so every gift given by family, friends, and local businesses who participate goes to Phoenix.

Anne says it's all worth the effort. "In 10 years, the event has raised over \$116,000 for Phoenix. We're happy to do it and look forward to growing the event even more next year."

We are lucky to have the Hanlons as part of the Phoenix family!



Anne and Jim Hanlon holding artwork by Phoenix youth, Odette.



Feeding the extended family

The Flemming family

Jack Flemming and his daughter Colleen Fitzgerald can't quite recall how they first came to know Phoenix, but one visit to Phoenix House shortly after The Flemming Charitable Foundation's first gift in 1999 is still vivid for Jack.

"A young resident of the house was our tour guide," he says. "She was so passionate about her life and the impact Phoenix was having on it. We spent a lot of time talking. She gave us a Phoenix pin that we still have today. When we left we were all quite emotional from meeting this wonderful young lady."

Jack and his wife Marion started The Flemming Charitable Foundation in 1999 to ensure philanthropy is deeply rooted in their family values for generations to come. And it certainly appears to be: grandchildren Matthew and Maria held clothing drives for people in need when they were just 12 and 11. Jack and Marion's children – John, Scott, Colleen and Karen – are all involved in making decisions about providing foundation funding to agencies in Halifax.

"Phoenix's work fits perfectly with the mission of our foundation," says Colleen. "I especially like the work being done to help youth build life and other skills they need for moving forward – like cooking, parenting, getting along with others and so on."

The family foundation has provided funds to off-set the food budget at the Phoenix House location – 19 years of providing nutritious food to youth 16–24! Over the years, the foundation has adjusted its support in recognition of rising food costs – a huge help when feeding growing youth.

"The whole concept of supporting youth is so important," says Jack. "At Phoenix, youth are recognized for their individual successes and they are proud of their accomplishments – that's really important. The satisfaction of contributing to work happening in the community is wonderful. Seeing the vibrant life that Phoenix youth have when they find their success is what it's all about."



Phoenix youth enjoying a healthy snack.



Phoenix youth making a stir-fry.



The Flemming family

Mulgrave Park & Phoenix – the joy of partnership

Mulgrave Park is home for Sabrina Hum and her family. After growing up there with her mother, she moved out of the community for a few years, then returned to raise her own daughters.

"It's special here because people look out for each other like family," she says. "We may have different opinions, but no matter what happens, we all pull together as one."

Phoenix is different

She has seen how the community has worked together to increase services and opportunities over time – how some relationships worked and others did not.

"Organizations would enter the community and rather than listening to our needs, they would provide services that didn't match. It wouldn't work and they would leave. We felt cautious and excited when Phoenix entered the community, and we soon found out Phoenix is different. The people are genuine. Phoenix never turns people away at the door – everyone is welcome and they listen and respond to our needs."

Her daughter Naykia was one of the first to sign-up seven years ago at Phoenix Youth and Community Centre (PYCC).

"Phoenix offered new things that youth hadn't been exposed to before. Naykia's involvement made her blossom. She helped start up and run a peer tutoring program to help younger kids!"

Lifelong impact

"It was great," agrees Naykia. "I had the opportunity to be involved in the shaping of PYCC. They opened it up to our liking and made things that felt impossible, possible! I was given opportunities to build myself. They gave me a chance to expand my knowledge of a lot of things and have a greater perspective on life. I was awarded a scholarship to go to post-secondary to follow my dream of becoming a chef, and I got to meet a great deal of people who have impacted my life forever."

"I'm so proud of her!" says Sabrina, beaming. "My youngest daughter Janaysha was counting down the days to her 12th birthday so she could do the programs!"

"I was excited to start going to PYCC," says Janaysha. "I like it there because the atmosphere is inviting and it's comfortable because my friends go there, and I know the staff personally."

Community input

Sabrina is a member of the Community Advisory Council, a group of members who meet once a month at the Phoenix Youth and Community Centre to talk about what's happening in the area and about services local residents need. From offering certificate training to summer programs, chili cook-offs to Safe Homes, Phoenix and Mulgrave Park work closely together to support youth, families, and the whole community.

"We were seeing that youth, like my daughter Janaysha, were finding high school challenging. Phoenix started up the In School Support program to provide, not only tutoring, but helping youth with their in-school relationships and with an academic plan. Janaysha and others are really benefiting from the program!"

Janaysha agrees. "It helps me academically because I know if I needed anything – support or supplies – it's there. It also keeps me up to date on the latest activities and relevant topics in the world."

"I really love my community and my Phoenix staff," says Sabrina. "They are all unique and give in different ways. To me it seems that each staff member is not just doing a job – they care and go the extra mile. Their openness makes a big difference to creating trust and a sense of belonging for everyone in our community."

Many residents of Mulgrave Park have been in the community for generations, but not all! Take Imelia Gutierrez and her family. They moved to Canada from Colombia 15 years ago and they have lived in the community since 2012. As a member of the Community Advisory Council, Imelia not only takes part in community initiatives, like the Pictures in the Park photo competition last summer, she also helps guide them. "I try to be involved in everything because I love to help and to be with people. I like that I can give my opinion and my advice. It's a safe space to share concerns. This is a big community with many youth. Phoenix is a powerful tool here!"



Sabrina, Naykia and Janaysha



Healthy relationships...

Sierra Barnett, IWK Community Mental Health Nurse at Phoenix

When it comes to helping youth through mental and physical health services, Sierra Barnett knows what it's all about...

"For me it's the relationship building," she says. "Having someone that youth feel comfortable talking to is so important when it comes to health."

Full-time mental health support

Dedicated full time to Phoenix, she also knows how important it is to meet youth where they are. In the last year, 115 youth used Phoenix's health services 427 times. Operating primarily from the Phoenix Centre for Youth, Sierra also schedules time each week at the Phoenix Youth Shelter and Phoenix House.

Since the partnership with the IWK began in 1994, the focus of health services provided

at Phoenix has shifted from physical care to mental health supports. Accessing immediate mental health services can be challenging. As well, mental health interventions typically take longer than physical health aid needed by Phoenix youth. Bringing mental health support into the agency was critical: youth in crisis often struggle with managing anxiety and coping with low mood, as well as other mental health challenges.

"When it comes to physical health, youth may come in with a wound, but because I don't have a pre-determined appointment schedule, I can spend time finding out why the hand is wounded. Often conversations reveal the reasons for the physical health concerns – and those reasons tend to relate to mental health."

Of the over 800 youth who access services at Phoenix each year, 62% identify mental health as a priority concern.



...healthy youth

The care that youth need

On-site and drop-in visits without strict timeframes are ideal for getting to know youth. By listening and building relationships, Sierra advocates for youth at their request as they move through stages of change, by making referrals, scheduling appointments and joining them at appointments. Helping youth as they navigate and stay connected to the health care system is an important service, especially for youth with non-conforming gender identities or those lacking health cards. Youth are also connected to Phoenix staff who specialize in housing, parenting, employment, and financial management services to alleviate some of the stress and anxiety.

Kind youth with tough challenges

At times working with youth can be challenging, but Sierra is committed because of the “interesting, capable and often very kind youth” that she works with. She is inspired by helping youth find some relief in their challenging situations.

“Life can be really hard. I hope that people feel better leaving my office than when they came in. There’s no magic wand, but being a support in someone’s journey – seeing them take even small steps – is inspiring.”



There are many health benefits to having pets. From physical exercise to unconditional love, pets enrich our lives. For instance, Lewis the cat lives at one of Phoenix’s Homes for Independence and provides a lot of love! We thank the Community Veterinary Outreach clinic that provided free veterinarian services to Phoenix’s furry family members this year!

Mental health supports are a common thread throughout Phoenix’s eight programs. Our staff work with youth and families to decide what internal and external resources will be most helpful. We are grateful to partners like Medavie, which helps provide the resources we need to walk alongside youth and families as they bravely take steps forward.



Staff and youth BBQ at PCFY



Phoenix float at Halifax PRIDE

A difficult start

At 16, Marissa was forced to leave home in Newfoundland because of a difficult family situation. She made the trip to Nova Scotia in 2007 with her sister and found her way to Phoenix Youth Shelter.

"Phoenix was a huge blessing to me. I felt numb. I had no place to call home," says Marissa.

She stayed at the shelter a few times and connected with the Phoenix Centre for Youth and eventually the Phoenix Learning and Employment Centre (PLEC). While at PLEC she completed correspondence classes and completed her high school diploma!

Stability and resilience

"Thinking back on this time in my life I realize how resilient and resourceful I was."

Phoenix was a stabilizing factor in Marissa's life. "When I was young I bounced around a lot...a lot. Phoenix staff were always positive and optimistic. Kilby, an employment counsellor at Phoenix was always encouraging me toward my goals. She would look up programs for me and explain how to access different careers. She helped me with job searches and resume writing – it was empowering."

The skill-building and encouragement were important, but Marissa's relationships with Phoenix staff weren't built solely on tangible outcomes.

Long-term connection

"Just being there for youth and showing youth they care – that in and of itself helps so much," she says. And even after being away from Phoenix programming for eight years, she stays in contact. "I'm still in touch with Kilby to tell her what's happening in my life."

Marissa married young, moved to the United States, and had a daughter. Then she decided she needed to take a new direction. She returned to Halifax to begin a new chapter for her and her now three-year-old daughter.

Marissa is about to complete the office administration program through Nova Scotia Community College, alongside her sister, and her vision for the future continues to come into sharper focus.

Learning and helping others!

"I was so surprised to discover that I like and am really good with numbers – I'm even tutoring other people!" she says. "I'm completing my office administration work placement at Saint Mary's University (SMU). Then I hope to be hired at SMU and start taking classes part-time to get my Bachelor of Commerce."

"I faced a lot of trauma when I was younger. I'm still working through all of that, but I now have stability. I'm so grateful for the role Phoenix played in my life – even if I resented the curfews at the time! For youth who are in a similar situation to mine when I was younger, I want them to know that it really does get better. Being young is rough, especially when you're in situations like this, but don't give up. Don't worry about what other people think or try to fit in. Set goals and work to achieve them."



Marissa

Dreams and memories

Talk about something to celebrate! Phoenix's signature fundraising events attracted more than 1,500 people this year and raised \$358,000! And our events do even more: Dreamscape in May and the Phoenix Holiday Luncheon in December give youth a chance to share their stories.

Each youth speaker comes to the podium with strength and of course some nervous butterflies! Preparing and then telling your story to between 500 and 1,000 strangers is a challenge that builds confidence and skills. After every event our guests tell us how the youth speaker inspired them, moved them and awakened them to the incredible young people at Phoenix.

This year Chris and Liam took the microphones.

Chris

"I have 14 siblings from growing up within the child services system. My parents left me with a relative at a young age, only to soon be adopted. This situation was unsafe for me and I ended up being placed in group homes and youth facilities..."

Despite the challenges in my life, I managed to obtain an academic Ontario secondary school diploma, which was pretty awesome in my eyes, having been faced with so many obstacles from such a young age...

After about a year of accessing the supports and services offered at Phoenix, I was able to get my own place to live. I did this on my own, but after about a month I was able to move from my room rental to a one bedroom apartment through the Housing Support Program at Phoenix!

I avoided negative environments and peers since moving into my own place and felt ready to try school again. I got everything I needed to start college at NSCC. Working with the Phoenix Learning and Employment Centre allowed me to move forward with my college application by covering my registration fee. I am now a full time student taking a full two year metal fabrication program. I'm doing really well and sometimes I show my marks to the staff at Phoenix. In three weeks I will finish my first year!"





Remembering our friend Stuart McLean

Dreamscape felt different this year without our good friend Stuart McLean. Stuart believed in positive futures for all youth and was devoted to Phoenix. Beginning in 2002, Stuart attended the event and shared a story from the Vinyl Café. He donated his time and his craft year after year to help raise funds for youth, families and communities. But most of all, he was a great friend, ambassador and supporter who was always there for Phoenix. The Phoenix family misses him dearly.

24 Phoenix youth entered post-secondary education during the 2017-18 academic year!



Liam

“Phoenix offers not only the best shelter in Nova Scotia with the warmest beds and the best food, but the staff provide information and resources to help youth get apartments, jobs, education, income assistance, addiction support, mental health resources and above all else it offers a safe, and judgement-free space for many under-supported people in Halifax.

If you ask me, Phoenix is much more than just a shelter, or a house, or programming – it’s a community of dedicated people giving their all to help youth succeed – to help us as we make decisions for the lives we want, to recognize our own strengths and use them to rise above the challenges of circumstances...

Phoenix was the stepping stone that allowed me to turn my situation around and get my life together. And for many youth it is a safe haven and positive environment that allows them to achieve more, while covering their basic human necessities, something often taken for granted.

When I was asked if I would be willing to speak about what Phoenix means to me, I didn’t hesitate in the slightest; Phoenix means the world to me. I have nothing but gratitude and love towards the people who supported me to get to where I am today. Thank you.”



Stronger together

Thirty years of Phoenix

In September 2017, Scotiabank helped us throw an amazing, interactive community event to honour 30 years of Phoenix. All members of the Phoenix family – more than 300 current and former youth, staff, volunteers, supporters, and dignitaries – joined the celebration!

Current youth played a key role. A youth celebration committee was formed under our Special Initiatives program. They brought to life ideas for the event that provided an interactive and connected experience for our guests. In turn, the event gave youth a chance for skill and leadership development.

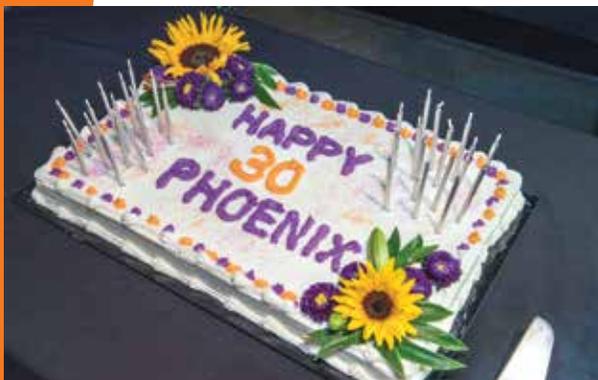
Celebrities in celebration

Emcees Louise Renault and Phoenix youth Jace welcomed people who represented all aspects of the Phoenix family to the stage. They shared personal Phoenix moments and connections that moved and strengthened them.

Ashley Morton, a volunteer tutor with the Phoenix Youth and Community Centre shared, "I started coming to the weekly tutoring sessions... and discovered an amazing community and space. It was fun! The kids were smart, the staff were great, and the place was just full of positive feelings."

Guests left the event feeling inspired and deeply connected to the Phoenix story. It was an evening to remember! Thanks to all who celebrated and made us 30 years strong!

30
years





Inspiring Support

To honour Phoenix's 30th milestone, we encouraged individuals, families, businesses, and organizations to support Phoenix in creative and inspiring ways. They came up with activities to celebrate Phoenix's anniversary.

Honouring Clients, Supporting Youth

Bruce & Monahan, Chartered Professional Accountants, donated \$2,500 to Phoenix to honour their clients in lieu of holiday gifts.

Warm Feet from Tenderfeet

Guides, Brownies, Sparks, Pathfinders, and Rangers units warmed our hearts by donating socks.

"Friends of Phoenix" Drive

Open Hearted Warriors of the Shambhala Centre donated items to their neighbours at the Phoenix Youth Shelter.

An Acadian Christmas Dinner

Café l'Acadie cooked up two turkey dinner fundraisers while diners enjoyed the music of Tammy Adams.

Deloitte Delivers for Youth

Deloitte employees did yard work alongside youth at the Phoenix shelter as part of IMPACT Day.

Designing Phoenix

Peggy & Co. Design Inc. brought joy to Phoenix's 30th anniversary by donating her time to develop invitations, holiday campaign and social media graphics.

Medavie Cares for Phoenix Youth

Team members collected personal hygiene items to create care kits and gathered new, warm woolens for Phoenix youth.

Movie Night Under the Stars

Julie and Stephen Archibald hosted a movie night at their home in Fall River to support Phoenix.

Scotiabank Champions the Celebration

Scotiabank and Phoenix share a strong relationship. Their support of our 30th celebration, 30 years of making #youthmatter, made the event one to remember!

BITS Makes a Big Difference!

This Halifax creative agency donated in-kind web services to help promote Phoenix's 30th year online.

Land & Sea for Community

Tracy O'Brien and Lisa Tilley created a two-day Land & Sea for Community get-away adventure package ticket draw that raised funds for Phoenix.

Feet for Phoenix Sneaker Drive

Courtside Sneakers collected over 260 new and gently used sneakers to donate to Phoenix.

Honouring Grade A Teachers

Robert Hammer's family made a donation to Phoenix in honour of his receiving the Prime Minister's Award for Teaching Excellence and in recognition of Phoenix's 30th year.

NATIONAL's 30 for 30 Digital Tag

NATIONAL launched a month-long game of digital tag where clients, friends, and neighbours in Halifax were invited to donate and tag someone else on social media. NATIONAL also donated web and video services throughout the year!

30 Clicks for Phoenix

Combining his Love of Running with his love for Phoenix, long-time staff member Mike Butler ran 30 km during the Bluenose Marathon weekend raising over \$3,000!

Sing your heart out

The Big 30th Sing raised funds for Phoenix thanks to St. Andrew's Church and The Big Sing team.

Michael DeVenney's Journey Campaign

As an ambassador for mental health awareness, Michael worked with us to share inspirational stories and raised \$30,000 for Phoenix!

\$30,000 in 30 days

The construction community rallied to raise funds for Phoenix!

Taking care with Grant Thornton

The Purplettes team challenged colleagues to collect personal care items while travelling on business and to bring them home to Phoenix.

Family and Friends of Phoenix

Andrew and Christa Black hosted a party in their home to bring awareness and funds to Phoenix.

Dine for Phoenix

Josh and Jill Leon hosted a gathering of friends for food, drinks and fun at their home, raising \$5,400 for Phoenix! Josh even built a new table to accommodate all the guests.

A treat for Phoenix

Atlantic Superstores in Halifax provided Phoenix with a mixed bag of treats, from gift cards to literally baking the cake for our 30th year event.

For more information on each initiative, visit:
www.phoenix30for30.ca

Your gifts make possibilities possible

If you are interested in receiving Phoenix's audited financial statements, please contact us and we would be pleased to send you a copy.

Our 30th anniversary year was one for the books. A year of celebration, reflection and gratitude.

And celebrate we did! We were so moved when hundreds of our Phoenix family members joined us at a party in September to celebrate our past, present, and future. The sense of community, palpable joy in the room, and pride in the eyes of our youth truly embodied the spirit of Phoenix. Throughout the year, friends old and new joined us in new initiatives through the 30 for 30 that raised important awareness and funds. We also unveiled our Guardian Wall that celebrates our long-standing, dedicated supporters starting with two of our very first (and still current) partners, St. Paul's Home and Halifax Citadel Progress Club.

Our 30th year was also one of reflection. Our longevity and evolution is direct a reflection of the strong and courageous youth we are so privileged to serve. Without their voices, we would not be who we are today. The stories of our youth, staff, and supporters—like those shared in this year's report—will become Phoenix's legacy and yours.

Of course, none of this would be possible without you – our community, our family, our future. An astonishing \$1,274,734 was given to support close to 1,000 youth who came to us for help. Thank you for investing in our youth and for trusting our team to care for them.

With gratitude,



Kim Morvan
Sr. Director of Development



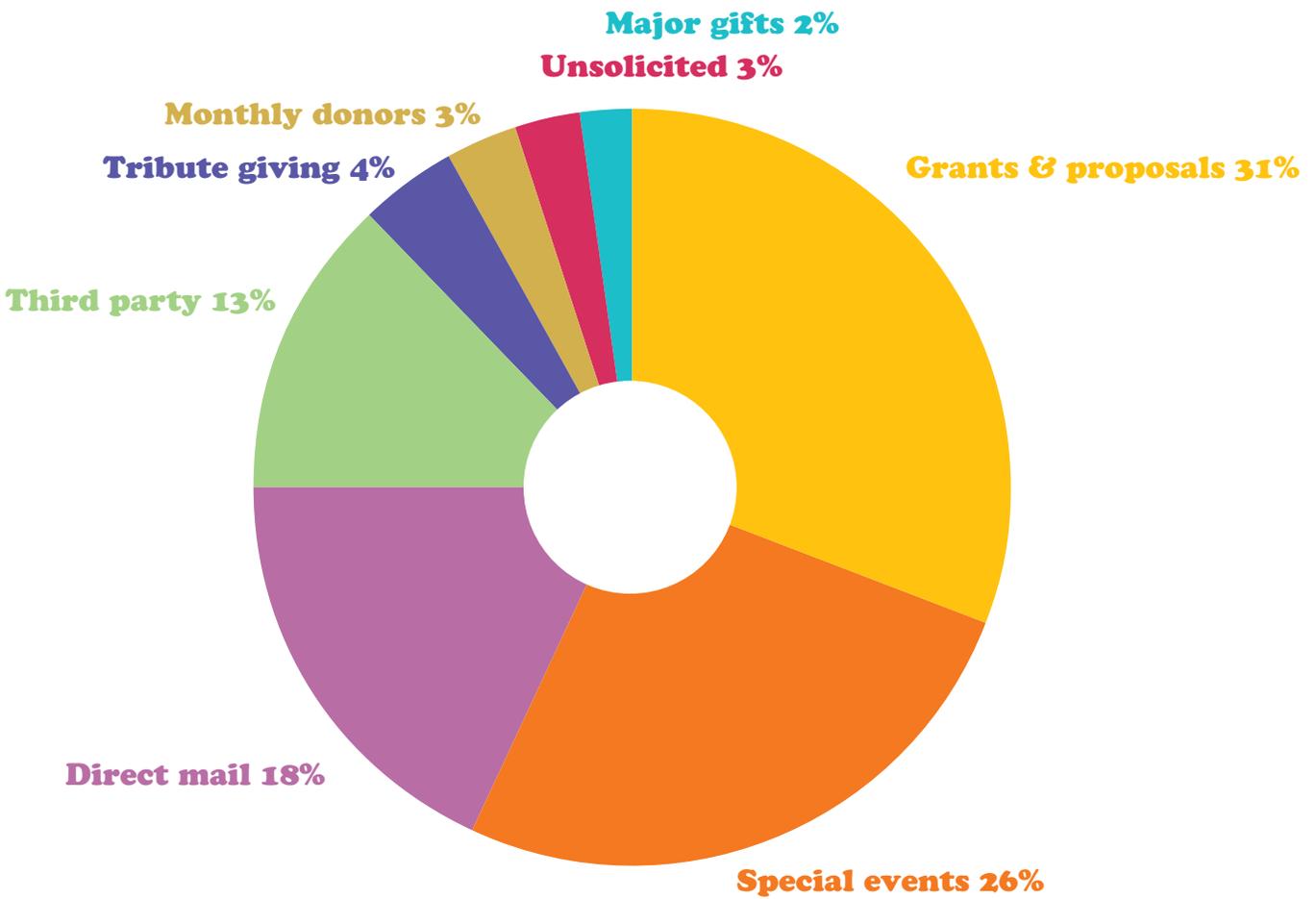
The Phoenix Fund Development team.

We've moved! Phoenix's fund development and administration teams have moved to 5880 Spring Garden Road. The opportunity was made possible by generous support from corporate partner Killam Properties REIT and our friends at Office Interiors and Industrial Alliance. Thanks to all of you! Bringing the teams together under one roof will let us be more efficient. More importantly, moving the administration team out of the Phoenix Centre for Youth provides much-needed space to better support youth and families at that location on Coburg Road. Come visit us!



2,035
number of donors
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**This year 46 youth
lived in Phoenix's
Supportive Housing
Program and 19 others
were supported with
independent housing
through the Housing
Support Worker!**

All giving categories are based on gifts, both financial and in-kind, received April 1, 2017, to March 31, 2018.

Your support is extremely important to us and we make every attempt to ensure accuracy of information. Please contact us to let us know of any errors or omissions.

* refers to monthly donors with cumulative gifts of over \$100.

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Young people who are experiencing homelessness (ages 13-24) make up approximately 20% of the homeless population in Canada.

In 2017, the poverty line for a low-income, single-parent family with two children was \$30,962.

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**In Nova Scotia,
 22% of youth
 under 18 live
 in low-income
 households. The
 national average
 is 17%.**

**47 youth at
 Phoenix were
 supported though
 our trusteeship
 services this year
 with financial
 management!**

60 youth were supported through Phoenix's Youth and Family Therapy program this year.

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 Youth Voices of Nova Scotia Society

215 youth participated in opportunities at the Phoenix Learning and Employment Centre this year.

Save the date!

**Donor & Volunteer Appreciation Event
September 26, 2018**

**Phoenix Holiday Luncheon
December 4, 2018**

**Dreamscape
May 2019**

Keep in touch!



@phoenixhfx



Phoenix Youth Programs



PhoenixYouthPrograms



www.phoenixyouth.ca

Production of this report was made possible by generous contributions of friends of Phoenix.

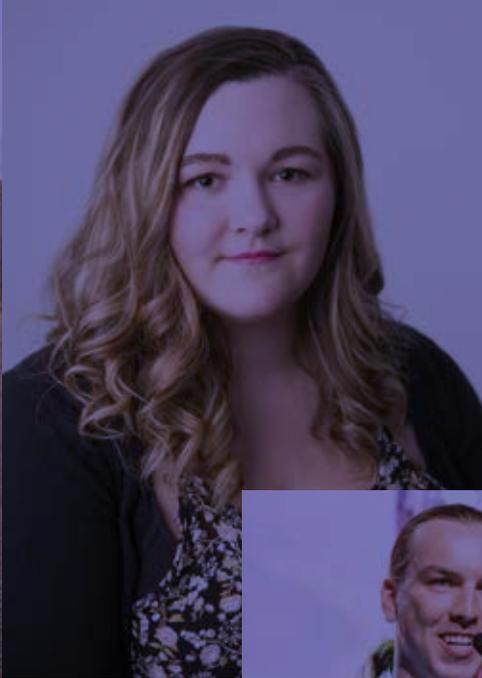
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Writing & wordsmithing: Watkins Campbell Communications

Photos of our youth: Kelly Clark Photography

Additional photography: Rebecca Clarke Emotive Photographer, Stephanie Sabean, Robert George Young Photography

Digital alchemy: Robert George Young Photography



Phoenix
5880 Spring Garden Road
Suite 200
Halifax, Nova Scotia
B3H 1Y1

Phone (902) 422-3105
Fax (902) 422-7656
Toll-free 1-866-620-0676

phoenix@phoenixyouth.ca
www.phoenixyouth.ca