

# From our Family to Yours



## Highlights from 2009

Youth hosted our Annual Donor Recognition Event, welcoming 140 attendees to this special evening.

A group of Phoenix youth trained and ran in the 5km and 10km runs as part of the Blue Nose Marathon.

Two youth living at Phoenix House graduated from high school in June.

A youth and staff member attended a National Conference on youth homelessness to co-present on the innovative health programs at Phoenix.

Seven youth accessed skilled trades training and graduated from the Carpenter Millwright Trades College.

One youth received his Bachelor of Commerce degree from Dalhousie University. Two staff members cheered him on as he walked across the stage!



We wish you a warm and comforting Holiday Season and a happy and joyous New Year!

## Thank you for your support

The Phoenix Family is incredibly grateful for your past generosity. At this time of year we are especially thankful for the support that we receive from the community - support that helps make the holidays brighter for our youth.

Please consider making a donation to our Holiday Campaign. You can help with a financial gift or choose one of the options from our "Wish List".

Our youth & staff thank you for your kind consideration.

## Amy receives a standing ovation!

Each day we are inspired by the youth we serve; their strength and their resilience.

Amy received a standing ovation after addressing a crowd of 700 attendees at this year's Women of Excellence Awards Dinner. She openly shared her story as well as her experiences participating in a number of Phoenix's programs including the Learning and Employment Centre, the Parent Support Program and the Walk-In Centre. She considers Phoenix to be part of her family, and for that we are incredibly fortunate.

"I'm going to NSCC to finish some high school courses and get into the practical nursing program. I want to wake up every day and love my job. I want to help people. Whether it's big or small, it's all I want to do."



Photos by James Ingram



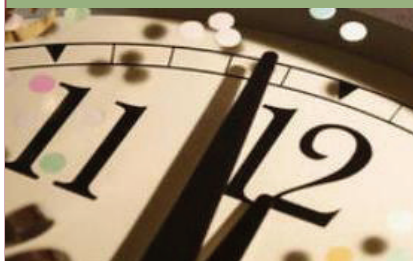
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The first Phoenix Fathers program was held and involved ten young fathers interested in learning how to be the best fathers they can be.

We unveiled a new look for Phoenix that reflects the strength and character of our youth.

The Phoenix Prevention Program expanded into a vibrant low-income community with a successful summer program.

The Progress Club Halifax-Cornwallis celebrated its 20<sup>th</sup> anniversary of the Women of Excellence Awards Dinner, and of supporting Phoenix!



**Celebrate New Year's Eve with Us!**  
We hope you can join us at the Waterfront Warehouse as we ring in the new year on December 31<sup>st</sup>. Visit our website to learn more.

[www.phoenixyouth.ca](http://www.phoenixyouth.ca)



## Phoenix's Wish List

You can help make this holiday season a memorable and nurturing occasion for the youth who call Phoenix home. Please allow us to make some suggestions for much-needed gifts for our youth. It would be greatly appreciated if you could arrange delivery of the items **before December 14<sup>th</sup>**, although we will still make great use of them after that date!

1. **Sponsor a youth for the holidays** - A donation of \$150 will help provide each youth in our residential programs with a special present under the tree on Christmas Day.
2. **Bus tickets** - Many youth do not have extra funds to ensure they get to their destination safely. Bus tickets provide them with a safe and comfortable way to get to their destinations.
3. **Stocking stuffers** - shampoo, hand cream, razors (male and female styles welcome), shaving cream, deodorant, chapstick, socks, coffee shop gift cards (smaller denominations), chocolate and candy.
4. **Warm winter clothing & accessories** - At this time of year, we want to ensure that each youth is well-equipped to deal with outside temperatures. You can help with donations such as coats, mittens, gloves, scarves and hats (warm winter toque-style), as well as warm blankets.
5. **Personal care products** - Deodorant, toothpaste, toothbrushes, facecloths, razors, feminine hygiene products and skin cream provide youth with much-needed supplies and contribute to overall health and self-esteem. No alcohol-based mouthwash, please.
6. **Socks and underwear** - As simple as it sounds, youth rely on your donations to provide them with underclothes, helping to keep them warm and comfortable throughout the year. Thermal underwear would also be appreciated, along with hand and feet warmers.
7. **Gift certificates** - Examples include grocery stores, department stores, coffee shops, clothing stores, movie theatres or movie rental certificates. These will help our youth now and throughout the year.
8. **Age-appropriate items for children under 5** - Phoenix has a Parent Support Program for young parents. You can choose to provide items for their children such as diapers, clothing, wet-wipes, hats & mittens, unwrapped toys, baby food and children's books.
9. **Household items** such as towels, facecloths, dish towels, dish cloths, can openers, dishes and pots & pans are always put to great use.

*Many thanks for your generosity this holiday season.*



Items can be dropped off at:  
6035 Coburg Road or  
phone us at 902-422-3105  
[www.phoenixyouth.ca](http://www.phoenixyouth.ca)