



IMPACT REPORT

Helping Give Calgary's Homeless and
At-Risk Girls Their Future Back

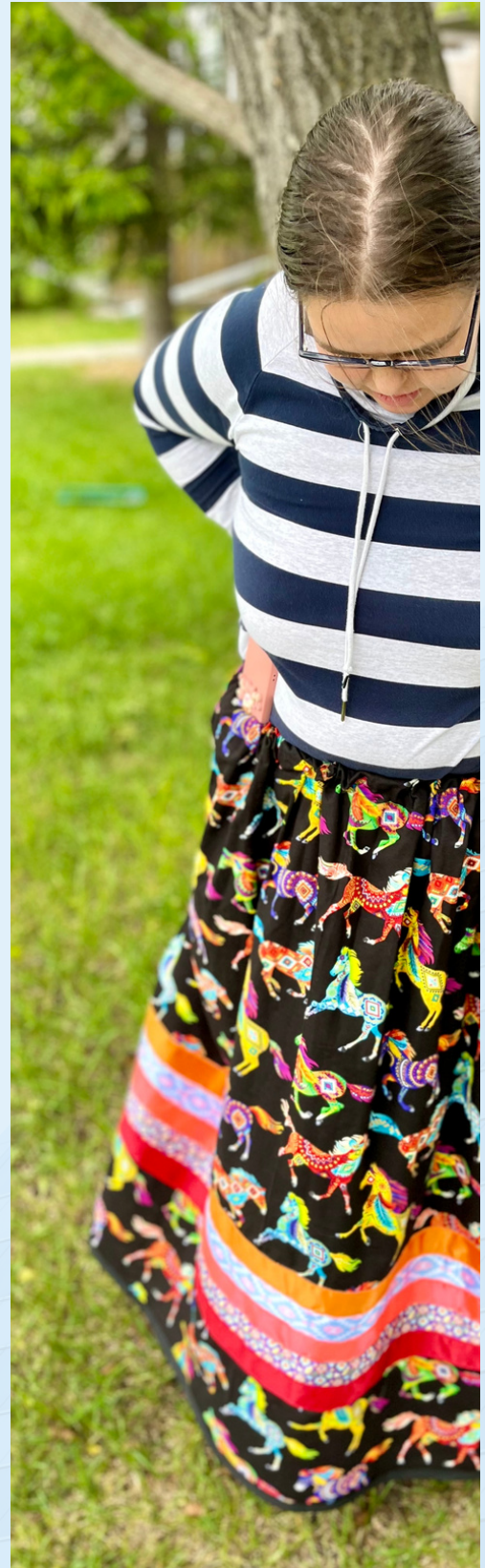
Safe Haven Foundation of Canada
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Calgary, AB T2V 1V2

Land Acknowledgement

Safe Haven Foundation acknowledges that the land that which we meet, live and play are on the traditional territories of the peoples of Treaty 7 region in Southern Alberta, which includes the Blackfoot First Nation tribes of Siksika, the Piikani, the Kainai, the Stoney Nakoda First Nations tribes of Chiniki, Bearspaw, and Wesley and the Tsuut'ina First Nation. The City of Calgary is also homeland to the historic Northwest Métis and to Métis Nation of Alberta, Region 3. Today this territory is home to many diverse First Nations, Inuit and Métis peoples. Our team recognizes the presence of Indigenous peoples on this land and the importance of working to advance reconciliation between Indigenous and non-Indigenous people here and across Canada. We are making this acknowledgment to further demonstrate our commitment to work together as a community in laying the foundation for reconciliation through education, listening and learning.

About Us

Safe Haven Foundation was founded in 1996 by Karen and John Sherbut. Our Haven's Way® program, the first of its kind in Canada, opened in Calgary in November 2000. This is an innovative, long-term supportive housing program that assists girls who are homeless or at-risk of homelessness. They are between the ages of 14 to 24, do not have child welfare status, and have a focus and commitment to completing their education.



Message from the Founders

2021 marked 25 years since Safe Haven Foundation was founded to support vulnerable youth here in Calgary. At every turn, our 25th year was determined to challenge us. The youth we support continued to inspire us every day and we were able to overcome every barrier and every challenge. We learned valuable lessons about tenacity and further, vulnerability and privilege. We faced forward, planning each step we took and, all the while, we had an incredible community of support walking beside.



Thank you to all who continue to show up for us again and again by donating funds and gifts, volunteering and keeping us in your thoughts. It is important work that we are doing together. The lives that we get to impact become the hope that we need for the unprecedented times ahead. We saw so much healing take place for youth at Safe Haven Foundation this past year! Healing through education, therapy, cultural practices, safety and belonging. When the youth heal, room is created for them to dream. We have seen youth take big and small steps towards their dreams in 2021. They step out bravely and capable knowing that there is safety and support surrounding them. Thank you for traveling this journey with us. It was a memorable year, and we have our sights set on a beautiful and expansive horizon.

With our sincerest gratitude,

Karen & John Sherbut, Co-Founders

Year In Review

Through the challenges of the pandemic, we have learnt a lot about ourselves, including strengths, limitations and what is meaningful to us. The pandemic also created space for youth and families alike to acknowledge that support was needed without feeling shame or guilt. Around the world, people needed help and reaching out was not stigmatized and folks were not judged. The result, a community that can spoke more openly about mental health, addictions, and abuse, however these individuals were met with a system that was not ready to support the on slot of the support that was needed. The increase in mental health was seen around the world, including inside the homes of Haven's Way®, our Alumni, and the surge of referrals for our programs from young people and families seeking support. Many young people feeling anxious, not sure of how to move forward, feeling unprepared and or what to do with the many feelings that came to the surface for them.

Youth sharing feelings and exhibiting behaviors associated with depression, lacking desire and drive. Families seeking basic needs like food, counselling, and skill development while they learnt to take on the role of teachers. The pandemic may be declared over, but the aftereffects are lingering, and mental health supports are needed more than ever. One-year waitlists exist for our youth their families to begin their healing journey. While they wait, our entire staff team works tirelessly to support each youth, alongside our community that continues to support Safe Haven Foundation, connecting us to resources and donating to support these youth and their future. We couldn't do this without your help.



**In 2021
Haven's Way
provided 2190
bed nights to
girls who
otherwise
would have
been homeless**

Supporting Complex Needs

Adverse Childhood Experiences (ACES) such as abuse, neglect and mental illness can have a lasting impact on our youth's health and wellbeing. Studies now suggest that ACES can be minimized with positive experiences, connection to nurturing relationships, new learnings, education and knowledge transfer to parents and caregivers. Opportunities to engage in mindfulness activities like exercise and therapy are also beneficial in the healing process. These are just a few of the pillars and core outcome areas that our programs strive to achieve. To prevent and end youth homelessness, we must create space for healing, for both the youth and the family. We do not judge, we accept and understand that everyone has their story, and everyone deserves opportunities for change.

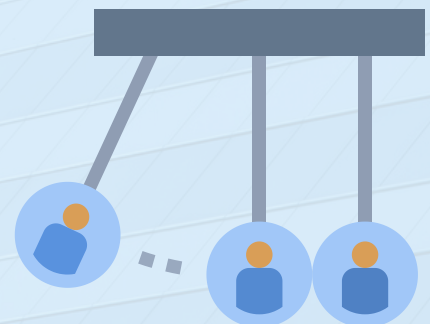
Haven's Way Youth in 2021::

- **100%** increased their level of education
- **100%** were connected to resources
- **100%** connected to family and/or natural supports
- **100%** participated in recreational activities
- **79%** engaged in mental health & emotional wellness
- **71%** were actively employed*
- **61%** volunteered in the community*

**these areas were impacted by the pandemic*



- **100%** of our youth have experienced ACE's. This is not just specific to the youth residing with us currently, but all youth who have called Haven's Way home.
- **83%** of our youth shared at intake that they have had thoughts of suicide on a regular basis.
- **50%** of our youth are living with a mental health diagnosis and learning to live and use new coping skills they are learnt from their professional supports. This takes time and practice. It is one of the many reasons Haven's Way has no time limits on the housing and supports offered.



Positive Youth Development

.As youth transition to adulthood, it is vital that they have opportunities to increase their emotional and social competencies, practice and learn new life skills and build their knowledge of resources, that will support them to make healthy decisions and develop their independence. Positive youth development is an essential part of service delivery that our programs focus on in everyday interactions with youth and families with key pillars of:

- **Health and Wellness.** During the past year, the youth had opportunities to explore what healing and growing looked like with their mental, emotional, and physical health. Every youth was connected to counselling with professionals that fit for each youth and the areas they have desire to focus on, including equine and eating disorder therapy.
- **Relationships with Schools** improves and increases attendance, safety, belonging and increases high school graduation rates.
- **Reciprocity.** The opportunity to "give back "where youth can lend their skills and abilities to their community. One youth spent the last year reading to elementary kids through her high school's volunteer program, an area that was important for her.
- **Family and Natural Supports.** Investing in individuals that are important to the youth and getting to know their chosen family allows us a unique glimpse into the depth and importance of their forever relationships. We recognize the families as an extension of the youth we support and the importance of including them in ways that are meaningful. to discover their own interests and abilities.

"I just wanted to thank you for all of your flexibility and willingness to accommodate for EP. Haven's Way is already an amazing program but it is remarkable staff like you that go above and beyond that truly make Haven's what it is. Your kindness and passion are equally as fantastic as your trauma informed practice, resulting in an absolutely one of a kind program. Thank you, thank you, thank you for all that you do!"

– Amanda Maki, Success Coach – Jack James High School, All In For Youth

A Look Ahead

As of December 2021, Safe Haven Foundation acquired an apartment building in South Calgary. Aptly named **Haven's Harbour**, this newest homelessness prevention initiative will provide subsidized housing and light touch supports for 9 additional young women who are pursuing post-secondary education while practicing life skills and strengthening their connection to community. Our youth shared that once in market housing they are forced to choose between housing and education. Haven's Harbour allows youth to focus on their education without timelines, ensuring they have a solid foundation towards adult self-sufficiency with no risk of entering homelessness. Over the past year, the Programming Team has been busy behind the scenes delving into best practice research, capturing the voices of our Alumni while creating and designing the program model. These voices, combined with the vision of our Founders, Karen and John Sherbut, has led us to where we are today, and a strong commitment to the hopes and dreams they for future youth.



Special Mention

We would like to extend a very special thank you to our Board Member, Keli Pollock, and her team at Daughter Creative for all of the work done on our 25th Anniversary Campaign this year. Your commitment, your drive, your willingness to hear from our youth and to be bold in creating a campaign that speaks so loudly to who we are and what we do. We know your work will continue to raise our profile to new heights.



Donors and Partnerships

Safe Haven Foundation recognizes and celebrates the contributions of an incredibly supportive network of donors, community partners, Board of Directors and Staff Team including, but not limited to, those listed below:

100 Women Who Care Calgary

ATB Financial

BANC (Benevolent Artists National Charity)

Calgary Children's Foundation

California Wines Canada

Canada Post Community Foundation

Canadian Western Bank

Children's Hospital Aid Society

Citibank Canada

Clenchy Family Fund

Coast Capital

Coffey Family Fund at Calgary Foundation

Daughter Creative

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Shaw Birdies for Kids Presented by Altalink

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Krista Mergel, Program Manager

Larissa Goldhart, Team Coordinator

Heidi Griffin, Support Coach

Samantha Felix, Live-in Peer Mentor