

Dare to Hope.

The social issues facing our community can seem overwhelming. With so many people in need of so many different kinds of help, where do you even start?

You start with hope.

Your contribution to the *Sign of Hope* funds Catholic Social Services ministries that help people of all faiths and cultures. Your support is a light in the darkness. Your light combines with others to create a beacon of hope for a brighter future.



Domestic Violence

Sarah's husband was controlling and violent. Despite all he did to break her down, Sarah found the courage to leave, and found an emergency shelter for her and her children. But they couldn't stay there long, and Sarah had no money or family support. The shelter referred her to **La Salle**. It was the first place Sarah's children had lived free from the shadow of abuse. The first time in a long time that she could remember feeling safe. And the first step toward rebuilding their lives.

La Salle is a "second-stage" shelter that gives mothers and children leaving abusive situations a safe place to live as well as the time and support they need to break out of the cycle of violence and achieve independence.



Alienation

Daleel grew up in a crowded refugee camp. At an age when most teen boys are obsessed with sports, girls and video games, Daleel and his family struggled for subsistence. They arrived in our city as sponsored refugees, with few possessions and even fewer words of English. Daleel is now safe from the conflict that raged across his homeland, but he faces new challenges: to learn, to adapt, to live up to his full potential. **The Rotary Centre for New Canadians** is where his new journey begins.

The Rotary Centre for New Canadians provides newcomers with an initial welcome and temporary housing and support. Settlement services include basic living skills, health care, English language practice, and orientation to Canadian health, educational and social systems all under one roof for ease of access.



Addiction

Doug doesn't like to talk about his childhood. His upbringing left him with deep emotional scars, and he turned to alcohol and drugs to numb the pain. Doug's addictions ruled his life, and cost him everything. You would be hard-pressed to recognize the broken-down person who entered a recovery program when you meet the determined man now residing at **Alpha House**. Doug has found the inner strength to deal with his pain and start healing.

Alpha House provides accommodation and support for men and women coping with substance abuse issues. It provides a safe, sober and stable environment for people to transition to healthy community living.



Elder Abuse

Since Patricia's husband passed away two years ago, she has endured terrible loneliness. When her daughter does bring her grandchildren for a visit, she makes it quite clear what a burden it is... unless Patricia can "help her out" with a "loan." Patricia knows she's never going to get this money back, and her finances are already stretched thin on her fixed income. But she's terrified of being cut off from her grandchildren. Confiding in a doctor, she was connected with the **Elder Abuse Resource and Supports** program. And now she doesn't have to face her problems all alone.

Seniors' isolation and dependence on caregivers can leave them vulnerable to many forms of abuse, including physical, emotional and financial. The **Elder Abuse Resource and Supports** program provides seniors facing abuse with counselling, information and referral services.

Choose to Give.

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