



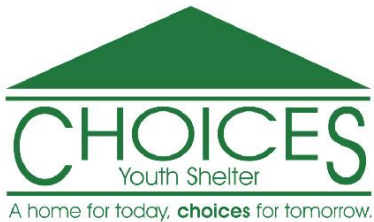
*Providing emergency and transitional housing
with support services for youth ages 16-24*

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Director's Bio

Since moving to Dufferin County, Althea has organized a variety of programs and participated on a number of boards, committees and events geared towards families, children, youth and seniors. She also ran for Municipal Councillor in the 2018 election to further make an impact in our community.

“I am honoured to have the opportunity to work at Choices, as helping our younger generation succeed in life is something I am very passionate about. “



Who is Choices

CHOICES Youth Shelter provides a safe and secure environment within Dufferin County that offers homeless youth, 16-24 years of age, an alternative to living on the street while continually supporting their transition to a more independent stable living environment.



What we do

Goals

- Develop and promote community support for youth which will ensure their successful integration into the community as productive members.
- Provide emergency housing for homeless youth 16 - 24 years of age from Dufferin County and surrounding areas.
- Create awareness of support for the homeless throughout Dufferin, while creating and developing strong community
- partnerships.
- Provide opportunities to develop life skills
- within the community through access to
- education and community support to build
- positive self esteem and empowerment.
- To adapt as the needs of the community change.



What we do

In order to provide the best care we can for our community, we sit on a number of committees such as Situation Table, VTRA, Overdose Awareness, Human Services and Justice Coordinating Committee (HSJCC), Domestic Assault Review Team (DART) just to name a few.



Parts of Shelter Services

EMERGENCY SHELTER

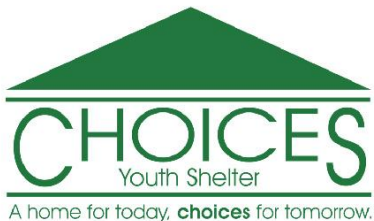
The emergency shelter component is vital to the basic fundamental need for safety, food and shelter. Residents can make use of this program for up to 30 days.

TRANSITIONAL

Once residents are out of the crisis state and a bit more independent we are able to move them in to our transitional housing. Once in Transitional housing residents will be equipped with life skills along with education and employment related activities through our Targeted Independent Living Program.

SEMI-INDEPENDENT

Once residents graduate from the transitional housing program, they will be able to move in to our Semi-Independent Housing. Resident are still able to access the Targeted Independent Living Program.



CASE MANAGEMENT COUNSELLING AND ADDICTIONS COUNSELLING

We currently have a Case Manager and an Addictions Counsellor for our residents. Both these individuals work with our residents to create a succession plan.



Anger Management

ANGER MANAGEMENT

Run by a Certified Anger Management Specialist - 8 week program. Certificate given at the end of the 8 week program.



Outreach

OUTREACH SERVICES

This program provides an educational aspect to the shelter programs. We provide guest speakers to community service clubs, youth groups and school classes who can inform the groups about the problems and issues of homelessness.



Targeted Independent Living

In 2018 we ran a very successful pilot Drop-In Program. The Drop-In Program closely resembles the Targeted Independent Living Program. By running the Drop-In program we were able to gauge the need and success rate before launching the Targeted Independent Living Program.

The Targeted Independent Living Program is aimed at educating our youth. This program will be mandatory for every resident at Choices Youth Shelter Crisis Centre (with exception), Choices Youth Transitional Housing and Choices Youth Semi-Independent Housing. The program will also be available for youth within our community who are looking to develop these basic life skills. The Targeted Independent Living Program will consist of:

Life Skills

Wellness Programs

Food and Nutrition Programs



Targeted Independent Living

Life skills

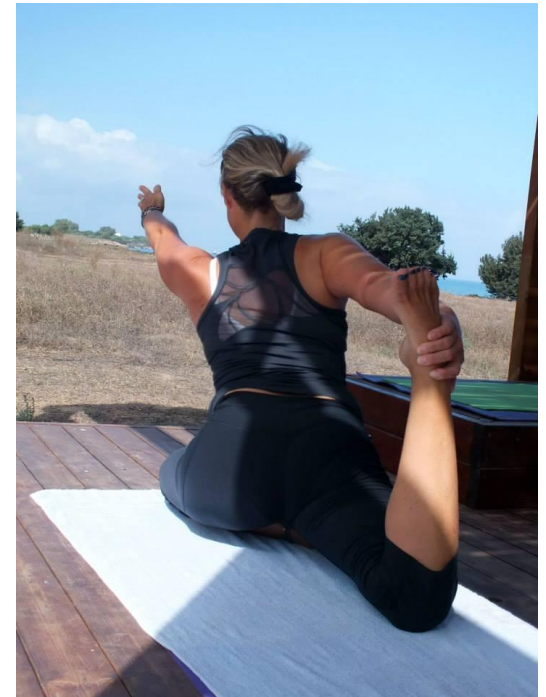
Our Life Skills Program will focus on teaching our residents how to manage their finances, how to maintain a home, and how to set realistic goals through finance and budgeting, proper hygiene, housekeeping, laundry, banking, goal setting, resume writing, job interview preparations and seeking educational advancement.



Targeted Independent Living

Wellness programs

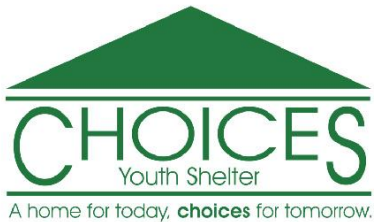
Our Wellness Program will focus on managing stress and anxiety, building healthy relationships, staying positive, managing conflicts and conflict resolution through art therapy, yoga/meditation, health & fitness, nature trips, stress and anxiety management, horse therapy, understanding and dealing with mental health. By providing opportunities and facilitating life enhancing experiences, our Wellness initiatives will address youth's needs in a holistic manner.



Thank you

Thank You! Fiddlehead Care Farm and DC Moves for this amazing event which offered Choices the opportunity network and to share a bit about who we are and what we do.

A big Thank You! Choices community supporters for their generous donations and to the Choices team for your hard work.



*Thank
You*