

**SPRING
2025 ISSUE**

DOUBLE MATCH CAMPAIGN
PAGE 3

SUPPORTING MENTAL HEALTH
PAGE 4

**INTERVIEW WITH
CAITLIN HALL**
PAGE 6

**YOUTH STORY:
MEET NIKO**
PAGE 8

**CREATE A LEGACY
AT CHV**
PAGE 9

**YOUTH ALUMNUS
STORY: CHRISTINE**
PAGE 10

Covenant House News



For Christine, CHV was a stepping stone to a new life: “I didn’t know it at the time but it was freedom. I was so scared, but I was also so free.”

CHRISTINE AMUGE
COVENANT HOUSE VANCOUVER ALUMNUS

[READ THE FULL STORY ON PAGE 10 →](#)





IT'S SO IMPORTANT FOR
US TO CREATE A SPACE
WHERE YOUTH FEEL
SUPPORTED, VALUED,
AND EMPOWERED.

LOUISA BRETT RSW MSW
DIRECTOR, CLINICAL SERVICES

Covenant House Vancouver acknowledges
with gratitude that our work takes place on
the traditional lands of the x^wməθk^wəyəm
(Musqueam), Sk̓w̓x̓wú7mesh (Squamish), and
səl̓ilwətaɁ (Tsleil-Waututh) First Nations.



WUBS FAMILY
FOUNDATION



Covenant
House
Vancouver

UNTIL JUNE 30TH, YOUR GIFT WILL BE DOUBLED!

Our Double Match Campaign is made possible by the Wubs Family Foundation, which will match every dollar up to \$100,000.

That means your gift will go twice as far in providing a safe, stable home where youth in crisis can heal, grow, and build a brighter future.

The Wubs Family Foundation, established in 2023, is dedicated to creating meaningful change in areas like homelessness and mental health. Their legacy of community giving began in 1980 with the founding of Westland Insurance in Ladner, BC.

We are deeply grateful to the Wubs Family Foundation for being our Match partner and helping us provide vital services to youth in our community.

Every dollar you give will be matched to help young people in our community access the safety, stability, and care they

**“Together, we can
help transform lives,
and provide hope and
opportunity for youth
who need it most.”**

WUBS FAMILY FOUNDATION

deserve. “Join us today in supporting Covenant House. Together, we can help transform lives, and provide hope and opportunity for youth who need it most.”
- Wubs Family Foundation.

DONATE TODAY: covenanthousebc.org



OUR PROGRAMS AND SERVICES

WHAT CHV OFFERS TO SUPPORT MENTAL HEALTH

The majority of youth, who face housing insecurity and limited access to healthcare, also face mental health challenges.

Practical barriers further complicate access to care. These can include not having phone access, staying connected without a fixed address, lack of access to a vehicle or funds for transit, and long wait times to access counselling or psychiatric care.

These barriers can discourage youth from seeking help.

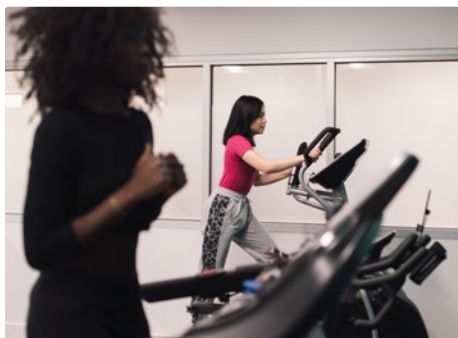
CHV provides accessible, holistic care that removes barriers and fosters resilience, to

help youth navigate their mental health journeys.

With the support of our donor community, CHV is able to provide:

ONE-TO-ONE COUNSELLING —

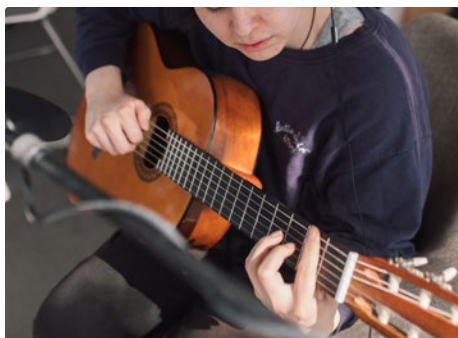
Free, personalized sessions that are tailored to meet each youth's unique needs. These sessions provide a safe space for youth to explore their emotions, develop coping strategies, and build resilience.



PHYSICAL HEALTH — Regular physical activity helps reduce anxiety, improve mood, and build self-confidence. CHV offers a fully equipped gym, fitness room, tailored fitness routines, and recreational outings like hiking. These activities foster peer connections and promote mental well-being.



SPIRITUAL CARE SERVICES — Youth who have experienced significant grief or loss may struggle to find meaning and purpose. CHV's Spiritual Care team provides inclusive support for youth of all faiths and traditions. Our team can connect youth with safe spiritual, religious, and cultural communities.



CREATIVE OUTLETS: MUSIC AND ART THERAPY — Creative expression is a powerful mental health tool. CHV's art therapy sessions allow youth to explore their emotions and express themselves in a safe environment. In the music room, youth can play instruments, write songs, and experience the healing power of music.



PARTNERSHIPS FOR COMPREHENSIVE CARE — When specialized care is needed, CHV works closely with trusted community partners to provide seamless support. We facilitate access to psychiatric care, treatment centres, and other essential services. We advocate for youth and assist with logistical details.

FOSTERING CREATIVITY AS A WAY TO EXPLORE MINDFULNESS



Caitlin Hall, Registered Clinical Counsellor and Art Therapist, joined Covenant House Vancouver in February 2024. They lead art therapy sessions that provide youth with a safe space to express themselves.

WHY DID YOU WANT TO JOIN CHV?

I was drawn to CHV because of the dedicated art studio, which is an anomaly in the non-profit sector. Having a committed space for creating and storing youth artwork is a privilege and helps build a trusting, safe environment for arts-based healing.

HOW DOES ART THERAPY HELP?

Art therapy can be an indirect way to give youth support. Some are unfamiliar or uncomfortable with people helping them. Art therapy positions art as an extension of the self, which shifts the focus from the youth to their creation.

This can help build trust in receiving care. Art therapy also allows youth to express feelings without specifics, which relieves the pressure from sharing verbally. It helps them develop a visual language to understand thoughts, feelings, and experiences.

WHAT HAS BEEN THE RESPONSE?

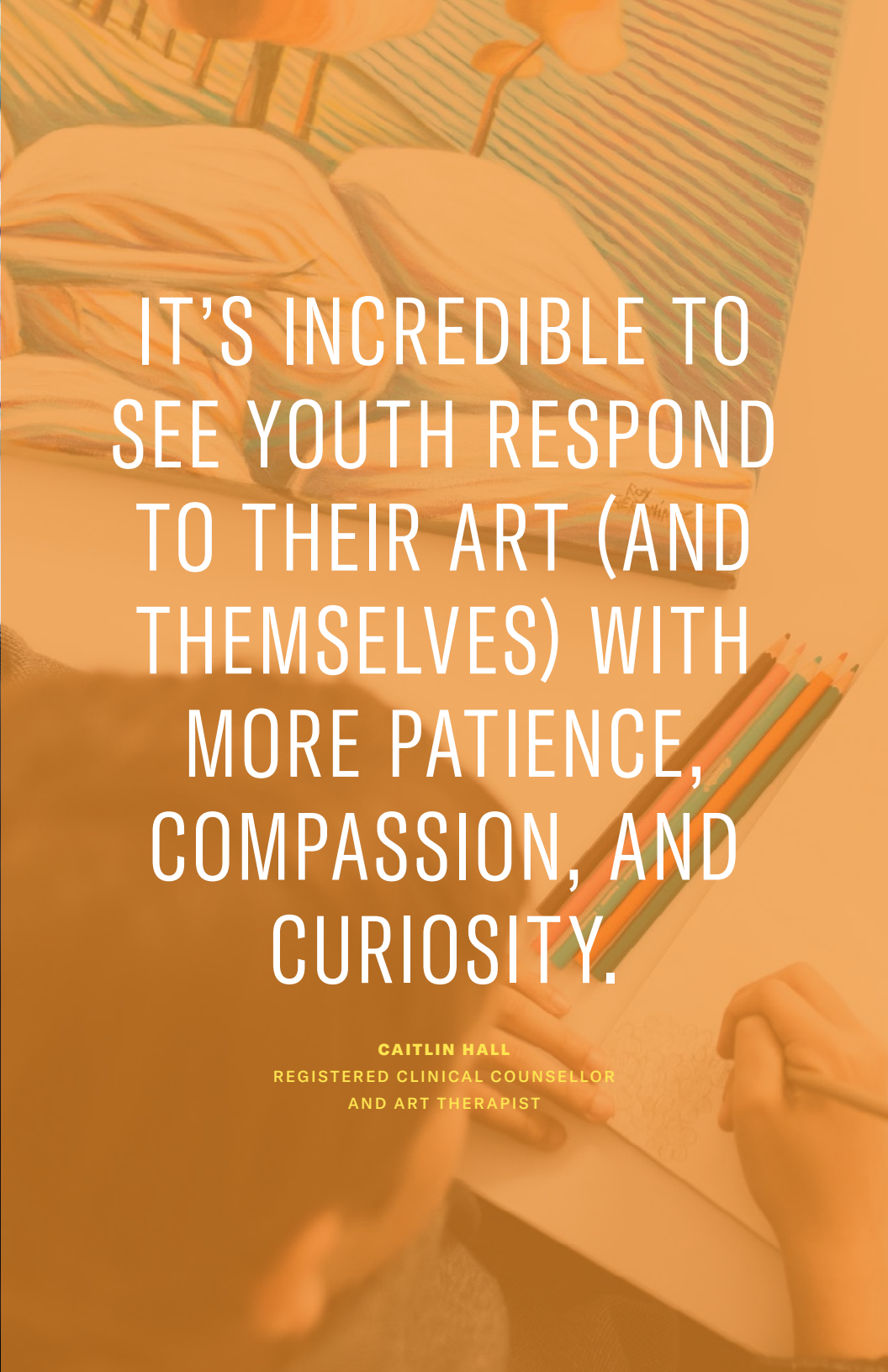
We have a committed group who join every session and others who drop by. Some paint, draw, sew, sculpt, and collage. I try not to give too much direction unless asked — I want to meet youth where they are at and support their creative interests.

HOW DOES ART SUPPORT YOUTH?

Art helps youth express emotions, practice mindfulness, and explore agency. Trauma can rob youth of choice — creating art in a low-stakes environment helps them regain that. There's no right or wrong way to create, which is liberating.

FAVOURITE ASPECT OF THE WORK?

I love to foster a creative environment and the community built through artmaking. It's incredible to see youth respond to their art (and themselves) with more patience, compassion, and curiosity.



IT'S INCREDIBLE TO
SEE YOUTH RESPOND
TO THEIR ART (AND
THEMSELVES) WITH
MORE PATIENCE,
COMPASSION, AND
CURIOSITY.

CAITLIN HALL
REGISTERED CLINICAL COUNSELLOR
AND ART THERAPIST



YOUTH COMPOSITE STORY*

NAVIGATING HOMELESSNESS & MENTAL HEALTH ISSUES: NIKO'S STORY OF RESILIENCE



When Niko first came to us, he had been homeless for over a year.

He struggled with sleep deprivation and severe mental health challenges like paranoia, schizophrenia, and delusions. His world felt unsafe, and fear often led to outbursts.

Niko's first interactions with our Outreach team were cautious. Despite his apprehension, they consistently offered food, water, and clothing, which began to build trust. The team continued their support, and Niko eventually accepted an invitation to the Drop-In Centre.

At the Drop-In Centre, Niko found safety, respect, and space to engage on his own terms. Staff developed coping strategies,

like taking walks, to help him manage his agitation. He also joined activities and was eventually offered a bed in our Sanctuary program.

With psychiatric support, Niko's condition improved. He began to take medication, his outbursts decreased, and he rediscovered joy in simple activities. As Niko continues his recovery, our team remains dedicated to supporting his journey with compassion and care.

**Note: This is a composite story that reflects the experiences of multiple youth, while protecting individual privacy.*

CREATE YOUR LEGACY WITH COVENANT HOUSE VANCOUVER

Legacy donors understand that a gift in their will to Covenant House Vancouver ensures timeless support that will leave a lasting impact on vulnerable and at-risk youth.

Your existing support offers hope, respect, and love to those in need. A legacy gift deepens your commitment to our community's young people. By including Covenant House Vancouver in your will, your legacy becomes a positive force that provides critical support to youth in need.

Through our partnership with Willfora, you can create an online will, free of charge, using their guided software that simplifies the process of leaving a legacy to our cause.



“Creating my will online was convenient and effortless, and provided me with peace of mind”

WILLFORA USER

SCAN THE QR CODE and embark on this seamless journey to create your legacy today, or visit: covenanthousebc.org/willfora-chv.

Thank you for your enduring commitment to Covenant House Vancouver.

COVENANT HOUSE

1302

Drake

FREEDOM TO THRIVE: CHRISTINE AMUGE



Christine was a 2SLGBTQAI+ activist in Uganda, which was extremely dangerous. This led to her family's decision to visit Canada.

Christine's parents initially told her that their stop in BC was a "side trip" to wrap up their vacation, but when they arrived, they informed her that she'd have to stay behind for her safety — with people she didn't know.

Shocked, angry, and afraid, Christine was stranded with strangers in a foreign country. With no legal status, she was completely dependent on her hosts and when that relationship became strained, there was nowhere for her to go.

Christine heard about Covenant House Vancouver (CHV) from an acquaintance and decided to make her way there.

In her first days at CHV, Christine was withdrawn and, understandably, distrustful. The staff checked in, but respected her boundaries. "I just needed processing and healing space."

Gradually, Christine began to open up and make friends. With the support of CHV staff, she began the federal asylum process, and connected with refugee and

2SLGBTQAI+ resources. As time went on, Christine participated in goal-setting exercises, and eventually therapy.

Through community events, cultural experiences, and celebrating milestones, Christine found joy and connection at CHV. "It gave me community vibes, just like where I come from." CHV's wraparound support enabled Christine to save her earnings and move into independent housing.

While at CHV, Christine transitioned from survival mode to rediscovery. A lifelong creative, she found opportunities to model, dance, and work in film. Through career counselling and workshops, she realized that she had a desire to help people, and pursued an education in counselling.

For Christine, CHV was a stepping-stone to a new life: "I didn't know it at the time, but it was freedom. I was so scared, but I was also so free."

Today, Christine is thriving. She works as a counsellor and often draws on her personal experiences to support others.

TODAY I FEEL
POWERFUL. TODAY
I FEEL SEEN.
AND I FEEL LIKE
I BELONG.

CHRISTINE AMUGE
COVENANT HOUSE VANCOUVER ALUMNUS



SCAN THE QR CODE
to hear more of
Christine's story.



Follow us on social media @covenanthousebc

www.covenanthousebc.org