



United Way
Serving Saint John,
Kings and Charlotte

powers

**Access to
mental health
supports**

Give today at
www.unitedwaysaintjohn.com
or call 506-658-1212

Sophia Recovery Centre

powered by United Way

I'm a wife and mother who was struggling with alcohol dependency. My life was completely unmanageable, my physical and mental health hit rock bottom, and my family was distraught with worry.

I went to Sophia Recovery Centre for help and found acceptance and hope. I worked with a Peer Recovery Coach and never once felt judged. I appreciated the support and direction from someone who had lived experience and was now recovered.

Because of Sophia Recovery Centre, my family is now reaping the rewards of having a wife and mom who is happy and sober.



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**Kids being all
they can be**

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Big Brothers Big Sisters

powered by United Way

My name is Jordon. I grew up in care for a lot of my life and didn't have many traditional experiences like most kids do. I met Sara through Big Brothers/Big Sisters.

Sarah took me out for Halloween and I was so excited going door to door and saying "trick or treat" that I almost forgot to take my candy many times! I also got to spend Christmas with Sarah and her family. I helped them pick out and decorate a tree, we drove around looking at Christmas lights, made a gingerbread house, sang songs, and had a great big Christmas dinner! They even bought me gifts!

My best days are when I get to hang out with Sarah.



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**Moving people
from poverty
to possibility**

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SJ Learning Exchange *powered by United Way*

I came to the SJLE to better my life, stop relying on other people to get what I needed and to stop being a burden on society. It was one of the best choices I ever made.



I set mostly academic goals and achieved them all and am now working to get my license. I want to become a tradesperson and eventually go to university. Now that my GED is done I can focus on these other steps.

I also took the Money Matters course, got my First Aid and WHMIS training. I'm currently doing post-secondary coaching and I met with WorkLinks who helped me get a full-time job. My time at SJLE has been life changing.



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**Breaking the
cycle of domestic
violence**

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Second Stage Housing

powered by United Way

I came to Saint John 5 years ago with my husband and two children. I had no other family or friends or a job – I was completely dependent on him. I didn't know the community and spent all my time in the home. When I talked to him about getting a job or taking the kids out – he would prevent me from doing so.

When the abuse started, I felt confused, anxious, alone and embarrassed. I hoped things would change – but when they didn't, I made the scary decision to leave. I didn't know where to go but I found Second Stage.

Life changed so much for us! I received support and counselling that helped me build my self-esteem and achieve my goals. I have healthy friendships now and feel comfortable leaving my home. I've even returned to school! I feel more confident about myself and my future, and happy with the life I have built for me and my sons.