



**YOUTH
SERVICES
JEUNESSE**

OUR YOUTH OUR FUTURE

2025 EDITION I

Breaking Barriers: From Homelessness to Business Success with YSB's Support

Growing up, I always felt different. Communication with my parents was a challenge, and we faced many struggles. On top of that, I dealt with serious health issues and, by the time I was 15, I had undergone brain surgery. While the procedure was successful, it left me with significant complications.

During my rehabilitation, hospital staff became aware of my unstable housing situation and connected me with YSB's Young Women's Shelter. That shelter became my lifeline, providing me with immediate safety and stability. With YSB's support, I found hope and started rebuilding my life.

It wasn't easy, but thanks to YSB and compassionate people like you, I graduated high school and went on to college. Today, at 24, I'm the proud owner of a small construction company specializing in demolition, drywall, and flooring. My team and I break down walls to create

open spaces—just like YSB breaks down barriers and dismantles the stigma so many young people face.

Thanks to YSB and the generosity of the community, I not only found stability but also lifelong friendships. Now, as an entrepreneur and donor, I'm committed to giving back and helping the next generation find the same opportunities that changed my life. I invite you to make a difference today by giving a special gift to YSB. Together, we can help more youth build a brighter future.

If you're interested in learning more about YSB's housing and shelter programs, or would like a tour of one of our locations, please reach out to Patti Murphy at pmurphy@ysb.ca.

Everything changes when you house homeless youth. It's THE opportunity to stop the cycle of homelessness into adulthood!

- Cassandra, Former YSB Youth Client

YSB Welcomes Nina Gorka as CEO



YSB is proud to welcome Nina Gorka as CEO. With more than 20 years of experience in the not-for-profit sector – focusing on shelters, housing, youth programs, and clinical services – Nina believes that integrated service models are key to meeting the needs of young people. Nina’s journey in the non-profit sector began at a youth drop-in centre, sparking her passion for social services. Her experiences on a remote Oji-Cree reserve and in South Africa shaped her understanding of power, privilege, and allyship, which now form the foundation of her leadership style. Nina is deeply committed to empathy, collaboration, and innovation in the non-profit sector, leading with strategic insight and a strong dedication to social justice, all of which will benefit her work leading YSB in the years ahead.

“The non-profit sector is at a critical juncture. With rising living costs and growing demand for services, we need sustainable, long-term solutions that go beyond emergency responses.”

Ways to Give

Your donation to YSB offers help and hope to some of Ottawa’s most vulnerable young people. Your gift makes a real difference in the lives of youth, both today, and tomorrow.

Become a Monthly Donor and provide sustainable support to YSB programs, ensuring youth in need get help when they need it. Join the YSB donor family by becoming a monthly supporter. www.ysb.ca/become-a-monthly-donor/

Gifts of Securities include stocks, bonds, and mutual funds. These donations make a profound impact in the lives of vulnerable young people each and every day. Read more here: www.ysb.ca/gift-of-stocks-and-securities/

Planned Giving will provide youth in our city access to safe and supportive housing, mental health services, employment assistance, justice programs and other supports they need to thrive. To discuss a planned gift, please contact Patti Murphy at pmurphy@ysb.ca.



HOW YOUR GIFTS ARE MAKING A DIFFERENCE:

\$45 provides one counselling and support session to a struggling youth

\$65 provides a youth in our shelters with meals for one week



Upcoming Events:

May 5 -11 – Mental Health Awareness Week

Keep an eye on YSB's social media platforms for details.

July 12th – H.O.P.E. Volleyball SummerFest

YSB is a charity partner benefitting from this event and is looking for volunteers. Reach out to Rachel Tam at rtam@ysb.ca to volunteer.

October 16th 7:30 – 9 am 3rd Annual YSB Foundation RISE & THRIVE Breakfast

Join YSB's community of supporters for an inspiring morning of speakers, networking and impact. Save the date - details coming soon.

Join us for our 3rd annual RISE & THRIVE Fundraising Breakfast on October 16th!

We would love to have you join us for our 3rd annual Rise & Thrive Breakfast event presented by the YSB Foundation. This year, we'll bring together business and community leaders, supporters, partners and youth to support vulnerable young people aged 12 and older who access YSB for mental health services, life skills, and compassionate support. Let's come together to help young people in our community grow stronger and healthier, and move confidently towards adulthood. Let's remind youth that Together, We've Got This!

ysb.ca/rise-and-thrive

CRISIS CHAT AND PHONE SERVICE YSB IS HERE FOR YOU

24 hours a day, 7 days a week, by phone or online chat, YSB services are here to support young people in crisis as well as their families. Please share the following contact info far and wide. It just might save the life of a young person in our community.

chat.ysb.ca

613-260-2360 (Ottawa)

1 877-377-7775 (toll-free)

\$100 provides one start-up kit for a once-homeless youth leaving our shelter

\$500 provides a vulnerable youth with one week of shelter, counselling and healthy meals



Senators Community Foundation Spotlight

The **Senators Community Foundation** is the charitable arm of the Ottawa Senators Hockey Club, dedicated to making a positive impact on children and youth in the Ottawa and Western Quebec regions.

A valued partner of the YSB Foundation for many years, the Senators Community Foundation has invested more than \$650,000 in YSB's mental health initiatives tailored for youth and their families, and to further YSB's mission.

On behalf of the thousands of young people YSB will have the honour of serving this year, YSB is forever grateful for the Senators Community Foundation's ongoing commitment to improving the lives of vulnerable young people in Ottawa. These contributions guarantee that vulnerable youth have ample access to mental health services and robust support systems to empower them to move forward with resilience.



Volunteering

Volunteering with the Youth Services Bureau (YSB) is a meaningful way to support young people in our community while gaining valuable experience, building connections, and making a direct impact. Whether you're helping at fundraising events, assisting with support initiatives, or organizing donation drives, your time and effort contribute to providing youth with safe spaces, essential resources, and a sense of belonging.

UPCOMING VOLUNTEER OPPORTUNITIES:

- **Spring Refresh:** Corporate groups can assist with light outdoor cleaning at our youth housing buildings.
- **Ongoing:** Small group baking for youth in our shelters.
- **H.O.P.E. Volleyball Summerfest:** Join us on July 12th for clean up and tear down!

Reach out to Rachel Tam at rtam@ysb.ca for details.



CONTACT US:

 613-729-1000

 FOUNDATION@YSB.CA

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