



QUARTERLY UPDATE:

HOLISTIC CARE



Dear Friends,

I hope you and your family are doing amazing!

Did you know that Youth Unlimited invests in the lives of youth by providing Holistic Care, Mentoring Relationships, Safe Communities, and Opportunities to Give Back. This is our mission and it is built around the four pillars of support provided in all YUE programming. These supports are significant factors in helping youth explore their potential, come to understand their unique value, and ultimately discover Hope.

I wanted to take a few minutes to share with you what HOLISTIC CARE means as an important support pillar for our youth. As you gain more insight on the purpose behind caring holistically, we believe you will catch a real glimpse into some of the amazing things you are providing for Youth Unlimited students.

"I just want a friend" - Jen

Studies show that even before the pandemic, Gen Z was the loneliest generation, ever. With the increase in isolation and lack of face-to-face connections, overcoming loneliness and the burden it places on one's mental health seems impossible to overcome and thanks to you this narrative is changing for the youth of YUE.

Jen joined our drop in shortly after Christmas. We had chatted with her cousin in Ontario, who was desperate to find Jen support here in Edmonton. "She has no one, she just needs a friend." Jen was quiet and incredibly shy. I imagine she felt very overwhelmed by the energetic atmosphere the first few days of drop-in.

Slowly, she started to share how her days were and her **struggles with school** and **feeling so alone**. Drop-in has become a staple for her. Twice a week she has someone to listen and chances to meet new friends. She's been sharing how her confidence has been growing these last few months, and **we celebrate that she is fighting her social anxiety** and approaching others she would like to be friends with.

Last week Jen was inseparable with two other girls. **They were non-stop laughter and joy**. That same day, when Jen realized how supported she was by this community - that she wasn't alone - she opened up about some deep wounds and **voiced her concern about her mental health** and how she doesn't have healthy ways to cope. We will be meeting with her to mentor her through this and get her connected to the right supports.

These steps towards healing for Jen is a process, and she still has a long battle ahead of her. It started because a space like the Vault was available to her. A space to let her know, she is not alone. Jen is pursuing a life that thrives, not just survives, because of the opportunities you've made available to her. **THANK YOU.**

How does HOLISTIC CARE work?

Meeting the needs of vulnerable youth all starts with relationship building. Deep, trusting relationships are at the core of all the support provided by donors, or partners. Holistic Care means providing support to the following five value points youth wellness: Physical, Emotional, Social, Spiritual, and Intellectual/Cognitive.

- Physical health: Youth receive hot meals, snacks and opportunities to engage in a variety of recreational activities
- Emotional well-being: A positive encouraging atmosphere is hallmark of our Youth Centres, and a listening supportive staff person is always available there too.
- Social health: YUE provides connections and encourages social networking, whether that is with one of our workers or volunteers or among their peers at our drop-ins. Teens need a sense of belonging and to find freedom from the loneliness that is so prevalent for some.
- Spiritual: As we demonstrate God's love and acceptance to our youth, we know that they are empowered to explore their own connection to God, others and the world around them
- Cognitive health: We want our youth to be equipped well to succeed in school, setting them up for a life of success. As well, we love to see youth develop their capacity to make good choices and consider the positive impacts they can make as a result of these choices.

Addressing all five creates a state of inner balance while ignoring even one can be detrimental to their fitness and well-being.

If you would like to support **Jen and other youth like her who are searching for Holistic Care**, please click here: <https://www.edmontonyouthunlimited.com/donate> so you can provide Holistic Care for Jen and all her new friends at YUE drop-ins.

Your generous donation makes Jen's life better, love ya and I can't wait to share what our next pillar of support. Can you guess....

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This year we are hoping to raise \$80,000 at our 2022 Annual Golf Challenge to support mental health programming for youth. The tournament will be held at The Quarry on June 28. You can help overcome challenges of youth by reserving your spot today. We would love to see you all join us and help raise awareness for the needs of our vulnerable youth, letting them know they matter as well. <https://www.edmontonyouthunlimited.com/golf>

RESERVE YOUR SPOT TODAY
