



WESLEY URBAN MINISTRIES

DECREASING BARRIERS... INCREASING OPPORTUNITIES

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Meet Roger...

Roger was born in rural Ontario on February 9, 1967. Like most boys, Roger was interested in watching and playing sports; he remains a proud Montreal Canadians fan to this day! However, unlike other boys, Roger was forced to contend with alcohol abuse in his family, violence and childhood trauma. His long journey to recovery has involved overcoming his own struggles with addiction, learning to live with depression and anxiety and healing from traumatic experiences. Additionally, he has experienced bouts of homelessness and conflict with the law. Speaking with Roger today about his experiences one senses just how far he has come. While he remains committed to recognizing his own responsibility, he has a better appreciation of how his early experiences of trauma impacted his life and well-being.



After a week of gloomy, overcast skies, it's an unusually bright day in late winter and Roger is sitting outside soaking up the sun squinting, his face bathed in a brilliant glow of light. He leans back against the park bench and thinks about how far he's come, how much emotional work he has accomplished and who has helped him along the way. With modesty Roger recounts how he has developed the ability to recognize his own vulnerabilities and reach out for help. He is most thankful for the help he's received from the Wesley Centre Drop-In staff, Wesley Community Homes and from his involvement with the clinical services team of the Transitions to Home Program. Roger now lives in Wesley shared housing, continues to access the Wesley Centre Drop-In for meals and social activities and attends bi-weekly sessions with one of the Life Transitions therapists. As Roger talks about his road to recovery he becomes serious and states firmly, **"I couldn't have done this journey on my own, the staff here have been with me through the rough times and the good times. The services here are perfect for anyone who wants help — it helps people help themselves"**

As our discussion comes to a close, Roger feels compelled to comment on the public perception of Wesley. "It's really too bad, because people have this pre-conceived notion that all the people at Wesley Centre are lazy or drug addicts, but for me Wesley Centre is a place of understanding—a place that's there to help people, a place that cares."



LEAVE A LEGACY™

May is national Leave A Legacy month in Canada... a time for us to remember the importance of remembering the special charities and not for profit organizations that have touched our lives and the lives of those we love.

This May, take the time to think about how you can leave a lasting imprint on your community and the steps that you can take to make your legacy a reality tomorrow and well into the future.

First, prepare your will. This is an easy step you can take to ensure your family knows your desires and can assure your wishes are met.

Take the time to learn about the many ways you can leave a gift - whether it is through a bequest in your will, an insurance policy or gifts of securities - there are many opportunities available.

Consider leaving a legacy with Wesley Urban Ministries. By investing in long term visions we can make real change in our community.



To find out how you can leave a gift to Wesley, contact Tamara 905.528.5629

You don't have to be wealthy to make a lasting legacy, one that meets yours and your loved ones philanthropic goals.

Volunteer Spotlight

"As for volunteering in the kitchen, I am enjoying it immensely. It's given me great exposure to understanding the underprivileged population. I have gotten a chance to speak with some of the folks at Wesley Centre which has helped to ease some of the discomfort I initially felt when I started working in the shelter environment.

I now realize that my discomfort was **mainly due to mis-informed societal views**. The people at Wesley Centre are such a sweet, humble and grateful bunch of folks that I actually look forward to paying them a visit every week.

Plus, working with such a friendly and caring team of staff and volunteers is an absolute pleasure.

My interest is in practicing medicine. My volunteer role in the Wesley Centre kitchen has **strengthened my desire to work with people**, and to become a physician to try to **improve the human condition and quality of life**.

Thank you so much for giving me this opportunity." ~ Mohit

Wesley is always looking for new talent and expertise in our volunteers.

Vist our website to find out how you can help and connect with us today.

wesleyurbanministries.ca
info@wesleyurbanministries.ca



Wesley's Annual Volunteer Appreciation Event

Thursday, May 6, 2010
Art Gallery of Hamilton
Contact Carolyn at Ext. 240 for more information.

Summer brings about new needs for Wesley

As the spring and summer approaches, Wesley is looking to our community to support our many needs. Please consider how you can help and contact us with any questions:

- fresh fruit and vegetables for our meal programs
 - back to school items, backpacks
 - craft supplies, crayola markers
 - starter kits for adult and youth housing programs (i.e. bedding)
- Call us if you have any questions.

"Volunteering at Wesley Centre has strengthened my desire to become a physician."

~ Mohit, one of the many dedicated Wesley Centre volunteers

19th Annual case for kids walk, run, ride

Who Will YOU Walk For?

Wesley's Annual Case For Kids Walk, Run, Ride takes to Bayfront Park on Sunday, June 6th. Community members from all over Hamilton will raise pledges and walk in support of the many critical children and youth programs offered across Hamilton by Wesley Urban Ministries.

It's easy to get involved:

1. Register You or Your Team
Contact us at 905.528.5629
2. Recieve Your Pledge Package
With Envelopes & Posters
3. Start Raising Pledges
Every dollar helps!
4. Walk, Run or Ride With Us!

Sunday, June 6, 2010
1pm ~ Rain or Shine
Bayfront Park
Hamilton, Ontario

NEW THIS YEAR!

Entertainment by
Rumble Shack
Kids ZONE
Y108 & CHML
Hamilton Children's Museum
& Much More!

18th Annual Wesley Charitable Golf Tournament

Monday, September 13, 2010
Copetown Woods Golf Club
Ancaster, Ontario

SPONSORSHIPS WELCOME & ALWAYS NEEDED
\$175 per person inclusive

Golf, cart, lunch, Prime Rib dinner, prizes, participant give-aways, silent auction and official charitable tax receipt! Space is limited - contact us today at 905.528.5629, Ext. 244 to find out how you can get involved! Proceeds support Wesley's many critical child and youth programming investments.