

APRIL, 2024

News & Stories

Sanctuary Youth Centre

It's a new month and we keep moving forward, one step in front of the other. We are grateful to have Darin back with us (feeling refueled and refreshed) as he returned from his 3 month sabbatical. We thank you for your prayers in this regard!

We are also eager to announce that we will be welcoming Ron Ruthruff to Sanctuary Youth Centre on May 3rd at 7:00PM, who will be speaking on the topic: 'Welcoming youth to the table: A compassionate model of community and service to street-entrenched adolescents.' Should you wish to take part, please register on our 'events' tab on our website.



DONOR APPRECIATION

We have felt immeasurable gratitude towards our donors this past month and would like to take this moment to honor them. We would like to specifically give thanks to CFX Santa's Anonymous Society's contribution of \$2,000 in Rexall Drug Store gift cards to be distributed amongst our youth. Further, we would like to thank David Gittens (Come And Get It! food truck) for his contribution of \$2,000 which he raised on cash and card tips since opening in August 2023. Lastly, we would like to give special thanks to Quinn Hutchinson (11 years old) who, on her own accord, decided to sell daffodils to raise money for Sanctuary. To all other donors not mentioned in this month's newsletter, kindly note that your contributions are deeply appreciated.

PRAYER WALK

Members of our team braved the chilly rain and walked the route many of Sanctuary's youth take between their current residence and our doors. Prayers for their health and safety were lifted as well as prayers for continued guidance, the power to dream, and for the courage to act. The residential staff graciously welcomed us in and we dropped off goody bags packed with donated items and chocolate. While there, we were able to meet a few youth new to us and spread the word about our services. Praise the Lord for a profitable time!

Volunteer of the Month



Ken Arcuri

We are pleased to introduce you to Ken!

Ken enjoys his retirement by travelling, skiing, and remaining active in his communities, both here in Victoria and in the interior.

With his extra energy, he pulls double duty for Sanctuary by volunteering at our drop-in and serving on our Board of Directors.

Ken is gifted with empowering our youth, volunteers, and staff and supporting us in living out our callings. And if you want to see his silly side, there might be a YouTube video you could ask him about. 😊

Sanctuary is grateful for you, Ken!

STAFF UPDATE

We are extremely saddened by the news that Bella's cancer has returned. She will be on an indefinite medical leave of absence. Your prayers for her wellness are greatly coveted. Ava has wrapped up her school year at UVIC and will be heading back home to Tofino for the summer. She'll be exploring the northern islands in her kayak, camping, fishing, and making memories to last a lifetime. Have fun, Ava! Travis stepped in to supplement our drop-in staffing needs during Darin's sabbatical. He enjoyed getting to know the youth and practising his creativity in the kitchen. Travis, we thank you for your time and energy!



DROP-INS UPDATE

Unfortunately, our centre had to close its doors for a week due to staffing shortages around the Spring Break holiday. Darin was still on sabbatical, Bella needed to go on medical leave, and Travis was out of the country. Ava and Isaac were not available to pick up extra shifts due to their other commitments. Therefore, to supplement staffing needs and re-open Sanctuary as soon as possible, Darin came back to work a few weeks early and Sanctuary's doors flung wide! A huge shout out to our volunteers who jumped back into action so all could run smoothly again!

A WELLNESS NOTE FROM NICOLE

How resilient are you?

According to the American Psychological Association (APA, 2020), resilience is the ability to adapt to life challenges and difficulties by way of mental, emotional, and behavioural flexibility while also adjusting to the demands of internal and external experiences. Basically speaking, we can judge whether we are resilient or not by how well we "bounce back" from adversities. Our ability to bounce is influenced by many factors, such as our worldview, our spirituality, our ways of coping with stress, and the quality of our social relationships; how supported we feel and how supported we are. We've all heard this phrase: it takes a village. This is no less true in our ability to adapt and stay flexible.

Thankfully, we can cultivate resilience. Here are some ways to help:

- Prioritize beneficial relationships.
- Taking care of your body.
- Practicing mindfulness.
- Choosing helpful coping skills, such as speaking with a trusted person, going for a walk, or engaging in a hobby.

Visit this website to find more information and tips on building resilience:

<https://www.apa.org/topics/resilience/building-your-resilience>

And know, it is always OK to reach out for help.