

Make Your Gift Today

I would like to help change lives by donating immediately to **The Kettle**:

- \$35 \$50 \$100 \$500
 Other \$ _____

Enclosed is my cheque
(payable to **The Kettle Friendship Society**)

FRIENDS of The Kettle:

Yes, I authorize **The Kettle** to receive the following monthly donation:

- \$10 \$15 \$20 \$30
 Other \$ _____

Please deduct this amount from my bank account specified on the enclosed cheque (marked void).

I understand I may change or cancel at any time with written notice.

Signature _____

Date _____

I would like information on leaving a gift in my Will.

Name _____

Address _____

Postal Code _____

Daytime Phone _____

Evening Phone _____

Email _____

*We will not share your name, address or phone number with any other party.

Charitable Registration # 11924 0356 RR00011



Recovery is the awakening of hopes and dreams.

The recovery process involves gaining the knowledge to reclaim one's power and achieve one's desires by learning to make choices that bring strength rather than harm. Recovery involves living a meaningful life with the capacity to love and be loved.

www.thekettle.ca

The Kettle Friendship Society thanks the following major sponsors for their continuing financial support of our efforts to provide caring community mental health services:



The Kettle Friendship Society

1725 Venables Street
Vancouver, BC V5L 2H3
T 604.251.2801

T 604.251.7633 DONATIONS & INFORMATION

T 604.251.9828 EXECUTIVE DIRECTOR

T 604.251.2801 HOUSING ASSISTANCE

T 604.253.0669 ADVOCACY

T 604.251.2854 DROP-IN CENTRE

T 604.251.4778 SEED PROJECT

E adminoffice@thekettle.ca

www.thekettle.ca



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The Kettle Friendship Society

Changing lives, building community

30 years Enhancing the quality of life for individuals living with mental illness

THE KETTLE FRIENDSHIP SOCIETY



You might like to know Q&A with The Kettle

Q What is the hardest thing about living with a mental illness?

A Stigma, definitely. It prevents people from accessing treatment and getting the care they need. Our whole approach at The Kettle is to support individuals to build their self-esteem and then give them options for rehabilitation and recovery. It is an empowerment model. We also work with the community to help break down stigma around mental illness.

Q What do individuals most need on their road to recovery?

A Many things: respect, a hot meal, friendship, understanding – but long-term, the most critical thing is good housing. The Kettle provides, in partnership with other groups, 200 supported housing units – clean, affordable apartments with trained staff to support individuals in their recovery process. We need more!

Q The Kettle has some separate facilities for women. Why?

A Women often experience mental illness differently than men and need their own space to support their recovery. Women living with mental illness are often dealing with other issues as well, such as violence in

their lives. Peggy's Place, our transition house, offers women support and safe shelter while they explore their options. We have a women's lounge in our Drop in and also, Camille House, a licensed care facility for women in recovery.

Q What about the cost-effectiveness of The Kettle services?

A The Kettle gives the community and its funders good value for their money. Offering individuals compassionate services as they explore their recovery options costs a fraction of the amount it would cost for hospital, police and other city services if The Kettle were not here.

- **Advocacy** – providing information, support and representation to resolve income, housing and family law problems.
- **Pro-bono legal clinic** open to the entire community.
- **Outreach** to lonely and isolated persons in need of human compassion.
- **Volunteer** programs and recreational activities.

LICENSED CARE

- **Peggy's Place** – a transition house for women living with mental illness who are dealing with violence in their lives.
- **Camille House** – a 10 bed long-term care mental health facility for women.

SUPPORTED HOUSING PROGRAMS

- **Community Living Support Program:** Offers housing assistance with homelessness, housing search, roommate matching program and landlord/tenant issues.
- **Supported Independent Living (SIL & SUPERSIL) Program:** These two programs offer the support of a mental health worker to assist clients with maintaining their housing, life skills training, and to assist in clients identifying and pursuing their chosen lifestyle.
- **Enhanced Community Services:** Medication Monitoring Program assists clients to maintain tenancy in their apartments by providing routine medication delivery and monitoring compliance through outreach workers.
- **Enhanced Apartment Programs:** East 8th – Friendship Court and Triumph Apartments offers a supported housing option with the protection of the RTA with a variety of support services.

The Kettle Working in Vancouver for 30 years

Mental illness, coupled with stigma, low incomes and substance misuse – these are issues that thousands in our city face. These are individuals we see every day in our communities as we go about our business; those who have “fallen between the cracks” of the mental health system and have the least access to assistance.

The Kettle drop-in has a unique “open door” policy and accepts people where they are at, supporting their recovery through a continuum of care and services. For some this might mean basics, such as hot food, a shower and a place to launder their clothes. Others may need someone to talk to or resources. Others may need stable, affordable housing.

Other individuals may be ready to volunteer or do peer advocacy, or be looking for ways to enhance their skills and move on to paid part-time work as the next step in their recovery.

The Kettle, helping change lives one person at a time.

www.thekettle.ca

