

The Andy Carswell Building,
Canso Campus, Ottawa
Veterans' House Canada's first
home opened in February 2021



VETERANS' HOUSE CANADA

is the only provider of **permanent, affordable, and supportive housing** to homeless veterans in our country.

The Canso Campus, Ottawa has served over 60 Veterans since opening.

BUILDING 4 MORE HOME ACROSS CANADA IN THE NEXT 5 YEARS

HELPING HOMELESS VETERANS

As Canadians, we all have a duty to look after our veterans.

CHARITY REGISTRATION #791683469RR0001

VETERANS' HOUSE CANADA

Veterans' House Canada (VHC) is a registered national charitable organization with our head office based in Ottawa. We help homeless veterans build a better future by providing **permanent**, affordable and supportive housing.

The total number of homeless veterans in Canada, including Indigenous veterans, is estimated to be between **3,000 – 5,000 and are more than twice as likely to experience homelessness compared to the general population**. Many are living with mental health concerns, addiction issues, and physical disabilities – some, all at the same time.

WHY ARE THERE HOMELESS VETERANS?

Leaving the military means leaving behind a regulated environment and bonds of trust that have been forged over years. Not everyone makes the transition easily and mental health challenges can arise, which isolate veterans from family and community.

The frequent inability to form new and healthy bonds after leaving military service can lead to self-medication and addiction in dealing with the symptoms of operational stress injuries and depression. The self-reliance that is so key to military life can prevent many veterans from seeking help while they spiral downward into homelessness.

Veterans' House Canada offers:

- Permanent and supportive housing
- Mental Health and Transition programs



“If you've got a roof over your head, everything else is possible.”

Bill Beaton,
Veterans' House
Canada tenant

The real solution to getting veterans off the street is to shift the focus from shelters and transitional housing to permanent housing.

Based on the success of our first home in Ottawa, we will use it as a model to replicate across Canada.



Veterans' House Canada's Edmonton home will include:

40 BACHELOR UNITS

each containing its own kitchen and bathroom

COMMON SPACES

such as community room, fitness room, kitchen and library

A VETERANS' PARK

with a meditative garden, a community garden, BBQ space, and a dog park

A SUPPORTIVE COMMUNITY

of former military peers

PROGRAMS

support, counselling and peer mentoring programs



VETERANS' HOUSE CANADA SUPPORT PROGRAMS

Mental Health and Transition Program

The exceptional roles and responsibilities veterans undertook while in service can lead to many mental health challenges.

Many veterans struggle with successfully transitioning back to civilian life. Some struggle with symptoms of mental illness including PTSD, depression, loneliness, addiction and anxiety.

Although women and female veterans make up 15.0% of the CAF, it is estimated that 30.0% of the homeless Veteran population are women and female.

The journey back to stability can be a difficult one with lots of challenges along the way.

Quote: Our veterans can work at their own pace in identifying and overcoming barriers to their success. "I'm now in my own space, I have so much support, I have my case manager, my nurse-patient therapist, and I do have support networks"

— Female Veteran resident.

Veterans' House Canada Programs:

- Addiction Services
- Art Therapy
- Community Gardening
- Community Outings
- Conflict Resolution and Mediation
- Employment Program
- Financial Literacy
- Mental Health Support Services
- Peer Support Barbecue
- Personal Trainer
- Service Dog and Pet Training
- Smoking Cessation
- Yoga and Meditation

Veterans' House Canada \$6M Alberta Campaign

WE ARE BUILDING A SECOND HOME IN EDMONTON, ALBERTA. The campaign will raise funds towards the construction of our Edmonton, Alberta home. Cities under future consideration include **Halifax, Montreal, Toronto, Winnipeg, Calgary, Vancouver and Victoria.**

Support a Veteran's Residence

- **Join our monthly support community.**
We are thrilled to have you join our community of Veterans' House Canada supporters.
- **Fundraise for Veterans' House Canada.**
Create your own fundraiser to help you rally support for Veterans experiencing homelessness. We are ready to Help, please contact our fundraising manager.
- **Corporate Partnerships.**
We want to work with you in partnership over multiple years, helping us to achieve our mission. Our team is on hand to support you every step of the way.

Ways to Donate

- **Donate by Mail.** To donate by mail, a check payable to Veterans' House Canada can be mailed to our **Head Office:**
208-404 McArthur Avenue
Ottawa, ON, K1K 1G8
(please do not send cash)
- **Donate by Phone.** To donate by phone via credit card or to ask questions about donating money to the Veterans' House Canada **please call us at:**
(613) 502-0136

Our heroes served and put
their lives on the line.
Now, it is our time to serve.



As fellow Canadians, we ask you to:

- **Donate:**
 - Alberta Capital Campaign
 - Ongoing Programs
 - Veterans' House Canada Helping Homeless Veterans operations



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