

Amid war, you give hope and help

"I felt like I was in God's hands when I found Souls Harbour."

"When Ukraine was attacked, I had to find some way to survive," Mykola says. "It was very hard. In war there is no stability. I lost my job, but I still had my mom and three young children to take care of."

A few months after the Russian invasion in February 2022, Mykola made the agonizing decision to leave his hometown in Ukraine to come to Canada to help his family. "I decided on Regina because I heard there are lots of Ukrainians here. The Canadian government granted me a three-year work permit. I was ready to do any job I could find."

Mykola and six others fleeing the conflict landed in Regina that August. While staying in a downtown hotel, a Ukrainian-speaking volunteer told him about Souls Harbour.

"The volunteer took me to meet the team and learn about Souls Harbour and its mission. Then, we all walked over and looked at the affordable housing

apartment building. They asked me if I liked it and I said yes. I was so surprised when they told me I could have a suite there. I felt like I was in God's hands when I found Souls Harbour."

You can hear the confidence in Mykola's voice as he says he's passed his probationary period and has been hired as a permanent full-time employee. "I feel comfortable in my new city and new life," he says. "Souls Harbour gave me an apartment I can afford. It's also a social place—I can go there for a meal and get clothing for work."

"I feel comfortable in my new city and new life."

Tim Quinn, the Souls Harbour affordable housing manager, gives our supporters—just like you—full credit for the residents' quality of life. "It was donors who helped build both the Gerri Carroll and Porter Place buildings. They've contributed to putting a roof over countless tenants'



heads. Donors also allow us to keep our rent rates stable and well below market value. Plus, they help pay for expenses large and small so the buildings are clean and in good condition."

Tim emphasizes that thanks to donor support, tenants like Mykola have less stress in their lives. "Affordable housing means people have more money in their bank account to pay for



Every positive story begins with you—thank you!

We're still in the cold grip of winter. Even so, I know the good news in this newsletter will warm your heart.

That's because every story—and everything we do to provide care and compassion to our vulnerable neighbours—begins with your generosity.

When a family comes in needing a hot meal or winter coats for the kids, your donations make that happen. When someone turns to our emergency shelter, you provide more than a bed. You help them get the support they need to get back on their feet.

Christmas can be very painful for the people we serve. But last year, you gave the joy of hundreds of holiday

dinners, the warmth of new socks, toques, and boots. And for the children whose moms are in our year-long addiction recovery program, you made sure Santa delivered a special gift just for them.

Every story—and everything we do to provide care and compassion to our vulnerable neighbours—begins with your generosity.

With 2024 just starting, more people than ever in Regina and Moose Jaw are facing homelessness, poverty, and mental health challenges. But they're not alone. You are there,



giving hope and a lifeline. And for that, we are forever grateful.

Thank you for making a profound difference,

A handwritten signature in blue ink that reads "Joe Miller".

Joe Miller
Executive Director

continued from page 1



everything else. It's better for your mental health if you don't have to choose between shelter and eating, paying your utility bills, or going without medicine. Donors give our tenants security."

Mykola smiles and says, "I have great spiritual balance because of Souls Harbour."

Mykola dreams of his children coming to Canada someday. He'd like to stay in Regina to help other newcomers, but for now he is taking life day by day. Above all, he is very thankful to donors like you. "When I came here, I just had my backpack and computer. Now, I have hope and a home."



Provide more hope and connection. Join us as a Souls Harbour volunteer.

“We feed over 300 people in Regina and Moose Jaw every day, so we always need helping hands,” says Taeryong No, Souls Harbour’s director of Christian Ministries. “Volunteers do much more than chop vegetables, cook, and serve meals. They give hope and connection to the people we serve.”



Taeryong believes that a volunteer’s smile or friendly greeting can make a huge impact on someone feeling alone and forgotten. “That smile can be a turning point,” he explains. “A volunteer can start a conversation with someone coming in for a meal. They can show someone who’s struggling that there’s a welcoming community here for them.”

Not only do volunteers help in our kitchens, they pitch in at our free clothing store. Volunteers

sort and wash every item of donated clothing we receive. They also assist neighbours who need a new coat or pair of boots. At the same time, they’re listening, building relationships, and providing hope and dignity.

At tax time, a team of volunteers folds and mails up to six thousand donation receipts. “They come in for about three weeks. We chat and stuff envelopes. No one complains because they know how vital our work is and that donors need

their receipts,” Taeryong says. One of those volunteers is now our receptionist. She says that she applied for the job because Souls Harbour has a special place in her heart.

[Volunteers] are listening, building relationships, and providing hope and dignity.

From experience, Taeryong feels that giving your time is an opportunity to reflect on your own life while helping others. “It reminds you of what really matters in this world.”

If you’d like to volunteer with us, please complete the on-line form at shrmsk.com/get-involved/volunteer. Or, call Taeryong directly at 306-529-1425. **Thank you to all our dedicated volunteers—past, present, and future!**



Your generosity at work in 2023

Take a look at the amazing impact you made:



62,544 MEALS SERVED



3,261 NIGHTS OF SHELTER PROVIDED



3,029 VOLUNTEERS HELPED DELIVER THE PROGRAMS YOU SUPPORT



12 WOMEN SUPPORTED IN OUR YEAR-LONG RECOVERY PROGRAM



1,331 PEOPLE RECEIVED A TOTAL OF **13,310** ARTICLES OF DONATED CLOTHING