

You give women like Tara a brand new start at Shayil Home

This one-of-a-kind addiction recovery program, that includes moms and their children, is healing shattered families. With no government funding, we depend on your generosity.

"My stepfather worked in a brewery and my mother had a drinking problem. There was always alcohol around. Addiction and domestic violence were a big part of my childhood," Tara says.

You can hear the emotion in Tara's voice as she talks about growing up as an Indigenous girl. "Because of the trauma of residential schools, substance abuse has been normalized in families like mine for generations."

As a child, Tara also struggled with the shock of seeing another girl die after being hit by a car. "It troubled me for a long time," she remembers. "I didn't know how to process the grief."

Tara started drinking at 10 years old. In her teens, she experimented with cocaine and crack. To pay for the drugs, she stole. "There was no structure in my life. Then I got into trouble with the police."

Tara was sent to a juvenile youth detention centre. When she was released, her stepfather

sent her to live with her aunts. "I got into the same cycle with drugs, but I graduated from high school. I was a functioning addict," she says. At that point, Tara got involved with a gang.

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He told me to get
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turning point."**

Tara moved back and forth between her mom, who was now sober, and an abusive partner. Eventually, she ended up in jail.

In 2012, she gave birth to her son. "I quit drugs and drinking, and did two years of university," she says. "But after my daughter was born, I felt overwhelmed and started using again."

Tara's sister took custody of her children. "I was using methamphetamine. My kids didn't even recognize me."



One day, Tara experienced an epiphany. "I heard God's voice. He said he loved me. He told me to get help. That was my turning point."

Tara's sister got her into a 30-day detox program, but when her partner was murdered, Tara relapsed. She prayed for help and applied to 10 addiction recovery programs. ➤

A fresh start this spring—all thanks to you!

Finally, spring is here!

Thank you for your generous support through the cold, dark days of winter. I'm grateful for the hope and warmth you gave by providing Christmas meals and winter clothes to those in need in our community.

And, just a few weeks ago, you ensured that our neighbours could sit down together to a special Easter dinner of ham and all the fixings plus a slice of pumpkin pie. You are at the core of joyous moments like these that mean so much to the people who turn to Souls Harbour RESCUE Mission.

While it's true that winter is behind us, families, adults, and seniors continue to face hunger

and homelessness. I'm sending you our Heart of the Mission newsletter to share the good news that you've made possible, like Tara's story (page 1), and to ask for your continued support as we expand our programs in Moose Jaw (see the Program Spotlight on page 3).

Spring is the time of new beginnings. As a supporter, that's exactly what you make possible for someone ready to ask for help.

I'm full of optimism for the months to come because you are by our side, giving the chance of a fresh start to those who have fallen through the cracks. I know what we can accomplish when we put our



souls and minds to the task.

Wishing you a wonderful spring.

Joe Miller

Joe Miller
Executive Director

continued from page 1

"Shayil Home was the only one that called me back. They could take me right away. I packed up my clothes and left everything behind."

At first, Tara was suspicious of Shayil's faith-based approach. "I was biased because of the impact of residential schools. I didn't know why everyone was being so kind to me."

With donor support from people just like you, Shayil Home offers hope and healing

to mothers and their children. It's the only program of its kind in Regina.

"It's a blessing to heal with my children in a safe space. Shayil's helping me understand the cycle of addiction. I'm learning to change my behaviour and make positive decisions. I'm a Christian now and my relationship with God feeds my recovery."

Niki Hoyer, Manager of Shayil Home, says, "It's been beautiful to watch Tara

transform into a kind, loving woman. She's a mentor to our new participants and she's absolutely fearless."

Tara is ready for a new chapter in her life. "In June, I'll be starting a technology course, specializing in art and design," she says with a big smile. "My story is a perfect example of what Shayil can do."

Thank you for giving life-changing hope and support to everyone like Tara who turns to Shayil Home.



Shayil Home: Recovering from addiction with hope and compassion

“Thanks to our donors, we witness the beauty of transformation and resurrection every day. It’s humbling to see someone come back to life after addiction....”

That’s Nathan McLean, Director of Addiction Services at Souls Harbour, describing Shayil Home, our residential recovery program designed for women, many of them mothers. The two-year program serves the most marginalized and traumatized neighbours among us.

“Shayil Home is unique in two very important ways,” Nathan says. “First, we’re faith-based, which is unusual. In addition to taking care of our participants’ physical, mental, and social needs, we also try to fill their spiritual needs. Jesus came to heal all of us in our different struggles, and we’re called to heal those facing poverty, homelessness, and addiction.

“Second, unlike most programs, Shayil Home



welcomes children. We work with child protection services to reunite families. That means a mom and her kids can live and heal safely together once she has stabilized.”

Nathan says Shayil Home is desperately needed in our community. “You just have to walk down the street to realize that addiction treatment is essential. Drugs have become more toxic and more accessible. More families are suffering.”

Supporters like you are the beating heart of Shayil Home. Nathan explains, “We don’t receive any government funding, so we are utterly dependent on donors to run this small but mighty program. Our supporters

do everything from keeping the lights on to providing counselling to making sure kids get to do fun activities like camping.”

The Shayil Home model works so well that we plan to offer a men’s residential addiction recovery program in Moose Jaw once our new facility is built there. We’re incredibly grateful to donors like you for standing with us as we expand our services.

Nathan adds, **“As a donor, you plant seeds of hope in our communities and I am honoured to work on your behalf. You are the reason that women and children are growing and flourishing in Shayil Home.”**

The joy of giving: meet Laurie Johnson

Laurie Johnson loves to kayak, skate, go to church, and socialize with her friends. But her favourite activity is helping others.

"I take the role of helper very seriously," she says. "As a Christian, I'm called to reach out to vulnerable people and Souls Harbour is the perfect place to do that. I'm amazed by the range and quality of the services they provide. It's a wonderful facility where I can do truly meaningful work."

Laurie lost her brother in a tragic situation. She says that volunteering has helped get her life back on track. "It's part of my healing."

Laurie volunteers in the kitchen, peeling vegetables, serving, and washing dishes. Right now, she's focused on building trust with our clients. "It takes time to get to know people and have relationships. I want to talk, listen, and learn whenever I volunteer."

Laurie feels good, knowing she's making a difference for so many of her neighbours who are struggling. "It's a joy coming to Souls Harbour. It's almost like a family."

Thank you to Laurie and to all our volunteers for everything you do. If you'd like to give a little of your time to



Souls Harbour, please visit shrmsk.com/get-involved/volunteer or call Taeryong at 306-529-1425.

Your generosity at work

Here's how your support made an incredible difference this winter:



12,924

Nutritious meals

served to hungry
neighbours



1,302

Shelter nights

provided to those facing
poverty and homelessness



975

Volunteers

helping deliver programs
you make possible

SOULS HARBOUR RESCUE MISSION

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