



Healthy, Thriving Children and Youth

Close call: Brenda's Story

Seventeen-year-old Brenda was regularly attending the Borden Family Resource Center's Youth programs which is funded through United Way. The more she attended and become comfortable with the center, the more she started to open up. After several weeks, Brenda disclosed that she was having some trouble at home and at school. Much to the concern of the youth center staff, she further disclosed that she had begun self-harming and was feeling suicidal.

With the support of the youth program supervisor, the team, including Brenda worked collaboratively to develop a safety plan and to link her with other community resources to address Brenda's multiple needs. She began to attend a SAFE group through the Canadian Mental Health Association (another United Way funded agency) and started to develop healthier coping mechanisms.

Brenda still attends the youth center programs and recently commented; "I don't know where I'd be right now if I didn't have this place. It has helped me a lot with everything and before coming here I didn't know I could be so strong and honest. This is really the only place I have felt truly accepted and fit in."



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