



Fredericton
HOMELESS SHELTERS

Resources for educators & parents on homelessness

THE SHELTERS

CONSISTS OF THREE SPACES:

ST JOHN HOUSE

- provides emergency shelter to 27 individuals with support from staff 24/7
- one big open space with rows of beds, small living room area and small outside area
- has shower facilities, laundry facilities, computers, a TV, a phone and internet access
- located downtown beside the Community Kitchens and within walking distance to services in the downtown area

GRACE HOUSE

- provides emergency shelter to 10 individuals with support from staff 24/7
- has 4 bedrooms with 2-3 beds in each room, a living room, kitchen and dining room
- has shower facilities, laundry facilities, computers, a TV, internet access, a phone and a small yard for residents to relax
- located downtown and within walking distance to services in the downtown area

BRUNSWICK HOME

- our transitional housing which provides housing to 4 individuals
- located on the same property as Grace House
- residents have their own bedroom with access to the kitchen, living room and outside area
- residents have the support of Grace House staff 24/7

FACTS ABOUT THE SHELTERS



THE SHELTERS WAS ESTABLISHED IN 1983, WHICH MEANS WE HAVE BEEN HELPING PEOPLE FOR 39 YEARS!

OF SPACES

3

OF PEOPLE WE HELP EACH YEAR

300+

OF BEDS

41

NUMBER OF CATS

2

ABOUT US

THE SHELTERS ARE MADE UP OF THREE SPACES: ST JOHN HOUSE, GRACE HOUSE AND BRUNSWICK HOME.

WE ARE OPEN 365 DAYS A YEAR, 24 HOURS A DAY- YES EVERY DAY, ALL DAY!

WE HELP OVER 300 PEOPLE EACH YEAR WHO HAVE NO HOME AND NEED SUPPORT.

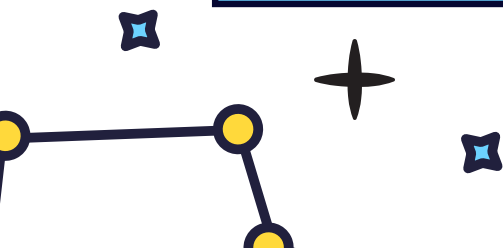


WHO CAN WE HELP?

WE HELP ANY ONE, OF ANY GENDER OVER THE AGE OF 18.

CATS?

GRACE HOUSE IS ALSO HOME TO TWO CATS: GRACIE AND NEEMA . THEY PROVIDE A LOT OF SUPPORT, CUDDLES AND LOVE TO THE WOMEN WHO STAY WITH US!



Q & A:

WHERE DO OUR RESIDENTS EAT?

-Grace House and Brunswick Home have a complete kitchen with areas for residents to store their food and cook. St John House has a microwave, toaster and kettle for the residents to make small snacks.

-The Fredericton Community Kitchens is open every day, with 3 meals on weekdays and 2 meals on weekends. All of our residents, and any one in Fredericton is welcome for a meal there. It is located behind St John House, making it easy for our residents to access. On days where the kitchen may have to close due to weather, they will provide us meals to give our residents.

WHERE DO OUR RESIDENTS SHOWER?

-St John House has 3 showers, Grace House has 2 and Brunswick Home has 1! All of our residents are provided hygiene items and clean towels to shower daily.

WHERE DO THE RESIDENTS GET CLOTHING OR SHOES?

-We have clothing donated daily for all our residents. Sweaters, shirts, pants, dresses, underwear, socks, coats, shoes and pj's are all provided!

WHERE DO OUR RESIDENTS DO THEIR LAUNDRY?

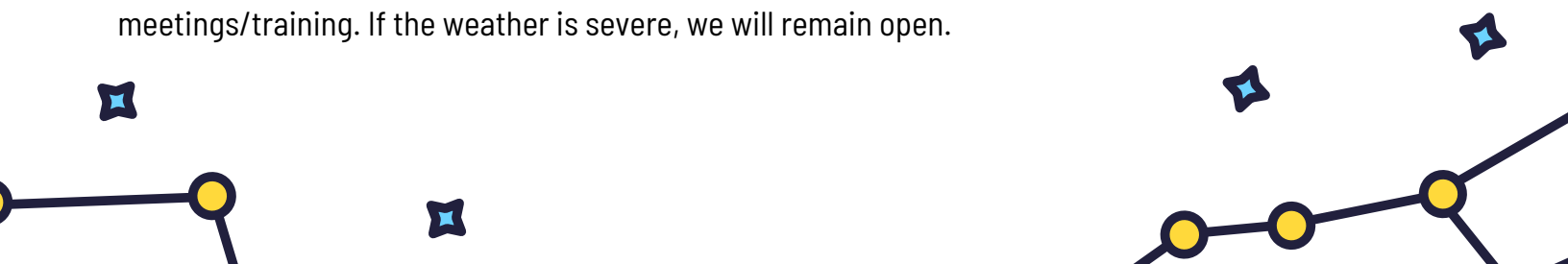
-All of our spaces have a laundry machine and dryer for the residents to use! The residents are provided laundry soap and have access to wash their belongings and bedding when needed.

WHAT DO OUR RESIDENTS DO DURING THE DAY?

-During the day, staff will connect our residents with services to help them. These services could include: employment, education, mental health, health, housing or legal assistance. Residents also have a chore to complete, shower and they tidy their bed area. We also have activity books, a TV, computers and supports they can talk to. Often you can also find our residents snuggling with the cats!

WHY ARE WE CLOSED FOR ONE HOUR A DAY?

-We are closed for an hour a day to encourage residents to attend meetings, do errands or get some fresh air. Staff also use this time to do maintenance, cleaning or have staff meetings/training. If the weather is severe, we will remain open.





HOW DO THE RESIDENTS GET HELP TO MOVE INTO THEIR OWN HOME?

-We have staff who work with residents on anything they may need help with to work towards the goal of their own housing. This could include setting up appointments with social development, working on employment or education goals, budgeting, working on their physical health or connecting them with resources for mental health or addictions.

-We also teach residents how to clean, do their laundry and take care of themselves so they have those skills when it is time to move into their new place!

WHAT DO THEY DO AFTER THEY MOVE INTO THEIR OWN HOME?

-Residents will stay connected with us through our Outreach program!

-We have an Outreach Coordinator and two Outreach staff who build a relationship with them and work with them to continue with any goals or needs and maintain their housing. They see residents at least once a week to check in and assist them with whatever they may need help with. They also bring food boxes to them or drive them to various appointments like the doctor.

-After getting their own home, they may look for employment, work on skills or continue working with resources on their mental health, physical health and addictions (or recovery).

HOW DOES SOMEONE BECOME HOMELESS?

-Many reasons! Some of the most common reasons we see are: loss of employment, loss of housing, relationship breakdown, domestic violence, mental health, physical health, addictions, or legal issues.

HOW DOES SOMEONE GET OUR HELP?

-Anyone in need of help can call us any time of day or come to our door and speak with our staff.

-They can email us or message us through our Facebook page.

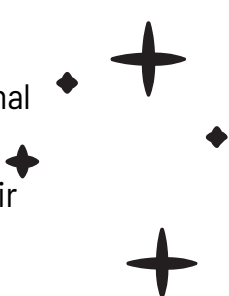
-Other organizations may also call on behalf of someone to access help for them.

WHAT IS TRANSITIONAL HOUSING?

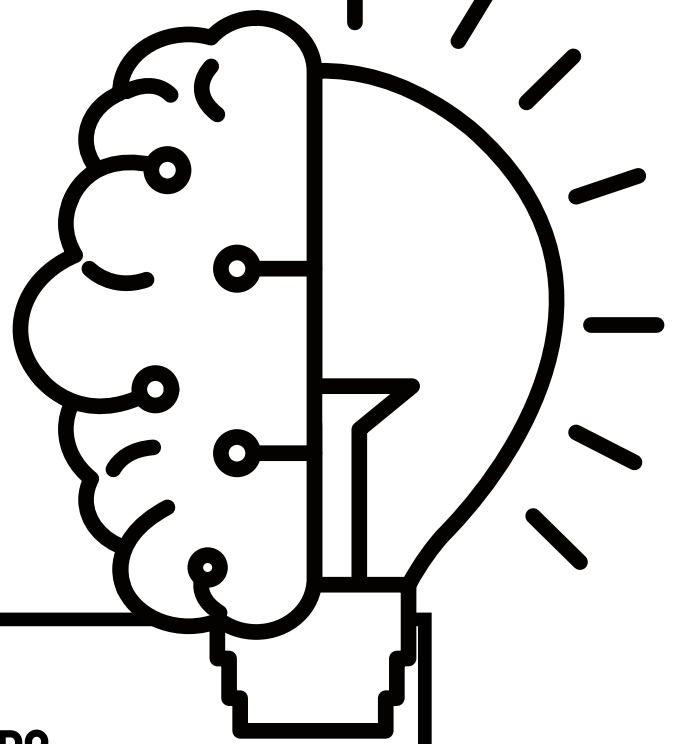
-Brunswick Home, our transition house is used to house four individuals from Grace House or St John House and are ready for independent housing.

-Residents stay at Brunswick Home until they find housing of their own. While there, they will have shared experiences of having their own room and share common areas with other residents. They have a space they can call their own and get to take care of. They could stay a couple months to over a year here before they find housing of their own.

-They are charged a small service fee every month that teaches them the importance of personal budgeting but allows them to save money for their future home. They learn the true independence of living on their own and restore their self-determination and confidence in their own skills and abilities.



THINK  **OUTSIDE**
the box



HOW CAN YOU HELP?

-Complete the coloring pages, add a note and send it in for our residents to read and enjoy. This is a project for all ages! (See next page)

-Donate items in need year round: snacks, seasonally appropriate clothing, underwear, shoes, hygiene items and bottled water.

-Get creative! Think of ways you can use your talents and skills to raise money, gather donations or raise awareness about homelessness.

-If you are a teacher or educator: email us to schedule a presentation about The Shelters and homelessness. Kids can ask questions, talk about what it means to be homeless and think of ways to help.

-Talk to your kids about homelessness and the many ways people can help of any age.

-Learn about other organization in our city that help homeless individuals. Some could include: The Fredericton Community Kitchens, John Howard Society, Greener Village, Downtown Community Health Center.

-Follow us on social media to learn about updates from the Shelters, projects, items needed and more!

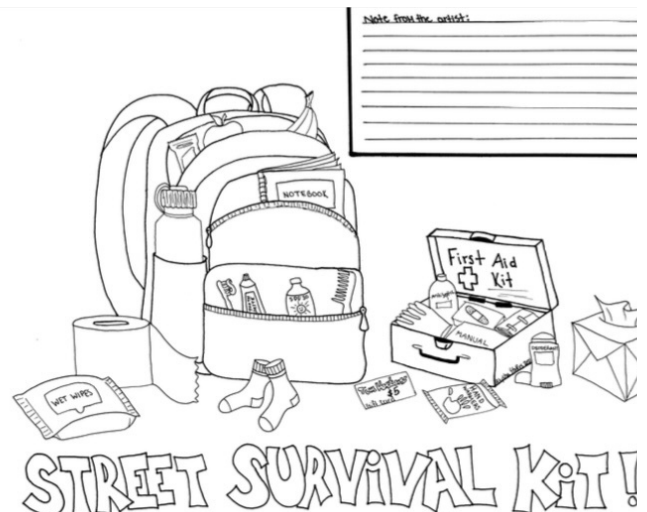
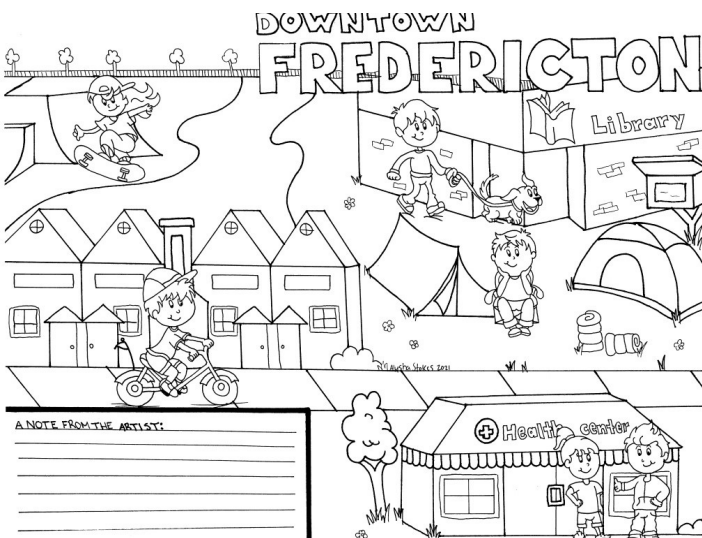
YOUR MASTERPIECE

The Shelters have created a project designed to get kids of all ages in the community involved. Below is two colouring pages created for kids to learn about homelessness, colour and then mail their artwork to us to display for the residents. Our hope for this project is for parents, guardians, educators, etc. talk to their kids or students about homelessness and start a conversation around homelessness while completing the coloring page. A conversation about what homelessness is, how someone becomes homeless, the different ways you can help someone who is experiencing homelessness and information included in this resource guide on our shelters. By doing so, we hope this project will reduce stigma around homelessness and have kids involved within their community at a young age. It will also increase spirits around the Shelters as residents see the artwork and notes mailed in for them from kids in their community

The first colouring page is an illustration of Downtown Fredericton which features some important places such as The Fredericton Public Library, The Downtown Community Health Centre and our Take What You Need box. They are all important resources for individuals experiencing homelessness. The second colouring page is an illustration of a "Street Survival Kit". On the illustration, you will see many items that are important for someone who is experiencing homelessness to use on a daily basis.

On each of the colouring pages there is a section for your child or student (the artist) to leave a note. Our hope is that your child or student will write a motivating note for our residents to read. A note as simple as "You matter" or "You are strong" make our residents' day!

Colouring pages can be mailed to St John House: 65 Brunswick Street, Fredericton, NB, E3B 2G5 and they will be posted at all of our spaces for residents to see. You can download the colouring pages off our website.





Fredericton
HOMELESS SHELTERS

THANK YOU!

FROM ALL OF US AT THE SHELTERS...

- Thank you for supporting The Shelters and taking the time to talk about homeless with your kids or students. Homelessness is a topic that can be sometimes ignored but we feel that by getting kids involved at a young age, it will help them grow into kind and compassionate individuals who may not pass judgement or have stereotypes on homeless individuals when they see them.
- Please reach out to us via email: info@theshelters.ca if you have questions, would like to schedule a presentation for your class or want to know how you, your kids or your class can help.
- We are always amazed at the creativity that kids come up with to support the Shelters and can't wait to see what your kids or students will think of!
- Please see our website to download the coloring pages, and mail them in for our residents to enjoy and know that someone is thinking of them.

CONTACT INFO:

- Email: info@theshelters.ca
- Facebook: The Fredericton Homeless Shelters
- Instagram: [thefrederictonhomelessshelters](https://www.instagram.com/thefrederictonhomelessshelters)
- Website: theshelters.ca