



A NEW HOME AND IMPROVED QUALITY OF LIFE FOR RESIDENTS

Alternative Residences purchased a newer building customizing it to accommodate our residents needs. We moved residents in January 2021.

WE STILL NEED FINANCIAL SUPPORT TO PAY FOR RENOVATIONS.

WE BELIEVE

all people living with mental illness should have the opportunity to be housed in a safe, caring and compassionate setting; where they can experience an improved quality of life, while increasing and improving their life skills and abilities leading to more independence.

YOU CAN HELP

people living with mental illness in Greater Moncton take action and pursue their wellness journey. Help us instill a positive mindset and

empower our residents to feel self worth and remain connected to the community. Prevent adults living with mental illness from alternately and repeatedly being passed between the mental health and criminal justice systems, being institutionalized or homeless.

YOUR FINANCIAL SUPPORT

will help fund the renovations that were required to our newest building located in Dieppe that provides more living space, an improved quality of life and more support services for our residents.



Our 37th year of providing more independence to those living with mental illness in Greater Moncton

GIVE THE GIFT OF A HOME THAT PROVIDES:



Each of our residents have **LARGER LIVING SPACE** with built in closet space and a private full washroom in each room.

This residence has a private setting, more living space including an interior courtyard, large sitting and dining area, two attached screened in sitting areas and 4.3 acres to walk around outside. It is located next to the Saint-Anselme Park that has several walking trails for residents to connect with nature.



The convenience of one level and an **ACCESSIBLE ENTRY** with two publicly **ACCESSIBLE WASHROOMS** is a huge win for residents with mobility challenges. All of our current locations are not accessible for those with physical disabilities. This has allowed us to expand our support services to include people living with mental illness who also have mobility challenges.

A **SENSORY ROOM** is now set up at this location and available to our residents! Having space to create this area has been very beneficial to our residents. Should they become agitated or just need a place to relax or meditate, spending time in a dim, calming room where they can be alone and take charge of their emotions is one of many advantages to this newer home.



A **PEACEFUL SETTING** outside of the downtown area provides the perfect place for residents to spend time outdoors and in nature, which is proven to reduce anxiety, depression and psychosomatic illnesses. We are within the Dieppe city limits and on the bus route, residents are not isolated allowing them to enjoy the best of both worlds.



A **COMMUNITY GARDEN** was created in June 2021 for all residents living in ARA residences! This has provided an opportunity to teach residents gardening skills while providing healthy local vegetables in the summer and fall season.



Having a **LARGE KITCHEN** creates opportunity to engage and coach residents to improve or learn cooking skills and food safety in the kitchen. Designating a cooks' helper and baking activities help engage residents in the kitchen, teaches new skills and promotes a sense of belonging.

No more bathroom schedules! Sharing one or two bathrooms with 6-9 people is not easy. **PRIVATE WASHROOMS** are a huge plus for residents. It provides privacy and more autonomy. Residents can take advantage of hot baths which helps them elevate moods and sleep better.



Our **COMMUNITY ROOM** provides the perfect safe space for peer support groups, self-improvement seminars, meetings and learning opportunities not just the residents of this building but residents from other ARA residences within the Greater Moncton Area.

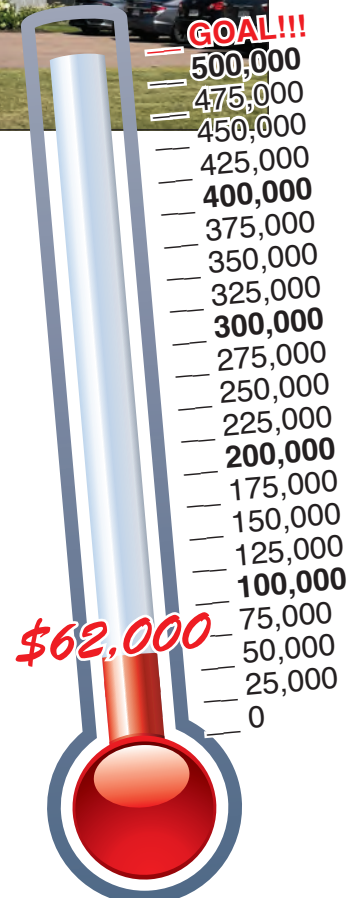
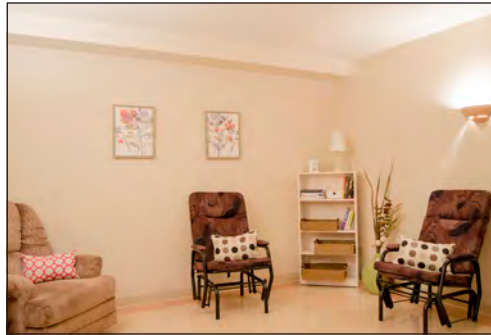


HOPE. HELP. HEALING.



WE STILL NEED YOUR HELP WITH RENOVATION COSTS

Last year we raised **\$62,000** thanks to donors like you! We were required to undertake some renovations to customize the building to the needs of our residents and bring the building up to construction code in 2020. **We still need help to reach our goal.** We hope to raise \$516,000 by 2025. You can help us reach this goal by donating to our annual **Raise the Roof Campaign!**



FOR YOUR CONVENIENCE, GIVE ONLINE NOW AT ALTERNATIVERESIDENCES.ORG

YES! LET'S CREATE A BETTER QUALITY OF LIFE FOR ADULTS LIVING WITH MENTAL ILLNESS

All gifts of \$1000 or more will be listed on a plaque in our main entrance.

I would to give the gift of:

- Other \$ _____
- \$25
- \$50
- \$75
- \$100
- \$250
- \$500
- I would like to become a monthly donor

Please make cheque payable to: **Alternative Residences Alternatives Inc.**



Name: _____

Address: _____

City: _____

Postal Code _____ Phone: _____

Email: _____

- Please don't acknowledge my donation publicly
- Please mail me a tax receipt
- I want to learn more about ARA's work in the community

