



A NEW HOME AND IMPROVED QUALITY OF LIFE FOR RESIDENTS

Aging infrastructure and lack of space to expand or provide support services has motivated Alternative Residences to purchase a newer building customizing it to accommodate our residents needs.

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 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 mentally ill adults from alternately and repeatedly being passed between the mental health and criminal justice systems, being institutionalized or homeless.

YOUR FINANCIAL SUPPORT

can help fund renovations to our newest building that will provide more living space, an improved quality of life and more support services for our residents.



GIVE THE GIFT OF A HOME THAT CAN PROVIDE:

LARGER LIVING SPACE

Each of our residents will have larger bedrooms with built in closet space and a private full washroom. 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.

LARGE KITCHEN

Having a large kitchen will give us the opportunity to engage and coach residents to improve or learn cooking skills and food safety in the kitchen. Designating a cooks' helper or baking activities each week can help give residents a purpose or sense of belonging.

We will be able to create a spacious Sensory Room at this location. When residents become agitated, spending time in a dim, calming room where they can be alone and take charge of their emotions is a huge benefit. This room will be an effective way for residents to manage their stress levels, help to manage negative thoughts and emotions. Limited space has kept us from providing this space in the past.

SENSORY ROOM

A peaceful setting outside of the downtown area will allow us to remove the stimuli of negative activities. We are still within Dieppe city limits and on the bus route, residents will not be isolated but will allow them to enjoy a positive experience outside.

IMPROVED OUTSIDE ENVIRONMENT

COMMUNITY GARDEN

With the large acreage, a community garden will be possible and provide an opportunity to teach all residents gardening skills while providing healthy local vegetables in the summer season.

ACCESSIBLE ENTRY AND WASHROOM FOR PERSONS WITH DISABILITIES

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 will also allow us to expand our support services to include those with disabilities.

No more bathroom schedules! Sharing one or two bathrooms with 6-9 people is not easy. Having a private washroom will also provide an opportunity to teach each resident cleaning skills and the responsibility to clean up after themselves on a daily basis.

PRIVATE WASH ROOMS

We would like to create a community room that provides the perfect safe space for peer support, self-improvement seminars, meetings and learning opportunities for not just the residents of this building but residents from other ARA facilities and eventually extend the same opportunity to include adults who are not living in ARA residences.

EXPANDED SUPPORT SERVICES TO SERVE ALL PEOPLE WITH MENTAL ILLNESS

HOPE. HELP. HEALING.



ESTIMATED COST FOR RENOVATIONS

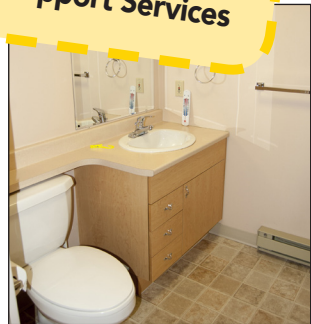
\$516,100

This newer home comes with lots of space but is not ready to move in. We will be required to undertake some renovations to customize the building to the needs of our residents and bring the building up to construction code.

Benefits

- Private Setting
- More Living Space
- Larger Bedrooms
- Private Bathrooms
- Garden Space
- Interior Courtyard
- On Bus Route
- Sensory Room
- More Support Services

- RENOS TO ACCOMMODATE NEEDS OF RESIDENTS
- SPRINKLER SYSTEM
- FIRE ALARM
- ACCESSIBLE ENTRANCE
- ACCESSIBLE WASHROOM



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 like to donate:

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

Please send donation by: December 31st/2020

Want to give more but can't do it in one donation?

Payment Plans Available!

Name: _____

Address: _____

City: _____ Postal Code _____

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