



**Ontario Works provided basic needs, so at least I had food in my belly. Canadian Mental Health helped me put together a plan, with daily goals and such. Family members helped and that made the difference.**

**Our worker kept pushing us to  
move forward, supported us  
and worked with us**

**I think the amount of money someone receives from ODSP or OW needs to be reviewed. There is no way anybody can afford a home at these prices with the income they get.**

**Supports were necessary once we became housed to pay bills, maintain the housing and keep on track with relationships and addictions.**



**NOBODY chooses to have an addiction or to become homeless.**

**Homelessness  
doesn't have a class.**

**It can happen to anyone.  
Alcohol, poor decisions, hard  
to pull yourself out.**



**Everyone who seeks any kind of help should be treated fairly and equally. There shouldn't be a time limit on certain situations or events that keep someone from getting the help they need and are looking for.**

**Not having someone to relate to makes a difference, having someone to relate to is key.**

**Finding that one person that was willing to help me with no judgement was the greatest gift that I could have received in my journey of homelessness.**

**The more difficult it is to get  
the help you need, the more  
chance you have of going back  
to what you know.**

**A turning point for me in my journey was getting sober. With that I needed to change my entire environment; I was used to that lifestyle for years, everything needed to change.**

**Someone must care. Walking  
with people. Their journey is  
not my journey.**



**The lack of stability is crippling and degrading - leaving you with almost zero self-esteem or self-worth.**

**My trauma stops me from  
progressing further.**

**I want service providers to  
understand - The URGENCY of  
the situation!**