



bethlehem

housing and support services

Planting Seeds of Hope:

How Community Fosters
Transformation

2025 Spring Newsletter

BETHLEHEMHOUSING.CA

Community Collaboration

TOGETHER, WE'RE NOT JUST PROVIDING SHELTER —
WE'RE BUILDING NEW BEGINNINGS.

Planting Seeds of Hope: How Community Fosters Transformation

Spring is a season of renewal — a time when seeds planted in hope begin to bloom. At Bethlehem Housing and Support Services, spring also symbolizes the power of new beginnings. Every day, we witness transformation in action as individuals and families move from crisis to stability, from surviving to thriving.

This transformation is never the result of one action alone. It takes a network of caring compassionate staff, committed partners, generous donors, and resilient clients — working together to create the conditions for positive change. Through affordable housing and a full continuum of support services, we help people take that next step forward, be it small or monumental.



But more than services, what we offer is a transformational journey — and a home where someone can rediscover their worth, reclaim their future, and rebuild their life. This mission is only possible because of our community. Whether you're a volunteer, donor, partner organization, or someone who simply believes in what we do, your support is the soil that allows transformation to take root.

One client, a single father in recovery from addiction, shared how his journey led him to Bethlehem Place. What followed was a profound shift — one built on courage, and the embrace of community. His story, which you'll read below, reflects exactly what we strive for: not just housing, but healing... not just support, but self-discovery.

As we continue to advance our impact this spring and beyond, we are reminded that transformation doesn't happen in isolation: it's built through collaboration, compassion, and connection. Thank you for being a part of this journey with us.



***Together, we're not just providing shelter —
We're building new beginnings.***

HERE IS MIGUEL'S STORY...

For many years I struggled with drug addiction. I was in and out of several rehabs, support groups, and 12 step communities. I was not able to maintain long term abstinence from drugs. I have worked in the gaming industry for a very long time but suffered from a brain injury and found myself off work during the pandemic. My world crashed down. I had just left a long-term relationship and was struggling to cope with life as a single father with custody of a beautiful child.

Growing up in an unhealthy environment full of emotional and physical abuse, I continued to struggle. I decided to seek childhood trauma therapy to deal with my past issues as it was a recurring theme in my addiction. It was the best decision I made in my life. I started the journey to show my son a way out as he was dealing with issues of abandonment and abuse while he lived with his mother.

“ ***The process was painful, yet I was able to implement goals and strategies for myself...*** ”

New Horizons

LOOKING FORWARD TO WHAT'S NEXT, EVOKING OPPORTUNITY AND NEW COLLABORATIONS

My clean date is October 26, 2020. I stopped using during the pandemic and turned to zoom meetings for support. I reached out to Bethlehem Place and met with a support worker that treated me with kindness, compassion, and empathy. We worked together over the next couple of months with the goal of moving into Bethlehem Place. I continued to work with my support worker with the hopes of getting into Bethlehem Place and one day they called and let me know we could move in. It was probably one of the best days I had in a long time. I embraced the opportunity and became a willing participant in all the courses and classes that are offered to all tenants.

“ *These were perfect for me as I'm learning how to live all over again...* ”

On this journey I am a person that has embraced the place of discomfort in many areas of my life as it's shown me how to challenge and motivate myself. My son and I are 5 months into our stay here at Bethlehem Place and our life has changed 1000%. Recently I've facilitated a couple of rehab aftercare meetings for clients locally and love sharing my experience, strength, and hope with others. Bethlehem Place provides my son with after school snacks and crafts, and he feels included here. I am currently taking my teacher's training course for yoga and reiki healing.



This year has been the best year of my life spiritually, emotionally, and physically. I recently celebrated 1 year clean and with all the opportunities gifted me this year it has made our lives full of love and kindness. I have made some new friends in recovery and have stepped into the best version of myself. My son and I are worthy of a healthy life today. I truly am so blessed to have a fresh start at life, and I can't thank Bethlehem Place and all the staff enough for this great opportunity.

Blessings to All - Miguel

EarlyON

Child and Family Centre



COMMUNITY GARDEN IN THE PLAYGROUND

We plant an edible garden for the children to watch, grow and eat while enjoying the outdoors. We plant strawberries, cucumbers, cherry tomatoes, beans & lettuce. This garden offers a wide range of benefits for children, supporting their physical, emotional, social, and educational development.

Hands on Learning - plant life cycles, weather, ecosystems and sustainability. Nutrition Awareness - by growing fruits and vegetables, kids gain a better understanding of healthy eating and where food comes from.

Physical Activity - children outside and moving - digging, planting, watering, and weeding involve physical effort, which promotes fitness and motor skills.

Mental and Emotional Health - gardening has calming, therapeutic effects.

Sense of Community and Belonging - Being a part of a community garden helps children build relationships with peers and adults, fostering a strong sense of inclusion and connectedness.

Community gardens are not just green spaces- they're living classrooms that nurture the whole child and contribute to stronger healthier communities.

Seeds of Change

PLANTING IDEAS, GROWTH, & TRANSFORMATION IN OUR COMMUNITY

Navigating Niagara's Changing Housing Realities

In response to Niagara's growing need for safe, affordable housing and wraparound support, Bethlehem Housing and Support Services has **housed over 2,500 families since 1988** — many of whom arrived in crisis. At intake, 73% of our residents were homeless, and more than half were survivors of domestic violence. Today, **267 households live in our permanent supportive housing**, including 17% who are low-income working families striving to maintain stability.

Our programs are built to address complex needs, with 37% of clients managing physical or mental health disabilities. Through 175 social and recreational activities, 1,324 child visit to our EarlyOn Centre, and nearly 6,100 pounds of food distributed via our fresh food markets — accessed annually by **958 households** — we foster personal growth, resilience, and self-sufficiency. Remarkably, **66% of those who exited supportive housing transitioned into secure, independent living** — a testament to the power of compassionate, community-based care.




2500+
FAMILIES HOUSED
SINCE 1988



267
HOUSEHOLDS
IN PERMANENT
SUPPORTIVE
HOUSING YEARLY



958
HOUSEHOLDS
ACCESS OUR
FRESH FOOD
MARKETS ANNUALLY



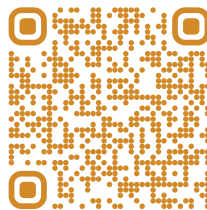
66%
TRANSITIONED TO
SECURE, INDEPENDENT LIVING

Why leave a legacy?

Because stable housing changes lives.

At Bethlehem Housing, legacy gifts help us:

- Provide safe, affordable homes
- Support families and individuals in crisis
- Build stronger, healthier communities



Your gift, no matter the size, creates a ripple effect of change for generations to come. Join us in shaping a future where everyone has a place to call home.



YOUR SUPPORT PROVIDES THE MOST VULNERABLE IN THE NIAGARA REGION WITH ESSENTIAL SUPPORTS NEEDED TO MAINTAIN THEIR HOUSING STABILITY AND QUALITY OF LIFE.

We all need a secure place to call home! Housing is the foundation on which we build our lives, engage in society and contribute to the economic well-being of our community. When everyone has an affordable, safe place to live, we all benefit. Please help us provide stable affordable housing & support services in Niagara.



Let's Rock the Roof!

HOUSING HEROES

ROCK!!!
FEST

★ **SEPTEMBER 20TH, 2025** ★

TAPS BREWHOUSE
4680 Queen St., Niagara Falls

Tickets \$30 - Available Soon!

Save the Date!!!

EVAN ROTELLA
Music



LMT
connection



**DYLAN
FORSHNER**

HOSTED BY

Shane Christopher Neal

PROUDLY SPONSORED BY:



TAPS

BREWHOUSE

bethlehem
housing and support services

WWW.BETHLEHEMHOUSING.CA





PRESENTED BY



Save the Date!
Wednesday, October 15, 2025

On Wednesday October 15, 2025, in the Event Court at The Niagara Pen Centre – St.Catharines, Bethlehem Housing and Support Services will host the 3rd Annual Country Harvest Soup Fest fundraiser. We have started planning for the event and are gathering Sponsorships so please contact us if you are interested in supporting this upcoming event.