

According to the Canadian Mental Health Association, one in five Canadians experience mental health problems. Your Mission & Service gifts help.

In his own words, Chance shares how the mental health support he received through the Bissell Centre—an organization supported through your Mission & Service gifts—helped him change his life.

“My name is Chance. I’m 25 years old and live at Hope Terrace, a permanent supportive home that is run by the Bissell Centre. I have Fetal Alcohol Spectrum Disorder—a type of brain injury with no cure—so I need help with things like coping with my emotions, keeping appointments, and cooking. “Before I moved into the Hope Terrace residence, life was frustrating and stressful. I used to live at my grandmother’s house, along with my mom and four other family members. When everyone was home it was chaos, which made it even harder to manage my emotions—even happy emotions were too much at times.

“Mom and I knew I needed help, but we didn’t have money and we didn’t know where to start. So, a few years ago, I tagged along with my friend to Bissell Centre’s Easter meal. He was getting help from Bissell and seemed to like it enough. Maybe I could get help too?

“It was at that very meal that I first heard about Bissell’s mental health resources and the Hope Terrace house.

“When I was invited to move into Hope Terrace a few months later, Mom and I both agreed it would be a good decision. I finally felt some hope. Maybe life doesn’t have to be so hard all the time? Maybe I could have a better life?”

“The staff here help me with the things that overwhelm me most—like budgeting, cooking, and dealing with my emotions. They are awesome! They’re really good, kind people—they’re my family.”

“Without the support that I regularly get here, I don’t know where I’d be.”

*Thank you for your generosity through **Mission & Service**.*

*Mission and service is how we take our life as Christ followers outside this building, outside our own lives, outside our community and into the larger community in which we live. It is how we take action in the world when our hands and feet and desires cannot cover the physical distance.*