



## **DEAR FAMILY, CLIENTS AND FRIENDS;**

Thank you to everyone who supported me in my Sleepout in 2021 and 2022. This year will be my third Sleepout!!! The generosity from you all has been humbling, inspiring, and so greatly appreciated. The experience of sleeping on the streets in downtown Vancouver is life changing, and as challenging as I had anticipated - both physically and emotionally. 🏠

Since the first Sleepout in 2021, I have been volunteering in the Covenant House shelter once a week. Additionally, I volunteer in their Mentorship program whereby I mentor two young refugees girls who have been residing at the Covenant House for the past 20 months due to escaping their native country.

When volunteering at the Covenant House, I am greeted with the youths smiles and spirits - which are hopeful, bright, loving, and afraid. These experiences have provided me with the first hand knowledge as to where the donations go, and how extremely necessary and life changing it is towards shaping youths lives. Youth who do not have other options in life, or loved ones whom they can rely on for support and care.

For me, home has always been a sacred place. Home provides stability, security, love, warmth, safety and shelter. Every youth deserves this safe place.

Thanks to the Covenant House and their critical compassionate work, I can help in a way that is close to my heart. I reach out to you for your support. Please pass this along to your family or friends whom may be interested in making a contribution. And I thank you once again for your love and support. Lastly, if you would like to join me in the Sleepout, please sign up for my team and bring your warmest sleeping bag and long underwear, but no pillows or air mattresses!!!

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