

We know your inbox has been flooded with messages around COVID-19 and our quickly changing world. We wanted to bring you up to date on what is happening with Eagles Nest and our response to this unprecedented situation.

The health and safety of our clients, volunteers and staff is our highest priority. We also want to do everything we can do to "flatten the curve".

As of Monday March 16, 2020, Eagles Nest temporarily closed our offices, the HOPE Centre and Rescued & Restored and our staff is working remotely.

What Does This Mean for Our Clients?

Unfortunately, for most of our clients, this is the time when they need us the most.

For some, staying at home has increased conflict within already strained relationships. For others, instability in employment has meant pressure for families already living below the poverty line and this pressure will come out in unhealthy ways. For others, the social isolation that our government is asking us to do will increase their anxiety, depression, self-harm and mental health concerns.

What Are We Doing in Response?

We are grateful that technology allows us to remain connected to our clients in new ways and continue to provide them with the resources, encouragement and tools that they need.

Many of our clients will be able to access counselling, coaching or support groups through video conferencing. In addition, in the days ahead we will be looking at expanding how we deliver our services in new and creative ways.

Do You Still Need My Support?

Yes. We need your help more than ever.

- **Please pray for our clients** who are navigating this pandemic while in unhealthy relationships, for our staff who continue to work with them and find new ways of connecting with them and for the financial stability of Eagles Nest.
- **Clean out your closets** while you are staying at home so you can donate to Rescued & Restored when we open again.
- **Most importantly, please consider giving financially** to help us continue serving our community. With the closing of Rescued & Restored we have lost our main source of funding. We are a small, local charity with little reserves and still have bills to pay throughout this situation. To reduce the impact of the pandemic on our charity we need your help. You can donate through this [link](#).

Lastly...

We are thankful for you, our community, who continues to support us and to the wonderful ways we see people coming together to help each other at this time. We will be praying for peace and health for each one of you and although our offices are closed, we are only an email away if you have any questions.

The Eagles Nest Team

March 19, 2020