



# the Harvester

A Harvest House Newsletter | Winter 2020

## Looking Into a Bright Future: Eric's Story

Before Eric came to Harvest House, he was desperate to get help. At the age of 25, his addiction had destroyed his life and landed him in the hospital. He tried to get into treatment, but ended up on a 4-6 month waiting list. Then he came across the Harvest House website and decided to give us a call. Two days later, he walked through our doors.

*That was over two years ago.*

Today, he is a Harvest House graduate with over two years of sobriety, a restored relationship with his parents, and a bright future. This September, he started attending Carleton University (online, of course) and hopes to complete a degree in environmental studies.

***"Now I'm working towards a future I can be proud of," he says. "Sobriety has totally changed my outlook on life and what I'm capable of."***

Harvest House believes not only in helping men get sober, but also in helping them achieve their full potential. As he prepared for school, Eric had a summer job at Harvest House and, as a student,



he continues in a part-time role. This helps him cover tuition costs and his ongoing role at Harvest House serves as an example to new residents of what's possible for them too.

***"I want to stay part of the Harvest House community," Eric says. "It's where my life pivoted in a good direction. It's something that was given to me freely and I want to give that back to someone else."***

### HARVEST HOUSE MINISTRIES OF OTTAWA-CARLETON MISSION STATEMENT

The mission of Harvest House Ministries is to rehabilitate young men who are chemically dependent, to instill in them self-discipline, and to reintegrate them into society by an inner change brought about by faith in Jesus Christ.



[www.harvesthouse.org](http://www.harvesthouse.org)



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## THE HARVESTER IS PUBLISHED BY:

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# Thank YOU for helping us get through 2020!

Like many non-profits, this year was difficult for Harvest House. We had to cancel our summer events and suspend our fundraising activities for six months.

But through that time, we were blessed by the generosity of community members like you.

Even without our regular fundraising calls, we could rely on the commitment of our monthly donors. When we asked a monthly donor, they had this to say: "As a monthly donor, I'm truly partnering with Harvest House. I know that I'm part of each success story."

## A SNAPSHOT OF 2020

Many donors have asked how things have been for Harvest House during the pandemic, so we thought we'd give you some highlights from 2020!



### We never stopped providing addiction treatment!

When the pandemic hit, we temporarily stopped accepting new residents, but we kept providing treatment to the men already in our program. When we started taking new residents again, we followed all health and safety guidelines.



### We moved the woodshop to Harvest House property!

For a long time, our woodshop was located in a rented space a short drive from the main facility. This summer we set up the woodshop right beside the main building. Now residents and staff can be even more involved in that part of skills development.



### We started roadside sales!

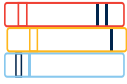
This summer, we began selling our handmade wood furniture at the front of Harvest House property, keeping physical distance, of course. It was a huge success! Each time someone stopped, it gave the residents a sense of accomplishment. Thank you to everyone who stopped!



TEACHING NEW PROGRAMS



RESIDENTS IN OUR WOODSHOP



### We launched new programs!

This year we added some new classes to address the needs of men coming to our program. *A New Direction* helps men overcome criminal and addictive behavior. *Choosing Non-Violence* teaches men how to foster respect, trust, and equality in their relationships.



### We continued our VIP presentations virtually!

Normally, the fall is a busy time for our Values, Influences, and Peers (VIP) program. Through VIP, our residents visit schools in the Ottawa area to share their stories of drug addiction with local students. This program has been a success for over 30 years and we were asked to continue this year. So we started doing these presentations virtually!



### The residents and staff at Harvest House have stayed safe during the pandemic.

Throughout the COVID-19 pandemic, we have followed all health and safety guidelines. The health of our residents and staff has been our number one priority.



## LOOKING INTO 2021

We are all excited for 2021 and we hope to see you at our summer events!

No one knows what 2021 holds, but we know that we'll continue to help addicted young men achieve long-term sobriety and enter into a bright future.

From the bottom of our hearts,

# THANK YOU!

for helping us save lives, one life at a time.

**YES!** I am interested in supporting Harvest House through easy Monthly Giving!  
*Your participation in our Monthly Giving Program will have a substantial impact on our program.*

I wish to pledge \$ \_\_\_\_\_ per month beginning in the month of \_\_\_\_\_ (all debits occur on the 15th of the month).

#### Mailing Address for Tax Receipt:

\*If any of your information has changed please update that information here.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

I authorize Harvest House Ministries to debit my:

Bank Account (enclose void cheque)

Visa       Mastercard       Amex

Credit Card No.: \_\_\_\_\_

Expiry: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please make your cheque payable to Harvest House Ministries and enclose this card to ensure delivery of your tax receipt for donations of \$10 or more. One tax receipt will be issued for the full amount of your monthly donations at the end of the year.

**Charitable Registration No. 132517269RR0001**



NL 2020 Winter Ed

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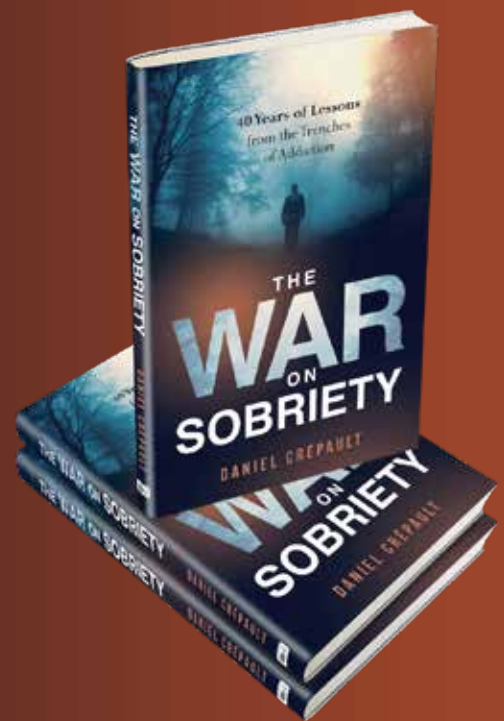
# ANNOUNCING: HARVEST HOUSE'S FIRST BOOK (by Daniel Crépault)

As many of you know, Harvest House has been a leader in addictions treatment in Ottawa for over 40 years. It's no surprise that we have lots of lessons, expertise, and stories to share! Over the years, it's been suggested that we should write a book about addiction.

One year ago, Daniel Crépault (our Program Director) started doing just that! As a graduate of the program who recently completed his PhD in criminology, he was certainly the right person for the task! He interviewed counsellors and recovering addicts, capturing their expertise and stories to create a fascinating account of addiction and recovery.

*The War on Sobriety: 40 Years of Lessons from the Trenches of Addiction* walks you through the story of how addiction has changed in Ottawa over the past 40 years and what this means for recovery.

**COMING SOON!**



**Book price: \$35**  
(with a \$30 charitable tax receipt)

All the proceeds from book sales go directly to Harvest House.

To pre-order your copy today, call:  
613-521-9114.

## YES!

*I want to make a difference in my community!*

Your investment goes a long way towards saving lives!

\$30    \$50    \$75    \$100    \$250

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Please make your cheque payable to Harvest House Ministries and enclose this card to ensure delivery of your tax receipt for donations of \$10 or more.  
Charitable Registration No. 132517269RR0001

I prefer to contribute \$ \_\_\_\_\_

Cheque/Money Order

Visa    Mastercard    Amex

Credit Card No. \_\_\_\_\_

Expiry \_\_\_\_\_

Signature \_\_\_\_\_

I have made a gift to Harvest House in my will.

I would like more information about making a gift to Harvest House in my will.



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Donate Online: [www.harvesthouse.org](http://www.harvesthouse.org)