



Stability Now

18-bed transitional housing program designed for adults (16+) who are experiencing homelessness.

What you Get:



Connections



Support



Safe Space



Case Management



Life Skill Programs



What's Expected of You:

You Agree To:

- ◆ Meet weekly with case manager
- ◆ Work towards personal goals
- ◆ Work towards housing goals
- ◆ Attend monthly house meetings
- ◆ Weekly room checks
- ◆ Join at least two programs monthly
- ◆ Follow house rules
- ◆ Follow community guidelines
- ◆ Work cooperatively with others in unit

Shelter

Dignity

Safety

Stability Now

Participants:

- ◆ Adults (16+) experiencing homelessness.
- ◆ Have the ability to care for their basic needs.
- ◆ Work towards stable housing within 12 months
- ◆ Live respectfully with others
- ◆ Pay a monthly program fee

17046

Life Skills Programs at a Glance



Cooking Group

As part of your stay, you are expected to prepare your own meals. Monthly cooking groups will enhance your skills.



Budgeting Group

Learn the essentials of personal finance. We provide a supportive space to help you save for your goals and gain the stability you deserve.



Wellness Group

We cover essential life skills like managing difficult emotions and practicing mindfulness, empowering you to handle stress and build healthier relationships.

Community

Celebration

Support

Why Choose Stability Now?

• Community that Cares

Connect with peers and staff at our monthly community dinners, where we share a meal and build lasting relationships.

• Celebrating You

You aren't just a number. From personalized birthday celebrations to home-baked treats, we make sure your milestones are recognized.

• Relentless Support

Whether you need a daily check-in, or weekly goal setting, our team provides personalized ongoing, consistent support, meeting you where you're at.

To Learn More:

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innfromthecold.ca/stabilitynow

905-895-8889, ext. 226

Your Next Chapter Starts Here!



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Reaching Home: Canada's Homelessness Strategy

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