

Cathryn Haight  
■ Cardigan Street  
Unit ■  
Guelph, Ontario  
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Dear Mayor Guthrie and City Councillors,

My name is Cathryn Haight and I am writing this letter in support of the zoning by-law amendment for permanent supportive housing located at **721 Woolwich Street**.

Our community has a plan to end homelessness by 2023. Creating permanent supportive housing for those who need it most is an essential part of making this happen. Permanent supportive housing is a cost-effective solution that is proven to improve people's lives, increase health and wellbeing, and support a stronger community as a result.

I know this because I have experienced chronic homelessness and by the grace of God I was saved. However I lived without stable housing due to a substance use disorder for over 10 years. I was constantly in crisis situations with no support. That is a scary place to be in. The only health care I ever received was from waking up in the ER or trying to find a walk-in clinic that wasn't closed.

Permanent Supportive housing provides a foundation for health plus the physical space needed to engage in healthy behaviours. In Guelph, my first supportive housing unit was a transitional home in Stonehenge's Supportive and Mental Health housing program, I couldn't believe that there was such a thing as help and support in finding a family doctor and finally after 10 years of ER visits and walk-in clinics I had my very own family doctor and In turn I felt I could move forward to my next goal. I can remember having such anger and fear and for the first time in years I felt gratitude and was forever grateful for the support that was given to me that day to help me along my journey.,

Since that day moving forward permanent supportive housing and its supports that surround it positively influenced me to go back to school, get my drivers license and I was able to give back with volunteer work and employment in multiple organizations in the community . Finally the belief that I could never succeed at certain challenges started to lift off me and that I was not a sign of weakness but someone that mattered.

Having a home after homelessness makes it possible to hang a calendar again or to hear the sound of your alarm going off. The simple things in life make life worth living and that was given to me because of permanent supportive housing. I believe that everyone deserves a safe, stable and affordable place to call home, and access to supports to make that possible. I encourage the City Council to approve this amendment and help put an end to homelessness in our community.

Thank you

Cathryn Haight