



you can help  
**turn**  
*Someone's life*  
**around**

### Adam's Story

I had been unemployed for about five years due to health issues; no employer wanted to take a chance on me. I couldn't even get a job interview.

Being unemployed for so long created feelings of hopelessness, anxiety, and depression, which further compounded the issue. I was going nowhere, fast.

When I joined the Youth Discovering Employment program, I was skeptical that it would make any difference. I was so wrong. The staff took the time to work with me and helped me create a plan to move forward. My self-confidence, drive, and motivation increased throughout the program. With the assistance of the YMCA staff, I secured a work placement and eventually, a full time position. You wouldn't have recognized me from the person who first walked through the doors.

I wouldn't be here today if not for the YMCA staff and programs. This I have no doubt. They took a chance on me when nobody else would.

I'll be forever grateful.

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**YMCA**  
a charity where you belong

For more information, contact [info@nl.ymca.ca](mailto:info@nl.ymca.ca)

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