

Serving Atlantic Canada youth

Construction progress at Cassidy Lake



February 2009

Nor sleet, nor snow, nor freezing rain has delayed the construction progress of the main building. Many work days began with 2 to 3 hours of shoveling.

The construction of the Main Building is proceeding with all foundations and exterior walls in place. The roof system is also under construction.

The kitchen facility and the dining room on the first level will be ready for use by the residents and staff by early summer 2009.

Both the boys and girls dormitories are functional. Various furniture items have been donated to make their living areas comfortable.

Portage Atlantic, a not-for-profit organization, is a “residential” drug treatment centre for Atlantic Canada’s youth between the ages of 14 and 21. On average their stay is in excess of 4 months. The 165 acre site facility, located at Cassidy Lake, near Sussex, has helped over 1400 youth since 1996. Success rates have been significant and the positive impact with respect to social and crime-related issues in our communities has been considerable.

Eight months later



It has been eight months since Recognition Day, where my efforts for changing my life were acknowledged in front of Portage staff, friends and family. Just three years ago, I was a troubled youth entering the Portage program. I was unsure of who I was and where my life was taking me. I was stuck in a downward spiral, involved with the wrong people and run-ins with the law; all symptoms of substance abuse.

I can now say I have overcome that obstacle and continue to work on it on a daily basis. I now enjoy life to its fullest. I realize I do not need substances to enjoy life. I currently have a full-time job, and live with my girlfriend, whom I have a wonderful relationship with. I keep in touch with the people who mean the most to me; my family. My mom has been my backbone since entering Portage. We have developed an amazing relationship in the past three years. Something neither of us had prior to Portage. My mom has stuck with me through thick and thin, and I love her dearly for that.

Portage has taught me how to live, cope and be happy with who I am! My life is now what I hoped it would be. It’s far from perfect but the quality of my life has improved immensely. Looking back on the whole Life/Portage experience helps me feel grateful for what I have today and I wouldn’t change anything for the world.

Thanks , **Matt**

Our Centres

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May 31st, 2009 will mark the end of the 2008-2009 annual fundraiser.

Your support can save a life!

Make a donation now,
ONLINE at
www.portage.ca

Portage Atlantic foundation

Programs and services offered at Cassidy Lake benefit both youth and their families, from the first request for assistance through aftercare. Predictable funding is needed to ensure this curriculum continues. Your support will not only improve and benefit the lives of youth with addiction, it has a ripple effect as families and communities also derive benefits from the positive outcome of rehabilitation.

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