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CTV MONTREAL

**Als running back shares his own story of homelessness at Welcome Hall Mission**

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Tailback Avon Cobourne of the Montreal Alouettes was homeless as a teen

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ctvmontreal.ca

It was an inspirational evening at the Welcome Hall Mission Monday night, when Alouettes running back Avon Cobourne served up turkey and shared his own story of being homeless.

Known as one of the top running backs in the CFL, and an East Division All-Star, Cobourne grew up in Delran, New Jersey with a drug dealer father, and a mother addicted to drugs.

"I was homeless... I was living in a shelter, fatherless," he said, adding that no matter how tough life was, he never gave up on himself.

A talented athlete, he went on to play football at West Virginia University before signing with the Detroit Lions in 2003, and moving to Montreal in 2006 to begin his career with the Als.

"It's possible... you just got stay in prayer and keep working on whatever you're trying to get to," Cobourne told a group of homeless men, while serving Thanksgiving dinner as part of the Alouettes' annual tradition on the holiday.

For the past 13 years, members of the CFL squad have traded in their pads for aprons and a ladle, and bringing the public's attention to the problem of homelessness in the city.

Cobourne said he's thankful for the opportunities he's had, and looks forward to the birth of his first child, due later this year.

**Comments are now closed for this story**

**Rolanda Murphy**

I had the opportunity to be present at the Men's Mission last night when our Alouette players were present. They did a great job and were true gentlemen and inspirational. Thanks to all who opened their hearts to help these homeless men.

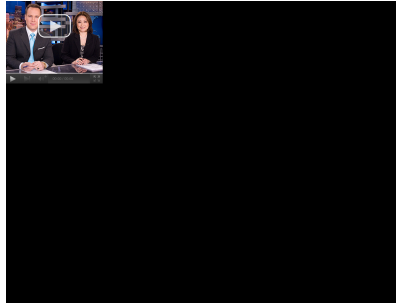
**chicomak**

This is amazing. Nice going! What's also amazing is they had the strength after the game to go to the Mission.

**A Fan!**

Avon, you are an inspiration. May God continue to bless you and use you to inspire others. Stay healthy. We need more people like you.

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