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Mothers' helpers

When designers and TV hosts Steven Sabados and Chris Hyndman donated their talents to make over the lounge in a historic Toronto shelter for pregnant teens, the results were stunning: The dark and dowdy space was transformed into a comfortable, uplifting sanctuary, with plenty of room for great expectations

By Nancy Wigston; Photographs by Shannon Ross

See [video footage](#) of this inspiring makeover in progress.



Steven Sabados and Chris Hyndman with expectant mother Melissa (far left); Humewood House's executive director, Louise Moody; and new mom Sashane with baby Sashaiya.



Steven and Chris chose a neutral and soothing palette of khakis with chocolate browns and warm creams, turning a functional, uninspired room into a place of quiet retreat. In the background, table lamps keep the light low, a far more intimate way to light a room than the previous overhead fluorescents. On the table, fresh lilies and apples add a pretty flourish. Vase, bowl, Steven & Chris by Canfloyd Trading; tray, Canadian Tire.



One of the dominant features of the room is the three large windows looking onto the front garden. Replacing the broken and dated aluminum blinds with sleek new dark wooden ones has given the windows an architectural quality, and the entire room a quiet library feel. Blinds, area rug, paint (Ralph Lauren Crab Apple NA02), The Home Depot. Tables, Ikea. Sofas, pillows, Steven & Chris by Decor-Rest Furniture Ltd. Baskets, lamps, jars, Steven & Chris by Canfloyd Trading.





A cabinet that used to hold the residents' computer has been replaced with a large cream desk. By putting two armchairs and floor lamps on both sides of the historical mantel, Steven and Chris have created a comfortable corner. Flooring, Torlys; overhead lamp, wainscoting, paint (trim, Ralph Lauren Polo Mallet White WW05; fireplace surround, Ralph Lauren Bone Black TH16), The Home Depot; chairs, pillows, Steven & Chris by Decor-Rest Furniture Ltd.; floor lamps, pedestal table, urns, Steven & Chris by Canfloyd Trading; television, home theatre system, LG; desk, chair, Ikea; drawings, original artwork; frames, Custom Art Concepts.

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