

# FROM OUR KITCHEN'S TABLE... TO YOURS

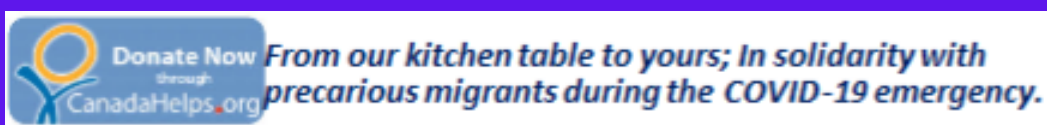
***As part of our COVID-19 response we are looking for support for the women at our shelter, youth and other precarious migrants that do not have access to the emergency benefits and measures during the present health crisis.***



## ONLINE DONATION

DONATE THROUGH CANADA HELPS

If you and your family are practicing physical distancing but still want to help. You can go to our website and become a monthly donor or make a one time donation through Canada Helps.



**WITH A \$100 DONATION YOU CAN MAKE A DIFFERENCE !**

## GROCERIES GIFT CARDS



By donating grocery cards to the families and individuals you are providing an extra support during these uncertain times.



## PERSONAL CARE KITS

A basket filled of personal care items such as shampoo, toothpaste, toothbrush, sanitary products will improve the wellbeing of the population we serve.

## TOYS, BOARD GAMES, BOOKS, ETC

LET'S MAKE PHYSICAL DISTANCING FUN!

We are kindly accepting donations of toys, board games, books (new or in good use) for our residents, youth and families.



**CONTACT US:**

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