



## We need your help!

E4C is a charitable human services organization committed to helping people become self-supported in meeting their essential human needs for food, shelter, housing, employment, training and education.

We need your financial support to continue to offer exemplary programs to help people in need. Please read more about what we do and consider making a donation, big or small.

**Together we can make a difference!**

## Your help makes our programs possible

### EARLY LEARNING

**ArtStart** is an arts program for children aged 5 to 14 from low income homes, which offers classes in art, drama, dance, music and creative writing.

**Early Head Start** offers support and intervention in the form of regular home visits and weekly parent and play groups for families with children up to 3.5 years of age.

**Clareview Head Start** offers support and early intervention as well as kindergarten preparation for families with children aged 3 to 5 years in the Clareview area.

**Northeast Community Program** is an after school program offering a safe environment and social support for at-risk youth aged 8 to 13 years.

### HOUSING & MENTAL HEALTH

**Our Place** offers long-term living support and housing for 10 women with ongoing mental illness and low income.

**Meadow's Place** offers safe assisted living for adult males with mental health issues.

**Supported Housing** provides support and long-term housing to men and women, some with mental illness or a history of homelessness.

**Affordable Housing** offers long-term, self-contained housing and suites, such as McCauley Apartments, Holmes Place, Sorensen Place and Stollery Place, all designed for low income people who need a supportive living environment to call home.



### NUTRITION & COMMUNITY SERVICES

**E4C's School Lunch Program** serves a nutritious lunch daily to 2,000 children at ten high-needs schools so kids can concentrate on their schoolwork, not on their hunger.

**E4C's Snack Program** provides a nutritious snack daily to over 5,000 children in high-needs schools. During the summer months, snacks are provided to children at identified high-needs city park sites.

**E4C's Young Chefs** Program provides opportunities for children to learn meal preparation, food safety, kitchen clean up and teamwork.

**E4C's Community Garden** allows local residents to grow their own produce at Alex Taylor School, planting and maintaining their own garden space.

**E4C's Make Tax Time Pay** provides free income tax preparation and benefit application assistance to low income individuals and families during the tax season.

**We exist to limit, alleviate and ultimately eliminate poverty.**

### SOCIAL ENTERPRISE

**Kids in the Hall Bistro** offers youth aged 16 to 24 paid work and on the job training in an operating restaurant.

**Shared Financial Services** helps local registered charities in human services fields access professional financial services at a reduced rate.

### TRANSITIONAL SERVICES

**Crossroads Programs** offer community and street outreach, housing and support to youth, women and individuals who work on the streets or who want to exit prostitution.

**Women's Emergency Accommodation Centre (WEAC)** provides food, shelter and support for women in crisis, 24 hours a day, 365 days a year.

**Elizabeth House** is transitional housing for homeless women who are working towards independent living.

**Intensive Case Management Team** uses Housing First to help homeless individuals find safe, stable and affordable housing.

**Mosaic Centre** is a partnership offering people living in poverty services, such as housing placement assistance, laundry, haircuts, foot care, job search resources and phone and computer access in the Fort Road area.

## Thank you for giving!

I am pleased to make a donation to E4C.

Amount:

\$25  \$50  \$100

\$200  \$500

Other Amount \$ \_\_\_\_\_

Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

City:

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Postal Code:

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Method of Payment:

Cheque  Visa  MC

Name on Card:

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Credit Card #:

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Expiry Date: \_\_\_\_\_

## Change the world. Start here!



E4C is a registered charity and all donations are tax deductible.

Charitable Reg.  
#13155 8140 RR00001

E4C protects your privacy. We do not rent, sell or trade your personal information. We do send thank you cards by mail or email for all donations.

## Your donation WILL make a difference.

You can make your donation online at [CanadaHelps.org](http://CanadaHelps.org).

If you prefer, you can make a donation by phone with a credit card by calling 780-424-7543. You can also send your tax deductible donation by mail to:

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Changing Lives ....  
Growing Community

# Under our Umbrella