



WITHOUT THE
BURDEN OF POVERTY
AND EXCLUSION,
WE CAN ALL RISE UP.

Thanks to your donation,

Centraide Laurentides has the means to ensure the active participation of everyone in the community regardless of age, gender, background or abilities. Your donation allows us to show our local love and leave no one behind.

We help 1 in 10 people in your community.

We act on not only the impacts but also the causes of poverty and social exclusion. Centraide Laurentides makes a difference in the lives of thousands of people in our region by supporting over 55 agencies and community projects.

These agencies and projects foster childhood development, prevent school dropouts, help families become food self-sufficient, break the isolation of people who live alone, and support everyone who struggles to find a place in our society.



We take care of the essentials

Centraide Laurentides financially supports 24 agencies that meet people's basic needs, such as for food, clothing and housing, to help them become self-sufficient.



We break social isolation

Centraide Laurentides supports 10 agencies that help those who are excluded and isolated reconnect with life and people.

In 2022, over 60,000 people received direct help from the network supported by Centraide Laurentides.



We support youth development

All young people should be able to eat three meals a day as well as gain confidence to overcome life's challenges. Centraide Laurentides lets 12 agencies offer help and tools to young people so that they can develop their potential.

Your donations are changing local lives.

\$ 5

a week provides 85 food aid baskets with over 70 different products to families of four at the Centre d'entraide d'Argenteuil.

\$ 10

a week lets 8 people with an intellectual disability take part in 14 days of activities to help them become socially included thanks to Parrainage civique Basses-Laurentides.

\$ 25

a week allows the Centre prévention suicide Faubourg to respond to 5 emergency situations involving youth in an acute suicidal crisis and organize a workshop for 33 young people about suicide prevention and intervention.

\$ 40

a week lets people make 455 complete meals (soup, protein-rich meal, and dessert) at a collective kitchen run by the L'Entre-Gens community café.



We build caring communities

Centraide Laurentides works with regional partners and community agencies to develop a common vision of priority actions to reduce poverty.

I WANT TO SHOW MY LOCAL LOVE.

I would like my donation to remain anonymous.

Mrs Mr

NAME (PLEASE USE CAPITAL LETTERS)

EMPLOYEE NUMBER

HOME ADDRESS - Revenue Canada requires the donor's personal address on the charitable donation receipt issued by Centraide Laurentides.

CITY

PROVINCE

POSTAL CODE

EMAIL - Required to receive your electronic tax receipt.

I consent to be contacted by Centraide Laurentides by email.

18-30 years 31-45 years 46-60 years 61 years and over

COMPANY

PAYROLL DEDUCTION, the easiest way to contribute!

CREDIT CARD

26 pays / year

\$ 5 \$ 10 \$ 20 Y

\$ 50 Y \$ _____

52 pays / year

\$ 3 \$ 5 \$ 10 Y

25 \$ Y _____ \$

I confirm my **total annual donation** of \$ _____

VISA MASTERCARD

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____| M M A A

CARD NUMBER

EXPIRY DATE

A **one-time** donation of \$ _____

A **monthly** donation of \$ _____ x 12 = \$ _____ / year
(Donations are withdrawn on the 15th of the month and will start in January.)

CHEQUE

CASH

Donation of \$ _____

Donation of \$ _____

Centraide Laurentides will issue an electronic tax receipt for a donation of \$ 20 or more. The receipt will be sent next January, at the latest.

I prefer to get a receipt in the mail.

I would like a receipt for a donation under \$ 20.

SIGNATURE OBLIGATORY (Required)

DATE (Year - Month - Day)

PHONE (Required for credit card payment)

Centraide Laurentides is committed to protecting the confidentiality of your personal information.



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LET'S ALL LEND A HAND

JEDONNE.CA



Charity organisation number : 10688 5270 RR 0001