

# 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 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.



### 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.



We build caring communities

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

#### We help 1 in 5 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.



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

#### Your donations are changing local lives.



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



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.



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.



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

### 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.
COMPANY	18-30 years 31-45 years 46-60 years 61 years and ove
PAYROLL DEDUCTION, the easiest way to contribute!	CREDIT CARD
26 pays / year       52 pays / year         \$5       \$10       \$20 Y         \$5       \$10       \$20 Y         \$5       \$10       \$20 Y         \$50 Y       \$       25 \$Y       \$         I confirm my total annual donation of \$       1 confirm my total annual donation of \$       \$         I confirm my total annual donation of \$       .       .         I confirm my total annual donation of \$       .       .         Vor contribution to centraide Jonors Circle recognizes donors who make a personal gift of over \$500 a year. [Learn more].       .         Allied Donors give \$500 or more.       .       Leader Donors give \$1,200 or more.         Vour contribution to Centraide Laurentides is renewed automatically every year. You may stop your commitment at any time by notifying your workplace payroll service.       .         I prefer to be asked every year about donating.       .         The annual amount donated by payroll deduction will appear on your employee income tax slips (T4 and Relevé 1).       .	VISA MASTERCARD   CARD NUMBER EXPIRY DATE   A one-time donation of \$ X 12 = \$/ year   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 \$   Image: Description of \$
employee income lax slips (14 and keleve 1).	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 protec	ting the confidentiality of your personal information.
Centraide Laurentides Centraide (Quebec) J7C 5S4 P : 450 436-1584 bureau@centraidelaurentide	LET'S ALL LEND A HAND
JEDONNE.CA in f O Charity organisation number : 10688 5270 RR 0001	