

**1 OUT OF 5  
PEOPLE RECEIVES  
OUR HELP.**



**Let's all lend a hand**



**5 OUT OF 5  
PEOPLE BENEFIT  
FROM IT.**



## 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.

**\$ 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.

