



PARTAGEONS
L'ESPOIR | SHARE THE
WARMTH

SHARE THE WARMTH

NEWSLETTER

Fall 2020



This holiday season, finding ways to celebrate with loved ones will be challenging. But for many of us, simply putting food on the table will be even more challenging.

Together, we can continue to help vulnerable Montrealers and at-risk youth during these unprecedented times.



30%

of the people we serve at our food bank are **children and teenagers**.

SINCE MARCH, OUR FOOD BANK HAS

Distributed over 7,000 food boxes to residents in the Sud-Ouest and Verdun boroughs.

Registered close to 3,000 new members (a 50% increase); these are individuals and households who had never used this service before.

With the help of donors like you, we can make sure every family has enough to eat this holiday season. Please donate to our food bank today and help us raise enough money to provide 3,000 food boxes.



GOAL: 3,000 FOOD BOXES



\$25

for a food box.
Provides three meals
per day for one week
for one person.



\$50

for a family food box.
Provides three meals
per day for a family
of four for one week.

TO DONATE A FOOD BOX > Return the enclosed **donation card by mail**. Donate online at sharethewarmth.ca/foodbox

"I loved playing in the park with everyone and the online classes allowed me to practise all summer long."

CELYA
Music Student

ADAPTING TO OUR NEW AND EVOLVING REALITY

While the virus may not severely affect the physical health of children, it is taking a serious toll on their mental health. With the help of donors like you, we can continue to offer safe in-person and online learning, and creative outlets and support to better cope with stress and anxiety.

- **Our music classes** went virtual in the spring and summer and culminated with a socially distanced rehearsal in the park! In-person learning resumed in the fall and our musicians are practising for the holiday concert, which you will be able to watch from the comfort of your living room.
- Many youngsters participated in **the Reporters on Bikes project**, and spent the summer riding around the neighbourhood reporting on news stories. Listen to their podcast *Les Chroniques du Cœur de la Pointe* on Spotify.
- As of the fall, **the mini chefs** are back in Share the Warmth's online kitchen, cooking up a storm in our Boîte à Lunch virtual workshops.

TO DONATE TO OUR YOUTH PROGRAMS > Return the enclosed **donation card by mail**. Donate online at sharethewarmth.ca/donate