



Give the gift of *Hope*

This holiday season, YOU can give the gift of hope to women and children in your community. By collecting donations for Women's Crisis Services of Waterloo Region, you can help support women and children who have experienced domestic violence.

How You Can Help



Run a Workplace or Group Campaign

Get together a group at work or even a group of friends!

- ♥ If 5 people on your team each donate \$10 that would be enough to provide a Music Therapy session to a mother and child.
- ♥ If 20 people each donate \$20 that would be enough to provide transportation, safe shelter, warm meals, counselling, and recreational programming for a family for five days.
- ♥ Or consider collecting Walmart and grocery store gift cards!



Women's Crisis Services
of Waterloo Region

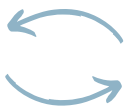


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Every Gift Helps!



Donate \$25 to provide formula for babies in shelter.



Donate \$50 to provide an Outreach session or a Music Therapy session to a mother and child.



Donate \$100 to provide transportation, safe shelter, a warm meal, and therapeutic programming for a mother and her child for **one day**.



Donate \$500 to provide transportation, safe shelter, warm meals, counselling, and recreational programming for a family for **five days**.



Donate \$1,000 to provide 20 Music Therapy sessions to a woman or child – read Kathy’s story to learn how Music Therapy can change someone’s life: <https://wcswr.org/she-is-your-neighbour-community-stories-kathy/>



Donate \$5,000 to provide a month of transportation, safe shelter, warm meals, and therapeutic programming for a mother and her child AND a month of music therapy sessions.

***We also appreciate donations of Walmart and grocery store gift cards in denominations of \$10, \$25, \$50 and \$100.**



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