

Give the gift of *Hope*

This holiday season, YOU can give the gift of hope to women and children in your community

How You Can Help

By collecting donations for Women's Crisis Services of Waterloo Region, you can help support women and children who have experienced domestic violence.

Run a Virtual Workplace or Group Campaign

Connect with 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 cooking and nutrition session to a woman in shelter.
- ♥ 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!

Give the gift of Hope

Every Gift Helps!



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



Donate \$50 to provide a cooking and nutrition lesson



Donate \$150 to provide transportation, safe shelter, a warm meal and therapeutic programming to a mother and her child for a day



Donate \$500 to provide crisis support to 20 women in the community through our 24/7 emergency phone line



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: [Kathy's Story](#)



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

Donations of Gift cards from Walmart or Grocery stores in denominations of \$10, \$25, \$50 and \$100 are greatly appreciated this holiday season.