



**Centraide**  
of Greater Montreal

## THE VALUE OF YOUR DONATION TO CENTRAIDE

**Thanks to your \$52 gift to Centraide** (\$2 X 26 pays, \$1 X 52 pays, \$2.17 X 24 pays, \$4.33 X 12 months)

Your donation allows 10 people to follow a collective cooking workshop for 3 hours. They will leave with meals for the week, while developing their support network.

**Thanks to your \$130 gift to Centraide** (\$5 X 26 pays, \$2.50 X 52 pays, \$5.42 X 24 pays, \$10.83 X 12 months)

Your donation will allow 3 at-risk primary school children to start the year off right thanks to a school bag, basic school supplies, a lunch box and food for one week from a neighbourhood thrift store.

**Thanks to your \$208 gift to Centraide** (\$8 X 26 pays, \$4 X 52 pays, \$8.66 X 24 pays, \$17.33 X 12 months)

Your donation will allow 10 seniors to learn how to communicate with their families online during an 8-week intro-to-computers workshop.

**Thanks to your \$260 gift to Centraide** (\$10 X 26 pays, \$5 X 52 pays, \$10.83 X 24 pays, \$21.66 X 12 months)

Your donation allows 20 family caregivers to take a 10-week training program on mental illness. They get information and advice about how to face the challenges of caring for someone with a mental health problem.

**Thanks to your \$312 gift to Centraide** (\$12 X 26 pays, \$6 X 52 pays, \$13 X 24 pays, \$26 X 12 months)

Your donation will allow a tutor to provide homework assistance for a teen for more than half the duration of a school year. Parents also learn how to better help their children with their studies.

**Thanks to your \$520 gift to Centraide** (\$20 X 26 pays, \$10 X 52 pays, \$21.66 X 24 pays, \$43.33 X 12 months)

Your donation will allow 350 needy people receive a hot meal in a community cafeteria, while benefiting from the assistance of an on-site community worker.

**Thanks to your \$1,200 gift to Centraide** (\$45.15 X 26 pays, \$23.08 X 52 pays, \$50 X 24 pays, \$100 X 12 months)

Your donation allows 17 staff members from Centraide supported agencies to take part in a day-long training session on best practices in order to work effectively with vulnerable individuals.