

The human value of your donation.

In 2019, 124 450 Eastern Townships residents benefited from it.

The current crisis has significant repercussions on the community network. Already in high demand, during normal times, organizations offering essential services—food security, assistance to seniors or mental health support—are facing major challenges today. That's why, Centraide Estrie is reaching out to those who can help.

Let's stand together and spread mutual help!

Consult the complete list of partner organizations, agencies and programs supported by Centraide Estrie on **centraideestrie.com**

\$5

Helps collective kitchens prepare **5 healthy food portions** for a single-parent family.

\$10

Offers one person a card giving them **2 meals per day** for a **10-day** period at La Chaudronnée de l'Estrie.

\$40

Allows an elderly person— living below the poverty line—to participate in an **activity outside of their neighbourhood.**

\$50

Gives a child homework assistance for **an entire year.**

\$100

Offers a young person— from an underprivileged neighbourhood— **access to youth centre activities.**

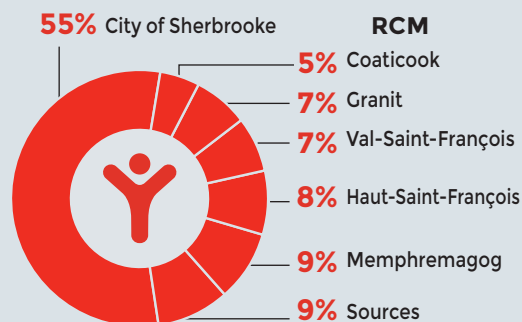


**Centraide
Estrie**

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Social investments



Every year, Centraide Estrie supports approximately

90 organizations, agencies and program

68 community organizations receive grants to finance their mission. The *Programme d'aide aux organismes* accounts for the majority of Centraide Estrie's investments. **\$910 765**

11 agencies are financed through the *Bâtisseurs communautaires* program. Their goal is to develop communities, fight poverty and social exclusion, and improve the living conditions of people within their community. **\$107 441**

11 other programs that support vulnerable individuals are helped by Centraide Estrie. **\$316 572**

= \$1 334 778

Our 4 fields of action and their impacts

All organizations, agencies and programs supported by Centraide Estrie must be affiliated with one of these 4 fields of action:



Support youth success

171 low income families

purchased school supplies with the help of **Centraide's Opération Septembre**.

A total of \$11 000 was invested—offering 299 schoolkids a smoother back-to-school transition.

3747 young people

benefited from the services of **15 youth centres** throughout the Eastern Townships.

Take care of the essentials



164 774 servings

were delivered to 1800 seniors by **Meals on Wheels** in the Eastern Townships.

« This year, the number of young runaways was higher than usual. Young people talk to one another—if they are coming to us for help, it's because the message being circulated is that we're there for them and they can trust us. »

— Karel, intervenor, Maison Jeunes-Est



Build caring communities

1070 comfortable nights

were offered by La **Maison Caméléon** to disabled people in the Eastern Townships.

« Villa Pierrot taught me many things—have confidence in myself, believe in my dreams and pursue my life projects. Thanks to them, I finished my schooling and completed my DEP as a health care aide. »

— Élise (not her real name)

Break social isolation



1876 young people

were met by **GRIS Estrie** to help demystify sexual and gender diversity—that is 102 interventions in 22 organizations.

157 moms

were helped by 91 volunteer godmothers at **Marraine Tendresse**—this represents 1606 home visits totaling 4850 volunteer hours.