

# The human value of your donation

In 2023, 60 654 people in the Estrie benefited directly from it.

Consult the complete list of partner organizations, agencies and programs supported by Centraide Estrie on [centraideestrie.com](http://centraideestrie.com)

\$20

Provides a person with a card entitling them to **2 meals a day** for a period of **one month** in a soup kitchen.

\$40

Gives an elderly person living below the poverty line the opportunity to participate in a **social activity**.

\$100

Allows a young person from a disadvantaged background to **access the activities** provided at youth centers.

\$200

Provides a **weekend of respite** for the family of an adult with physical, intellectual, or multiple disabilities.

\$500

Allows a community kitchen to offer **170 meals** to people living with food insecurity.



**Centraide  
Estrie**

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[centraideestrie.com](http://centraideestrie.com)



# Social investments

This year, Centraide Estrie supports:

**72 community organizations**  
that receive grants to finance their mission through the *Programme d'aide aux organismes*:  
**\$1 165 633**

**+ 11 programs**  
that support vulnerable individuals:  
**\$572 337**

**+ 8 agencies**  
through the *Bâtisseurs communautaires* program. Their goal is to develop communities and improve the living conditions of people within their community:  
**\$120 000**

**= 91 \$1 857 970**

## Our 4 fields of action and their impacts



### Support youth success

The welcoming environment created by the volunteers, allowed my daughter to overcome her anxiety and take a step forward. The best result was hearing my daughter pronounce words, read signals, and be ready to pick up a book for the pleasure of reading.

Tammy  
Mother of a participant in the Phelps Helps Second Chance program



### Take care of the essentials

**135 000 meals**

on wheels delivered by Sercovie volunteers. This represents **88 771 km** traveled, which is equivalent to twice the circumference of the Earth.



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

### Build caring communities



**3411 people volunteered**  
for the **72 organizations** supported by Centraide.

This is an increase of 16% compared to last year.



### Break social isolation

Taking care of two babies at the same time is no small task. On the days she was present, my godmother allowed me to breathe in my daily life and lighten the mental load that can quickly become overwhelming.

Sarah (fictitious name)  
Participant of **Marraine Tendresse**



Make a donation of human value

To support us, find out if your workplace is already running a campaign for Centraide. Otherwise, donate through our website!

[centraideestrie.com](http://centraideestrie.com)