

The human value of your donation

In 2025, 57 226 people in Estrie benefited directly from it.

Consult the complete list of partner organizations, agencies and programs supported by Centraide Estrie on 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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Social investments

This year, Centraide Estrie supports:

75 **community organizations**
that receive grants to finance their mission:

\$1 209 324

11 **social programs**
that support vulnerable individuals:

\$925 761

9 **collective projects**
that develop communities and improve the living conditions of people:

\$215 000

95 **\$2 350 085**



Our 4 fields of action and their impacts



Support youth success

618 **young people**

in Estrie received school supplies through **Centraide's Opération Septembre** program.

A total of **\$22 913** was distributed to 12 organizations across the region.



Take care of the essentials

12 921 **meals**

were prepared by **Cuisine Amitié** in the MRC des Sources.



Break social isolation

2 456 **visits**

to new parents were provided by the volunteers of **Marraine Tendresse de l'Estrie**.



Build caring communities

Volunteering at the CAB brings me happiness and a sense of fulfillment. It brings me joy to do something for others and to be useful. This deeply human experience teaches me compassion and kindness: caring for others while also taking care of myself.

Mylène (fictitious name) Volunteer at the Windsor and Region Volunteer Action Centre



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