

## What YOUR dollar provides for our Member Agencies...

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### **What \$1 a week provides**

- \$1 a Week allows a newcomer child to receive math tutoring for a month ~ *New Canadian Centre*
- \$1 a Week allows a newcomer the opportunity to learn English ~ *New Canadian Centre*
- \$1 a Week helps pay for educational materials to help further financial literacy in the community  
~ *Community Counselling & Resource Centre*
- \$1 a Week provides a bed and meals for one day for a local young person living in Emergency Shelter  
~ *Youth Emergency Service*
- \$1 a Week provides a day of quality care for an infant ~ *Kawartha Child Care*
- \$1 a Week provides a reassurance call to lonely, isolated seniors ~ *Community Care*
- \$1 a Week provides an initial outreach response to one young person or family in crisis. ~ *Peterborough Youth Services*
- \$1 a Week provides assistance to purchase essential emergency supplies for a person who is homeless without shelter. ~ *Community Counselling & Resource Centre*
- \$1 a Week provides opportunity for 7 marginalized individuals to develop their leadership skills as Peer Educators ~ *Community Living Peterborough*
- \$1 a Week provides the necessary screening for over 50 volunteers to develop relationships with the vulnerable, at risk individuals ~ *Community Living Peterborough*
- \$1 a Week provides 3 families of children with learning disabilities with one to one support ~ *Learning Disabilities Association of Peterborough*
- \$1 a Week provides two months of wheelchair rental for someone recovering from a hip operation. ~ *Red Cross*

### **What \$2 a week provides**

- \$2 a Week helps to pay for a speaker to reach out to the community to provide a personal financial workshop ~ *Community Counselling & Resource Centre*
- \$2 a Week offers 25 local high school students mental health information and information on where to seek help ~ *Canadian Mental Health Association*
- \$2 a Week pays for the client portion of a prescribed walker -- A step towards independence and safety ~ *MS Society*
- \$2 a Week provides 10 individuals with education regarding learning disabilities and ADHD ~ *Learning Disabilities Association of Peterborough*
- \$2 a Week provides a 10 Week group for a woman seeking to enhance her self-confidence and competency ~ *Community Counselling & Resource Centre*
- \$2 a Week provides a child living in poverty with a nutritious lunch to take to school for 59 days ~ *Nursery Two*
- \$2 a Week provides a support group for sexual assault survivors ~ *Kawartha Sexual Assault Centre*
- \$2 a Week provides violence and abuse prevention training for an adult who works with children and youth. ~ *Red Cross*

### **What \$3 a week provides**

- \$3 a Week helps provide a woman in a rural area access to our Outreach Counselling Services in her own community ~ *YWCA*
- \$3 a Week provides a youth with one week of summer camp ~ *YMCA*

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### **What \$4 a week provides**

\$4 a Week provides 8 hours of training and support for 4 youth to develop strategies to better deal with their anger ~ *John Howard Society*

\$4 a Week provides a parent with a 9 Week Parent Education Course. ~ *Kinark*

\$4 a Week provides on-site court support service for one woman ~ *Elizabeth Fry Society*

\$4 a Week will purchase footcare instrumentation for 3 people ~ *VON*

### **What \$5 a week provides**

\$5 a Week funds a three hour workshop on preventing suicide to community members ~ *Canadian Mental Health Association*

\$5 a Week allows an adult with special needs the opportunity to learn new cooking skills for three months ~ *Down Syndrome Association*

\$5 a Week enables 4 girls to participate in the "Go Girls" – Healthy Bodies, Healthy Minds program. ~ *Big Brothers Big Sisters*

\$5 a Week enables a family with children to purchase heating fuel for a month ~ *Community Counselling & Resource Centre*

\$5 a Week enables two family members, friends or caregivers who know someone with a mental illness to attend the 10 Week Strengthening Families Together session. ~ *Schizophrenia Society*

\$5 a Week provides 6 counselling sessions for a family struggling with relationship and parenting issues ~ *Community Counselling & Resource Centre*

\$5 a Week provides two Weeks of child care to an infant of a teen mom continuing her high school education ~ *Peterborough Family Resource Centre*

\$5 a Week provides a safety planning session for 12 women ~ *YWCA*

### **What \$10 a week provides**

\$10 a Week allows 21 learning disabled students to train in the use of assistive technology ~ *Learning Disabilities Association of Peterborough*

\$10 a Week gets \$60 worth of food to a local food bank each Week ~ *Kawartha Food Share*

\$10 a Week provides a child living in poverty a month of two meals each day and two snacks and an enriched environment ~ *Nursery Two*

### **What \$20 a week provides**

\$20 a Week gives a client 4 -5 hours of homemaking a month. ~ *MS Society*

\$20 a Week provides 30 hours of group counselling for 10 men who have been sexually assaulted as children. ~ *John Howard Society*

\$20 a Week provides Half an hour of professional counseling per Week ~ *Peterborough Community Chaplaincy*

\$20 a Week provides Individualized help learning how to function in society safely ~ *Peterborough Community Chaplaincy*

\$20 a Week provides one Week of formula and diapers for one infant ~ *YWCA*