



## Holiday Family Program

One of the traditions for the holiday season at the National Sport School is to reach out and help people in need. As we have done for the past four years, the NSS will be supporting the YWCA. Our contributions provide critical aid to women (often with children) recovering from family violence, poverty and homelessness. Many of the women and children fleeing domestic violence arrive at the YWCA shelters with little or no belongings. Monies raised will be used to provide safe and secure accommodation, to provide new and upgraded employment skills and to help heal families in crisis. In addition, the YWCA likes to give their resident women and children a gift and offer some extra support at Christmas. In 2013, more than 1200 women and 325 children were able to spend at least one night in the safety of a YWCA shelter or housing program. They were secure, they were warm and they were able to connect with the supports they require. How can we help?

- Monetary donations (cash or cheque made payable to the National Sport School)
- Gift cards from such stores as Superstore, Walmart, Coop, Safeway (please submit the original cash receipt if you would like a tax receipt)
- New children's shoes and clothing (all sizes), pyjamas, new winter wear (coats, boots, mittens, toques, scarves)
- Unwrapped gifts for women and children (Lego is in demand) especially for boys aged 10 – 14 years old and children 2-5 years old
- Books, arts and crafts supplies, popular board games
- Shampoo, conditioner, dental hygiene products

If you would like to make a donation, please bring it to the main office by Tuesday, December 16. A tax receipt for any monetary donation or gift purchase of \$20.00 or more will be given. The YWCA will mail these to you in the New Year. Please send along the original cash register receipt with the gifts and gift cards.