



Help every table feel the spirit of the season



November 1, 2025

Hello,

The holiday season is meant to feel magical. But for many families in our community, it's filled with uncertainty instead of joy. With the rising cost of living, it's becoming harder and harder to cover basic needs. For many, even putting food on the table is a challenge.

Last year, your generosity brought comfort to 550 families during the holidays. This year, many more families will be turning to us for support.

We invite you to read Sofia's story, a mother who found the courage to start over and build a better life for her children. Her journey reflects the challenges faced by so many in our community. You can read her story enclosed.

Thanks to your generosity, people like Sofia will receive the support they need to get through this difficult time. They'll be able to share a comforting meal with their family and, even for a moment, feel a sense of dignity and stability.

And your impact goes beyond the holidays. Your support helps improve the well-being of the individuals and families we serve throughout the year.

Please consider donating today at <u>crcoc.ca/christmas</u> or contact Chad Chartrand at 613-850-0282 or by email at cchartrand@crcoc.ca.

Your support truly makes a difference. It helps every table feel the spirit of the season.

Thank you for helping make this season warmer for everyone.

Jasmine Thibault, M.Sc.

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Executive Director



