



An initiative of



**TOGETHER,  
WE CAN FEED  
THE FUTURE!**

## 20 Years of Commitment to Children!

Children should always be able to count on parents who are neither isolated, nor in survival mode, nor struggling with anxiety. Children must be given the chance to thrive in a caring environment. That is why Feed a Child supports community initiatives that promote the well-being of families by actively involving them in the social transformation process.

The launch of the Feed a Child campaign 20 years ago has strengthened Mission inclusion's commitment to disadvantaged children and their families. Our continued support for community organizations that assist them has adapted over time to reflect social changes and, above all, evolving needs.

If Feed a Child has been there to improve the quality of life for thousands of children and their families over the past two decades, it is thanks to the generosity of our donors. Thank you for helping us feed the future!

**Danielle Filion**  
Director of Programs, Quebec



## Feed a Child with Mission inclusion, means...

### Being There Where it Counts

Even if poverty is most prevalent in major urban centres, it spares no Quebec region. **Mission inclusion** helps organizations across the province meet the most pressing needs of their communities.

### Helping Beyond Food Aid

Organizations supported by **Mission inclusion** do more than feed children; they offer programs and services that promote intellectual, emotional, and social development:

- Homework assistance
- Culinary workshops
- Sporting activities
- Community gardening

### Working Together with Families

**Mission inclusion** aims to empower parents to become better educators and ultimately lift themselves out of poverty. To reach this goal, the organizations chosen by **Mission inclusion** offer the following services:

- Parent-children games
- Collective kitchen
- School and professional reintegration programs
- Respite and counselling

## 20 Years of Commitment

**\$4,589,050** distributed  
**590** organizations supported  
**679,854** children assisted  
**16** Quebec regions

# INSPIRING INITIATIVES

## 100% of your donation

goes to a community organization dedicated to children and will bring out their smiles, joy, self-esteem and, above all, confidence in the future.  
*On their behalf, thank you!*

### La Maison d'Aurore Montreal

Since its foundation in 1976, **La Maison d'Aurore** has welcomed, brought together, and supported the people of Plateau Mont-Royal to improve living conditions and better the community. The Château Aurore opens its doors year-round to young people between the ages of 6 and 12 for activities such as homework assistance workshops.

Besides receiving tutoring from a volunteer, children share snacks, take part in physical activities, and enjoy a reserved space in the library. They also collaborate on special projects, such as writing a magical digital journal.



*"What participants learn during these workshops goes beyond grammar rules and multiplication tables! La Maison d'Aurore provides structure that is sometimes lacking in their home environment while encouraging mutual aid, respect for others, self-motivation, and good manners ... It's something of a school of life!"*

— Anne-Sophie, social worker

### RAFAL Quebec

**RAFAL** is a meeting place dedicated to the well-being of Lac-Saint-Charles families and the improvement of living conditions through community kitchen groups, the "Légumes en rafale" community garden, and more. By fostering discussion and mutual aid, the organization aims to strengthen parenting skills with counselling, support, and workshops.

**RAFAL** invites families twice a month for parent-children mornings. During psychomotor courses for kids aged 0 to 5 years, parents accompany their children in free play and trust-based exercises. An educator guides the sessions and helps families build bonds that grow their support network and break their isolation.

*"I started attending RAFAL's collective kitchens in 2012. It allowed me to open up and listen, break my isolation, meet people of great value from my community, gain cooking skills, and learn to better plan my family's meals each month. My youngest took to childcare for the first time in his life, which greatly helped the transition to school. Thank you from the bottom of my heart!"*

— Suzanne, mother

## You too can Help Feed a Child!

- Donate online
- Organize a fundraiser with your network
- Engage your company's employees
- Sponsor the Feed a Child campaign



#### Contact us for more information.

514 495-2409 [bonjour@missioninclusion.ca](mailto:bonjour@missioninclusion.ca)

**Mission inclusion** 130 De l'Épée Avenue, Montreal (Quebec) H2V 3T2 • [missioninclusion.ca](http://missioninclusion.ca)

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