

IN ACTION FOR CHILDREN AND THEIR FAMILIES

Mission inclusion supports community organizations dedicated to the cause of disadvantaged families throughout Quebec.

Culinary workshops, collective kitchens, community gardens, parenting support, sports activities and homework help... many activities are offered by the community organizations supported by Mission inclusion's **children and families program**.

Thanks to your generosity, these actions have a great impact on the development and life path of children and their parents:

- **Self-esteem (pride and confidence).**
- **Balanced meals at low cost to families.**
- **Development of autonomy through involvement.**
- **Development of healthy eating habits.**
- **Fight against isolation.**
- **Sharing and increasing knowledge.**

YOUR DONATION, A KEY SUPPORT FOR CHILDREN AND THEIR FAMILIES*!

\$20 =

contribute to meal boxes for families

\$50 =

contribute to a community kitchen

\$100 =

contribute to the purchase of essential equipment for community gardens

\$200 =

contribute to the development of an urban agriculture project

* Amounts and examples are for information purposes only.

Depending on the territory and the project, Mission inclusion offers organizational support and redistributes between \$8,000 and \$50,000 per project supported.

You can also help feed Quebec's children!



Contact us for more information.
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Registered charity number: 118 923 689 RR 000



For the inclusion of children and families in Quebec

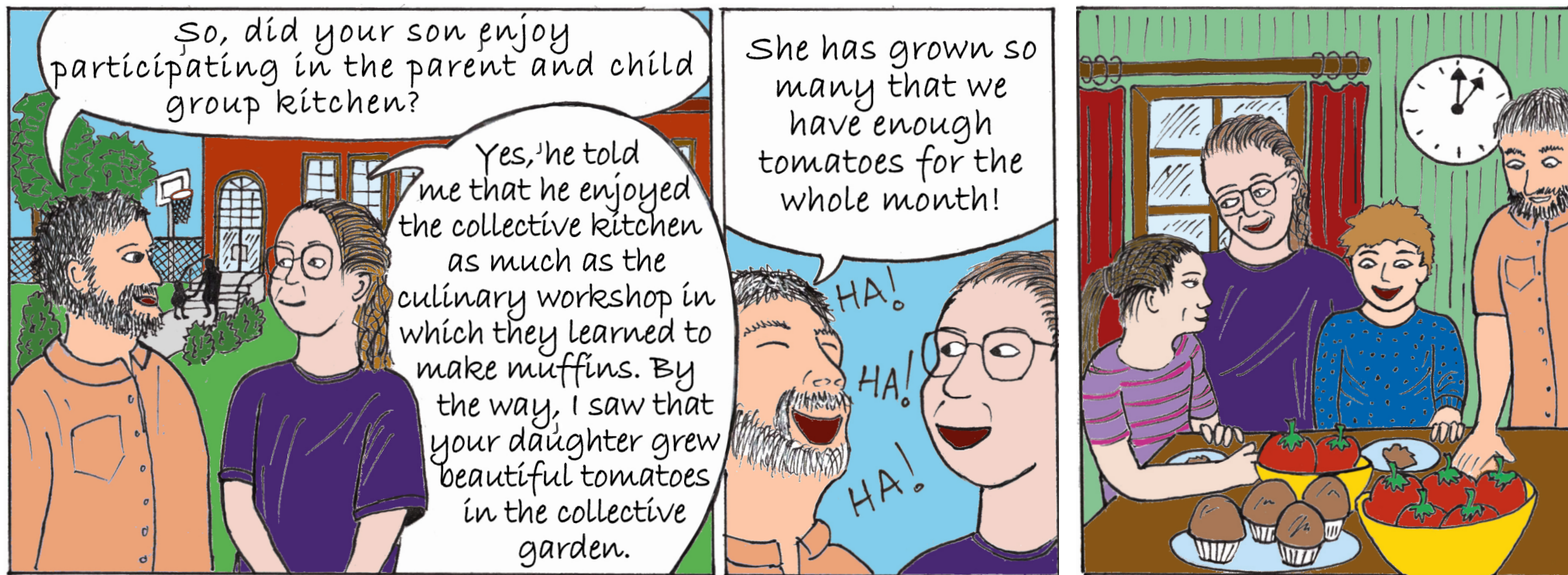
Photo : Jonathan Latrelle Chevalier





FEED A CHILD: GOING BEYOND FOOD AID

The many and varied initiatives of Feed a Child go beyond food aid. Improving the wellbeing and quality of life of thousands of children is at the heart of the project!



At **Mission inclusion**, we work on parental respite, bonding, sharing values or food security. We know that when parents are better equipped, it has a direct impact on the children they are raising and that it is crucial in the life of the child.

Please help us feed the bodies, minds and hearts of children. We need you to surround these young people with kindness and give them the chance to succeed like everyone else!



Visit our website to learn more about the impact of the children and family program.