

E4C ENVOY

SUMMER 2014



ON THE COVER: **A woman in E4C's Elizabeth House Program**



E4C's mission is to limit, alleviate and ultimately eliminate poverty.

9321 Jasper Avenue
Edmonton, AB
T5H 3T7

Phone: (780) 424-7543
www.e4calberta.org
connect@e4calberta.org



@e4Calberta



e4calberta.org

Charitable Registration Number: 13155-8140-RR0001

Please call or email if you wish to be added to the e-newsletter or removed from our mailing list.



WHAT HAPPENS IN A YEAR AT E4C?

Over 12,500 people reach out and connect with E4C programs.

People connect with E4C programs because they are experiencing poverty and trauma. They connect for guidance, a patient perspective or for options to improve their daily lives.

When a person connects, it can be one connection with staff, one interaction with a volunteer, or it can be an ongoing relationship that is built. A need is met, through shelter, meals or snacks, but there is also a relationship that starts. Confidence is slowly rebuilt.

Training may be provided on alternate ways to cope with circumstances. Experiences may be shared as individuals realize that they are not alone in their lives. A community is created.

How are relationships formed at some E4C program sites?

- Through **Clareview Head Start**, parents attend group sessions and receive home visits from family support workers. Parents learn new strategies for day-to-day routines with their children and report a positive change in their family's routine. **198 parents**
- The **Snack Program** fosters a rich discussion surrounding food, nutrition, and behavior. Students actively participate in the planning of snack menus, budgeting and grocery shopping. **5882 children**
- The **School Lunch Program** increases stability for parents and families and prepares students for learning. **2164 children**
- **Young Chefs** come together and cooperate to prepare a meal. Students develop a healthy relationship with food, learning about food handling and safety. **150 Young Chefs**
- Through **ArtStart**, students explore the arts and develop an understanding of how to express themselves from positive encouragement and feedback from instructors. **214 students**
- In **Crossroads Downtown**, women build trust through being a part of a household and build capacity to handle the next stage of their life. **50 women**
- Youth in **Kids in the Hall Bistro** gain comfort and confidence in the workplace, learning employable skills that form a groundwork for their futures. **33 trainees**
- Staff and residents bond at **Meadows Place** and **Our Place**, long-term residences for men and women with mental health issues. The bonds formed offer a stable home and encourage independence within the community. **18 men and 11 women**

BE A PART OF E4C

Our mission is to help the people who need it most. We need your help to make that happen.

Donors are vital to the success of E4C. For 44 years, the courage and generosity of the community have allowed us to connect to people in need, and enrich their lives. E4C programs are sustained by over two million dollars in annual donations. Gifts small and large, from people like you, allow us to respond to the urgent needs of the people who reach out to us.

We invite you to become a part of E4C, and become an envoy of courage, compassion, connection, and commitment. To begin your contribution to E4C, please fill out the donation slip on the back page.

To learn how you can make a difference in person at our program sites, connect with our Volunteer Coordinator Denise Highfield: 780.424.7543 ext. 176 or volunteer@e4calberta.org.

Sponsoring an E4C event, or donating proceeds from an event, raises community awareness about our organization and yours.

To learn about upcoming events, connect with our Events Coordinator, Michelle Rowan: 780.424.7543 or event@e4calberta.org.

THANKS & NEWS

THE CARROT PROJECT

Nourishing the Community We Live In

Eat local & contribute local

Interested in organic vegetables from a local farm? New this fall at E4C is community collaboration between Meadow Creek Farms and E4C's Snack Program. We are selling an organic root vegetable package that also nourishes kids in Edmonton schools.

What you're getting

For only \$75 you'll get an assortment of organically grown root vegetables (russet potatoes, carrots, onions, purple garlic, beets and spaghetti squash) from Meadow Creek Farms. Supporting and sustaining local farmers.

What you're giving

A portion of the proceeds from The Carrot Project and farm fresh carrots will be donated to children in E4C's Snack Program.

Pick up

October 8th & 9th

9am - 8pm

E4C, Alex Taylor School Parking Lot

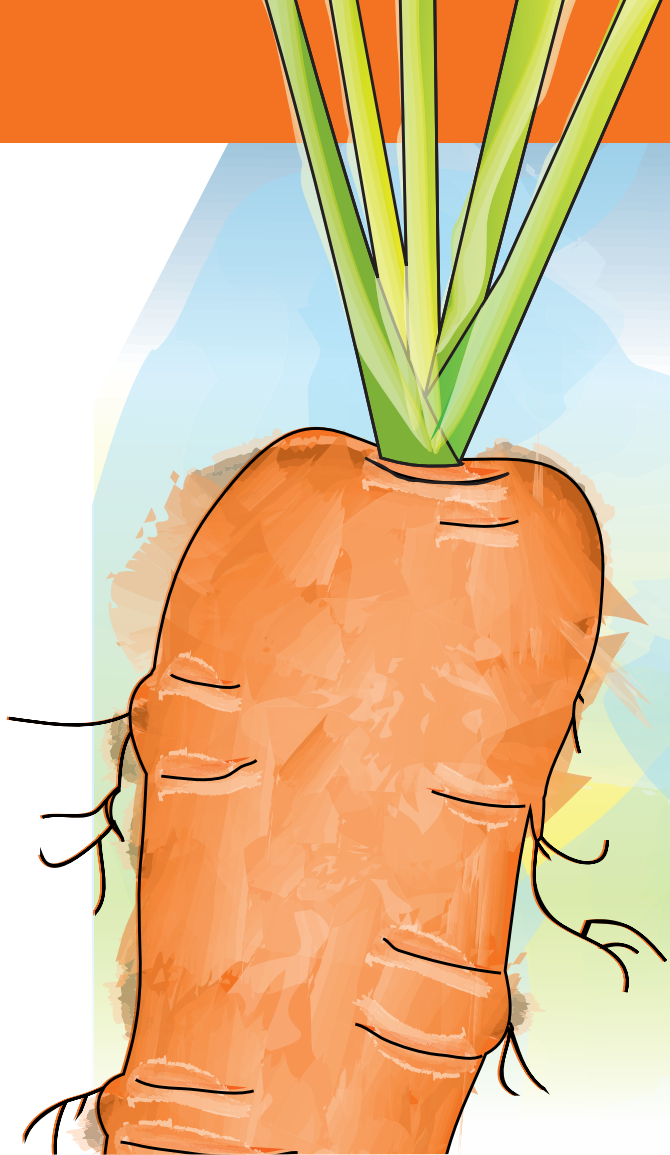
9321 Jasper Avenue

Buy or donate a veggie pack to someone in need

yegcarrotproject.com

connect@e4calberta.org

Phone 780-424-7543 ext.115



SUPPORTERS

Thank you to Canadian North for sponsoring the Kids in the Hall Bistro Fall Gala. Tickets are now on sale for the Gala on October 17th, 2014. To purchase tickets or if you would like to sponsor, please contact Kayla Bertrand connect@e4calberta.org or 780.424.7543 ext. 115

Our list of 2013 Supporters is now available on our website. Thank you for making a difference to E4C.



YES! I WANT TO DONATE!

Name: _____

Address: _____

Email: _____

Payment Method: VISA MasterCard Cheque

Credit Card Number: _____ Expiry: _____

Your name as it appears on card: _____

Total Amount: \$ _____



PLEASE COMPLETE AND RETURN THIS FORM TO E4C IN THE ENVELOPE.