

E4C ENVOY

HOLIDAY EDITION



EVERY PERSON HAS A STORY

For more than 40 years, E4C has been helping Edmontonians get what they need to tackle life's challenges. E4C believes that people deserve to be listened to and respected, no matter what their circumstance or challenge. We see people and welcome them without judgment or bias.

Charitable Registration Number: 13155-8140-RR0001

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

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

HOLIDAY GREETINGS

As we get ready to celebrate Christmas and transition into the New Year, we reflect on our resolutions and prepare for family time around the dinner table. These gatherings and meals with loved ones are what ties this season together.

Food also plays an important role in many E4C programs. This holiday season we're sharing a few stories with you around the theme of food. For a child in E4C's School Lunch Program, food means a regular meal each school

day, for a woman in Crossroads Outreach, a series of summer barbeques built a web of supportive relationships and for a youth in Kids in the Hall Bistro, a love of food has led to a new path forward.

These journeys are possible because of donors like you. So thank you for being with us this year, for reading our newsletters, for donating, for all you do. Your support reminds us that our dinner table is full of a caring community.

KIDS IN THE HALL BISTRO

For a teen at E4C's Kids in the Hall Bistro (KITH), discovering the joy of preparing food can lead to a new path forward. A youth who has been in the program for six months so far describes the experience:

I work at Kids in the Hall and I make the best club sandwiches.

Before KITH, I joined a gang when I was 11. My gang was the only thing that mattered to me. I used to be a very angry person; I was selfish and had no regard for people's feelings. I had no intention of self-preservation.

Since I started this program at KITH, I realized that there is more than gangs. KITH gave me a job and they're very supportive with staying positive and wanting me to succeed. Now I've got no need to fall back into my old lifestyle.

I now enjoy the time I spend with my mom and nieces. I've learned to love all the simple things in life. Overall, I'm happy. My life is exactly where I didn't picture it last year. This program helped me become a better person today and hope for a better tomorrow.





SCHOOL LUNCH PROGRAM

Every school day, the E4C school lunch program provides a hot lunch to more than 2,100 school children across the city. For many children this is the only balanced meal they will have. For many more, it's the only meal they will be able to sit down and enjoy with friends. In the words of a child in the School Lunch Program:

I really like the beef and macaroni casserole. It comes with bread and butter plus peaches. I am allergic to milk so I get juice. After lunch I can always focus on my work and never have to worry about being hungry. After school when I go out to play with my friends I always have enough energy. My grandma really likes how cheap the School Lunch Program is. At lunch I get to sit with my friends and that's a big bonus. And! The lunch ladies are really nice and always give huge helpings.



CROSSROADS OUTREACH

For a woman, eating right is self-care. Every week at E4C's Crossroads Outreach, a weekly menu is created for the women who drop in around dinnertime. The location is also warm and welcoming. In the summer, women mingle with the outreach staff at barbeques and in the winter, the women linger around the kitchen where warm meals are made each night. As the Program Manager describes:

Providing variety and healthy options is important to our program, as the majority of these women are limited to eating food bank donations on a daily basis. This means that they're not getting balanced meals, and some are going days between meals due to substance use and instability.

The meals we share create a sense of community and daily ritual amongst the women who drop in regularly. For example, with the ongoing support of our team, Jessica, has built a web of community supports. She opened her first bank account, eliminated survival sex from her routine, maintained sobriety for over three months and found appropriate long-term housing. She has taken charge of her health needs and has developed a new sense of self-worth and confidence. Jessica has grown immensely in the past year and we are so proud to have been an integral part of her journey!

WAYS OF GIVING

Over the holiday season and throughout the year, E4C relies on the generosity of Edmontonians to help us serve more than 12,500 people. Every person has a story. And with your help we'll be able to give them what they need to decide how the rest of their story unfolds.

Contributions come in many forms and we are grateful for your generosity towards our goal. Here are a few creative ideas on how to donate this season:

- Sending holiday cards? Save on postage and paper and we'll send you an e-card
- Can't think of a gift for your corporate client? Make a donation and we'll send you an e-card of appreciation
- Looking to do a collection this holiday season? We'd love new mittens, socks and hats for the children and adults in our programs

If you have a donation idea, we'd love to hear it. Please contact Kayla Bertrand to arrange for your special donation at 780.424.7543 ext. 115.



\$50

provides one child with lunches for the month

\$500

provides one youth the supports needed to go to school for a year

\$1200

provides weekly counselling sessions for one woman for 4 months



THANK YOU TO ALL OUR DONORS AND SUPPORTERS

MAJOR FUNDERS

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