



1500-777-7777  
101-2-2009  
www.myfriendshouse.ca

***When was the last time you gave hope to another person?  
It is the greatest gift, for without hope there is only darkness.***

***"The counsellors at My Friend's House gave me hope".***

These were the parting words of a woman leaving the safe refuge of My Friend's House.

She had been working on a social work degree when she met her partner. She hoped he was "the one" but the abuse started almost immediately. He controlled her every move, told her she wasn't smart, made it impossible for her to complete her education and isolated her from family and friends. By the time she realized she needed to get out, she had lost confidence in herself and believed her future was limited. She had lost hope.

During her stay at My Friend's House, she watched our counsellors work their magic on the women in the shelter. She said staff were gentle and encouraging but challenged the women, including her, to start believing in themselves. Counsellors helped her see that she could go back to school and showed her how it could be done. They helped her realize that she was no different from them.

Today, this woman is about to complete her college diploma. She has applied to do a student placement at the House with the very counsellors that helped her begin her journey just a few short years ago. She said the support and guidance she received during her stay at My Friend's House made it possible for her to go back to school and re-build her life.

***"The counsellors gave me hope".***

So now it is up to you, to give hope to many more women and their children who come through the doors of My Friend's House.

This year, we must raise over \$170,000.00 just to keep our doors open. There is no greater gift than hope, and your donation will go directly to providing the services that give new hope to those who may have lost theirs.

Sincerely,

Alison FitzGerald  
Executive Director

# McNab/Braeside Disaster Relief Committee

2508 Russett Drive, R.R. #2  
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K7S 3G8

November 24, 2009

TO ALL AMO MEMBER MUNICIPALITIES

My Community needs your assistance to address a disaster.

The Township of McNab/Braeside, with a population of just over 7,200, is found in Eastern Ontario near Ottawa. It is still very much a rural community that has been required to establish a fund raising target of \$150,000 to deal with a flood.

More specifically a torrential rainstorm caused such localized flooding on July 24, 2009 such that the Ministry of Municipal Affairs and Housing declared the affected area a "Disaster Area" for the purposes of the Ontario Disaster Relief Program. This reflects the severe damage done to many farmers and homeowners. The Province will contribute up to \$2.00 for every local dollar raised to an amount necessary to settle all claims.

The victims really need our support. They have found that this disaster which tore apart foundations, flooded basements and destroyed crops in the field and in storage was not covered by their insurance policies.

Our local fund raising efforts are beginning to bear fruit as donations are just now coming in from local municipalities. But in these lean times with so many other demands on all of us, the McNab/Braeside Disaster Relief Committee asks your council to help make a difference and provide financial assistance to our community.

Thank you for your consideration in this matter.

Sincerely



Neil Stewart

Chairperson of the McNab/Braeside Disaster Relief Committee