



You may not see it, but you change lives.

Centraide. Helps. 225 agencies.
Donate.



At the heart of its mission, Centraide aims to reduce poverty and exclusion, and to act on social inequalities. Did you know that, in the regions of Capitale-Nationale and Chaudière-Appalaches, **1 out of every 5** people use the services offered by the 225 local agencies supported by Centraide, a total of nearly 200,000 people?

Giving to Centraide means making a donation with exponential effect, making a concrete impact and showing solidarity with everyone. **Giving to Centraide means leaving no one behind.**

CENTRAIDE IS, AMONG OTHER THINGS...



TAKE CARE OF THE ESSENTIALS

We help people meet their basic needs for food, clothing, shelter and transport so that vulnerable individuals can take control of their lives.



\$5 per week
(\$260 per year)

A community centre recovers food from grocery stores and other businesses, sorts it, processes it and gives it back to some 60 needy families.



SUPPORT YOUTH SUCCESS

We provide support to families, foster early childhood learning, and encourage kids to stay in school so they can achieve their dreams.



\$10 per week
(\$520 per year)

Forty (40) children receive a new book from an organization to support their literacy development.



BREAK SOCIAL ISOLATION

We help the elderly, immigrants, and people living with disabilities and mental illness find their place in our community, make connections, and realize their full potential.



\$25 per week
(\$1 300 per year)

A hundred (100) vulnerable seniors will share a full meal at an organization to break their isolation.



BUILD CARING COMMUNITIES

We improve the quality of life in our neighborhoods by fostering volunteerism and strengthening skills and leadership in local organizations.



\$7 per week
(\$365 per year)
\$1 per day

An advocacy association offers free training to thirty (30) people to explain a new government welfare program.