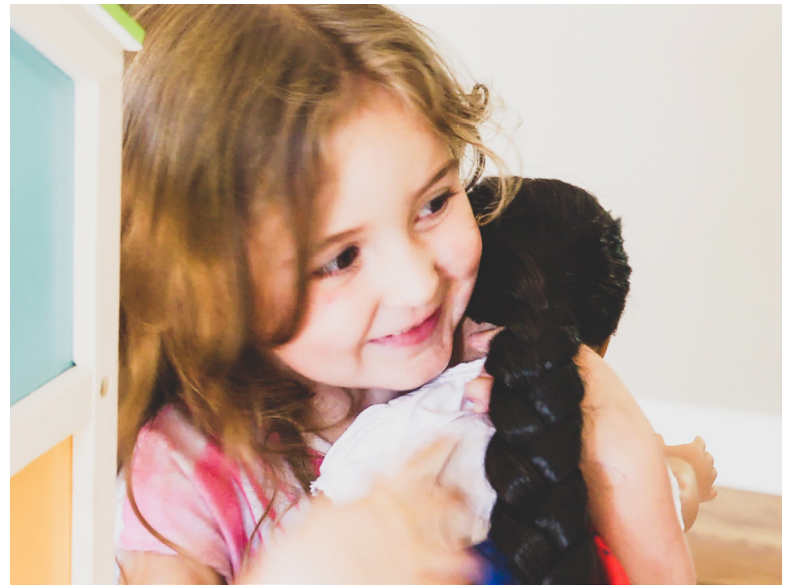




# ADOPT A FAMILY



The Calgary Women's Emergency Shelter provides essential services and resources to women and their children fleeing family violence and abuse. They are forced from their homes and finding secure shelter is often their only hope.

## **You can help women and children be safe.**

COVID-19 is affecting all of us. In times of increased anxiety and stress, incidents of family violence and abuse can increase. Especially during this time of crisis, your donation helps families rebuild their lives by providing the resources and basic essentials they need, the necessities which most of us enjoy every day such as doors that lock, nutritious food, warm clothing and beds, and a sympathetic shoulder to lean on.

**You can give once or make an important monthly donation.  
Your contribution, big or small, helps families in need.**

\$25 provides fresh fruit for the kids

\$100 provides a counselling session

\$250 keeps the Children's Activity Centre available in the Emergency Shelter

\$1000 provides a month of free transportation for families fleeing abuse

\$5000 keeps two families safe for one month in the Emergency Shelter

## **Adopt a Family Today**

Help us support their stay at the Calgary Women's Emergency Shelter and their journey to well-being and safety.

**Make a donation at [calgarywomensshelter.com](http://calgarywomensshelter.com)**

For more information: [info@cwes.ca](mailto:info@cwes.ca) or 403-539-5130.