

Reaching out to expectant and new families

At this time of year, we gather with friends and family, enjoy each other's company, and share a meal together. When we gather, we deepen our connections with one another.



We aspire to create this environment at every Healthy Start group. Gathering is important throughout our lives – especially during pregnancy and the first few months of parenting. Gathering at Healthy Start includes giving and receiving knowledge, providing comfort and reassurance, sharing a meal and helping families feel more connected to each other and their community.



Your donation supports language interpreting for newcomers into 15 languages and ingredients for our learn-to-cook meal bags; which helps families strengthen their cooking skills.

We recently received a comment from a participant who said, "I remember finally having a support system of others who have so much in common with me."

Your donation helps **strengthen our connection and understanding with each other.**

We would love to have your support this year.



Thank you, 

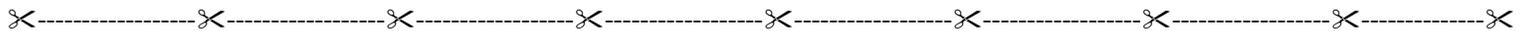


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A donation of \$50 will pay for two community interpreters at a group session. \$50 would also subsidize the cost of compiling 10 learn-to-cook Meal Bags – the participant covers the rest of the cost. Your support at any level will make a difference.

To help all babies have a healthy start, please accept my donation of \$.....



Name(s) _____

Address _____ City _____

Email _____ Postal Code _____

To donate by cheque: please make cheque payable to **Healthy Start for Mom & Me** (envelope enclosed)

To donate online: visit our website www.hsmm.ca, click on the CanadaHelps.org or [PayPal](https://www.paypal.com) icon



Note: donations received (and postmarked) by December 31, 2018 will be issued a 2018 charitable tax receipt

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