

Dear Neighbour:

Ernestine's Women's Shelter (<http://ernestines.ca/>) is a community-based organization run by women, providing support and shelter for women and children escaping abuse and violence. Ernestine's is a 32 bed emergency shelter with 14 private bedrooms. Did you know this Shelter is located right here in Etobicoke?

In the last year, during the pandemic, they have provided shelter and support to 44 women and 47 children who called Ernestine's their home.

In addition to sheltering clients, they support over 400 women and children from across the GTA through their Outreach Programs. In the same year, 129 families visited their food bank, accessing it 454 times in total.

Their services and programs include 24-hour crisis assistance, individual and group-based counseling support, Child & Youth programs, as well as legal, housing, and immigration support and advocacy.

Sadly, the ongoing pandemic has both increased the demand for Ernestine's services and decreased the contributions the shelter normally receives. Two Etobicoke churches, Fellowship Christian Reformed Church (www.FellowshipEtobicoke.com) and Bloordale United Church (<https://bloordale.ca>), are joining together to help Ernestine's Women's Shelter gather food for their residents.

Below is a list of food items desperately needed and a plastic grocery bag attached. We ask that you use it to fill with these items. PLEASE CHECK THE EXPIRY DATE ON ITEMS. Any amount great or small will help these women and their families during difficult times. If you wish to donate a grocery gift card please place it in the plastic bag along with the food items.

**PLEASE LEAVE IT ON YOUR DOORSTEP ON SUNDAY, JUNE 27TH @ 12 NOON.
WE WILL NOT RING YOUR DOORBELL!
CALL US AND LEAVE A MESSAGE WITH YOUR ADDRESS TO ARRANGE A PICKUP.**

RICE	PEANUT BUTTER	TINS OF SWEET CORN
BROWN OR WHITE FLOUR	TINS OF GREEN BEANS	TINS OF TOMATOES
BROWN SUGAR	TEA	COFFEE
TUNA	CANNED MILK	SARDINES

Please consider giving a donation via Canada Helps and receive a tax receipt.
(www.canadahelps.org/en/charities/ernestines-womens-shelter/).