



Adopt a Family at the Shelter

It's easy to make a difference in the life of a family right here in Calgary. Help us support their stay at the Calgary Women's Emergency Shelter and their **journey to a life free from violence and abuse**. The Emergency Shelter provides women and children a safe haven where we provide meals, clothing, referral services, physical and mental health supports, safety planning, and counselling.

Last year 58% of those who stayed at the Emergency Shelter were children.

Take a Stand Against Family Violence and Abuse – Adopt a Family at the Shelter

Your gift will be invested directly towards their wellbeing.

The cost to keep a family at the Emergency Shelter safe for a month is \$3,000 and includes:

Food	\$700
Transportation	\$400
Utilities	\$300
Counselling	\$700
Clothing	\$300
Housekeeping and maintenance	\$600



I like that my mommy smiles now. When she smiles it makes my heart smile. We never smiled at home. My mom's the bestest!

-Young Child at the Shelter



Help end family violence and abuse by supporting local families.

For more information contact Paul Chambers at paulc@cwes.ca or 403-290-1552 ext 407 or make a donation today at www.calgarywomensshelter.com