



# 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.**

Your donation helps families rebuild their lives by providing the resources and basic essentials they need most, 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.**

\$5 provides an hour of internet to look for a new home

\$25 provides fresh fruit for the kids

\$50 provides transportation for a family in danger to come to the Emergency Shelter

\$75 provides a private, secure bedroom for one night

\$100 provides 90 minutes of counselling services

\$250 keeps a child safe for a day in our in-house Children's Activity Centre

\$1000 feeds two families during their stay at the Emergency Shelter

\$3000 keeps one family safe for one month

## **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.