

# Family Services of the North Shore 2022 Impact Report

*Thank you*

FOR YOUR GENEROSITY

We hope you enjoy reading  
about the difference our  
community has made together  
this past year!

*Changing lives together*



**2,550**  
individuals  
supported  
through the  
Christmas  
Bureau

**2,500+**  
meals  
delivered  
to seniors

**10,250+**  
volunteer  
hours

**900+**  
bags of  
groceries  
delivered

**230+**  
new families  
supported  
through the  
Christmas  
Bureau

**5,000+**  
walks and  
calls  
to isolated  
seniors

**11,200+**  
Snacks and  
meals served at  
the Thrive  
Family Centres

**11,100+**  
Visits to  
Thrive  
Family  
Programs

**1,100**  
holiday gift  
baskets

**300**  
senior's care  
packages

**2,700+**  
North Shore  
neighbours  
supported with  
food delivery

**2,080**  
children  
received  
counselling  
support

Throughout 2022

# Because of the support of our community we can

## Community Hub

Provide support all throughout the year with groceries, hot meals, gently used clothing, personal hygiene items, resources, connection, and Christmas Bureau holiday gift baskets.



## Counselling Support

Offer support through a wide range of issues from simple to complex for children, youth, individuals, seniors, as well as couples and families.



## Thrive Family Programs

Provide free family drop-in programs for parents and caregivers with children from birth to six years old.



## Jessie's Legacy Eating Disorders Prevention and Awareness Program

Provide resources, information, and support for youth struggling with eating disorders, disordered eating, and/or body image.



## PROUD2BE Program

Provide free group support and free or low cost counselling for LGBTQ2S+ youth and their families.

*Thank you from the families we supported!*

"Thank you for making my holiday season bright. I appreciate all you have done for me and my family throughout the year. You are all angels." - Christmas Bureau Recipient