



## Supporting Young Families this holiday season

Dear Friend,

We know that this past year has been a challenging time for everyone. It's been especially difficult for vulnerable young families. When pregnant & parenting mothers first come to Rose of Sharon, they are often struggling because of their youth, lack of resources and the serious responsibilities they will face as parents. But they are also very determined to become good mothers & to raise healthy children despite the numerous barriers they experience. We want them to succeed which is why Rose of Sharon increased our support to youth families throughout the pandemic.

This holiday season we want our families to know that people care & would like to help them celebrate with their little ones. *There are a number of impactful ways that you can support our young families this holiday season:*

### Family Holiday Baskets

This is a thoughtful & heartwarming gift. Each donor who sponsors a basket will receive a personalized wish list created by a young mom that includes gift suggestions for her children (\$100 value per child). Donors will also give a \$100 grocery card for the family's use. During these difficult times, we expect 130 families will participate in the holiday baskets which will be safely delivered to their homes by volunteer drivers. To help a young family in need, please complete this form to sign up: [Donor Registration](#) Our staff Shirley is coordinating the holiday baskets: [sdionne@roseofsharon.com](mailto:sdionne@roseofsharon.com) | 905-853-5514 Ext 239

### Holiday Dinners

Our wish is that every marginalized family who participates in our food security program will receive supplies for a traditional holiday dinner that will be delivered to their homes by volunteer drivers. For some of our young mothers, this may be the first turkey they have ever prepared, so Justine our Nutrition & Resource Coordinator will run a cooking class in advance. We expect 100-120 families will participate. Dinner donations are coordinated by Karen: [kwerner@roseofsharon.com](mailto:kwerner@roseofsharon.com) | 905.717.5014

### Volunteers

We need your help. We are looking for volunteers to deliver family holiday baskets, holiday dinners and grocery care packages to our families. Love bingo? So do we! We are also looking for bingo helpers during the year. Our staff Tamara coordinates volunteer activities and can be reached at: [tdubey@roseofsharon.com](mailto:tdubey@roseofsharon.com) | 905-853-5514 Ext 226.

### Food & Baby Supplies

The pantry at Rose of Sharon always needs stocking, we just can't keep up with our growing babies & their tummies! Please help us by holding food & baby supply drives that will provide essential items like non-perishable foods, baby formula, & diapers. Family care packages are delivered to 80-90 marginalized families across York Region every 3 weeks by volunteer drivers. Our staff Justine is coordinating drop-off dates: [jkobitowich@roseofsharon.com](mailto:jkobitowich@roseofsharon.com) | 905-853-5541 Ext 232. Wondering what to give? **Here are some supply suggestions:**



Rose of Sharon client Nakeita and her children



### Grocery Cards

- \$50 grocery cards (Walmart and PC) given to families as part of their package

### Diapers

- Huggies and Pampers Sizes 4, 5, 6, 3T 4T Boys & Girls
- Wipes (sensitive, unscented) \* very low supply

### Baby Formula

- Enfamil A+ 1 Powder
- Enfamil A+ 1 Ready to Feed
- Enfamil 2 Powder
- Enfagrow 3 (Milk)
- Similac 1, 2 & 3
- Good Start 1, 2 & 3 Powder
- Good Start Soothe

### Baby Food

- Baby Pouches (fruit, vegetable, meat, combos)
- Baby Cereal

### Non-perishables

- Cereal
- Rolled oats
- Snacks (granola bars, apple sauce, fruit cups, cookies & crackers)
- Peanut/Almond/Cashew Butter
- Rice
- Pasta
- Pasta sauce
- Canned fruit
- Canned tomatoes & tomato paste
- Canned vegetables
- Canned & packaged soups
- Canned tuna/salmon/chicken
- Canned beans (chickpeas, lentils, kidney beans, etc.)

### Financial Donations

Financial donations help fund Rose of Sharon's essential services that every young person can access: on-site/virtual high school, parenting and child development workshops, personal counselling, family nutrition & food security support. Would you like to plan a special event? We can provide donation envelopes or a customized donation form for community supporters to fundraise on our behalf. Donations are accepted online at: [www.roseofsharon.com](http://www.roseofsharon.com).

Like most charities, Rose of Sharon has been impacted financially by COVID-19 and we are extremely grateful for any support that you can give to our young parents during this holiday season.

*Thank you for showing our families that they are not alone.*

*Deanne Kukulewich  
Executive Director*



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