



# **HOLIDAY GIFTS OF HOPE**

## **YOUR 2024 GIVING GUIDE**

***INSIDE:** More than 25 gifts designed to help you bring hope, health, and dignity to your neighbours this holiday season!*



**Go to [Archway.ca/GiftGuide](https://www.archway.ca/GiftGuide) to give now!**



Many of your neighbours are not able to keep up with the rising costs of basic essentials like food, housing, and warm clothes.

## You can help.

This holiday season, you can **share gifts of dignity, health, and hope** with families facing food and financial insecurity, right here at home.

## IT'S EASY FOR YOU TO GIVE HOPE, HEALTH, AND DIGNITY! HERE'S HOW:

1. Choose a gift (or two or three!) that feels meaningful to you. Like a Starfish Pack, an hour of counselling, or a community van ride.
2. Fill out your reply form with the gift(s) you've chosen.
3. Mail it back to us in the envelope provided, call our office at **(604) 859-7681 ext. 502**, or give online at **Archway.ca/GiftGuide**



## YOUR GIFTS WILL:

**Lift up people of all ages:** From newborn babies and youth to seniors.

**Support people in crisis:** From individuals escaping violence to people experiencing a job loss.

**Make food available to people facing hunger:** From single-income households to seniors with low pensions.

**Help people feel like they belong:** From youth finding their place in the world, to newcomers to Canada.

## Make your gift in honour of a loved one!

Visit [Archway.ca/GiftCard](http://Archway.ca/GiftCard) to print a beautiful card you can give to your loved one with the details of your gift.



Gifts included in this Gift Guide are representative of some of the programs and services provided by Archway. All donations given in response to this Gift Guide will be put towards our Community Action Fund, then used to support your designations from our 90+ board approved programs at Archway Community Services. Tax receipts will be issued for gifts of \$20.00 and over.

BUDGET FRIENDLY

# 5 GIFTS UNDER \$50



## Gifts of HOPE for: FAMILIES

Many families living right here in Abbotsford are struggling with the increased cost of living. As you might imagine, these costs increase during the holidays. When you choose a gift from the next few pages, you'll make this holiday season a little bit easier for them.

### A CHRISTMAS TO REMEMBER:

**CHRISTMAS HAMPER**  
**\$115**

Your gift can help families in Abbotsford create meaningful holiday memories around a full Christmas breakfast *and* dinner. Just look at what your kindness can provide:

- 4L of milk
- Bacon or sausage
- Butter
- 2 dozen eggs
- Pancake mix
- Maple syrup
- 2L of fruit juice
- Turkey, ham, or roast
- Mandarin oranges
- Fresh or frozen vegetables
- Potatoes
- Gravy
- Stuffing mix
- Cranberry sauce
- Pie and ice cream

### \$20 VAN RIDES

Provide a reliable, safe ride for people who need it (pg. 13).

### \$20 1 MONTH OF LUNCH WITH THE BUNCH

Give a senior free access to four healthy and social community lunches (pg 12).

### \$22 STARFISH PACK

Give food to school-age children who don't have enough to eat on the weekends (pg 6).

### \$25 BOOKS FOR KIDS

Help children discover the joy of reading (pg. 6).

### \$40 CASE OF DIAPERS

Help a family who has just welcomed a little one to the world (pg 7).

### TOYS FOR TOTS + TEENS \$25

Your gift will provide a toy or gift for a child or teen whose families need a bit of extra help from the Archway Christmas Bureau to make the holiday season bright and ensure every child has a gift to open on Christmas morning.

NEW THIS YEAR!



## HOPE for a healthy, hunger-free Abbotsford

Your gift can ensure children and families have access to the nutritious and culturally preferred food they need to grow and thrive.



**\$55** Provide **one week's worth** of groceries for a **family of two**

**\$110** Provide **one week's worth** of groceries for a **family of four**

**\$220** Provide **two week's worth** of groceries for a **family of four**

**\$440** Provide **one month's worth** of groceries for a **family of four**

*"I call the volunteers my 'arch angels' because Archway saved my life..."*

*They treat people with respect and dignity.*

*They don't look down at you. They don't judge how you are."*

*—Tammy, Home Delivery Client*



THANK YOU FOR GIVING  
ME GOOD FOOD TO EAT



STARFISH PACK

AND THX FOR  
GIVING ME HOPE

The Starfish Pack Program was created after a teacher learned that her students were coming to school hungry on Monday because they didn't have access to school meals over the weekend.

**Every week, with the help of caring neighbours like you, we deliver nutritious food to more than 740 students at elementary, middle, and high schools throughout Abbotsford.**

**STARFISH  
PACK  
\$22**

Your gift provides two breakfasts, two lunches, two dinners and healthy snacks for one child who doesn't have enough food to eat on the weekends.

**FILL A PACK  
FOR THE  
REST OF THE  
SCHOOL YEAR  
\$484**

Your gift sends one child home with two breakfasts, two lunches, two dinners and healthy snacks each weekend for the rest of the school year!

**BOOKS  
FOR KIDS  
\$25**

Help children discover the joy of reading when they receive a new book all their own at one of Archway's many family literacy days held throughout the year.

*"Without the Summer Starfish program, I don't know how I would have managed to stretch our grocery budget."  
—Summer Starfish Parent*



*"As a newcomer, we were facing lots of challenges. Archway provided car seats for my little kids, which are very important for safety. I can't thank you enough for what you have done for me and my family."*

- Farhad

## Gifts of HEALTH: for Babies!

### BEST FOR BABIES AND FAMILY CENTRE

You can support expectant parents and new families when you choose one of these special holiday gifts.

#### DIAPERS \$40

Your gift can provide one case of diapers for a family in Abbotsford who has just welcomed a little one to the world.

#### BABY FORMULA \$65

Your generosity can provide one week of baby formula for an Abbotsford baby.

#### NEW THIS YEAR! CAR SEATS \$150

Your gift will help families transport their babies safely and securely by providing them with a new car seat.

## · FOUNDRY ·

ABBOTSFORD

### Gifts of HOPE & HEALTH: for Youth

Thanks to caring neighbours like you, all services at Foundry Abbotsford are free! Your generosity this holiday season can ensure we can continue to provide barrier-free access for many young people seeking help.

#### ONE HOUR OF COUNSELLING \$60

Your gift can provide one free, same-day counselling session for an Abbotsford youth or young adult experiencing things like anxiety or depression.

#### HYGIENE KIT \$25

For young people with minimum wage jobs and student debt, the increased cost of living has been devastating. Your gift can provide them with the essentials they aren't always able to afford—like shampoo, body wash, deodorant, a toothbrush, toothpaste, and more!

#### WINTER CLOTHING \$120

Your generous gift can provide a warm winter jacket and boots for one young person in Abbotsford who is struggling to keep up with today's higher cost of living.

# GIVE THE GIFT OF WELLNESS!

## MONTHLY PRESCRIPTIONS \$100

You can cover one month of critical medication for a young person in Abbotsford without extended health benefits.

## FROM CLIENT TO VOLUNTEER: RAHUL'S STORY

Rahul moved from India to Canada in 2022 as an international student. He found it tough being away from family and adjusting to a new culture, while working to improve his English. He was introduced to Foundry Abbotsford by a counsellor at his school.

He says, *"When I first started coming to Foundry, I just wanted to try out some medications for what I was going through because I didn't have a family doctor coming here, which is really hard to find."*

Rahul was immediately struck by the welcoming atmosphere at Foundry and had a positive introduction to socializing in a new culture. In fact, one year after becoming a client, Rahul decided to give back by volunteering at Foundry. He began as an outreach volunteer and later joined the Y-Fi committee, to provide input and feedback on Foundry programs.

*"I like connecting with people who don't know about Foundry and helping them gain awareness,"* says Rahul.

**Foundry helped Rahul navigate his new life in Canada and provided him with a new community when he needed it most. You can do the same for another youth with your gift today!**

NEW THIS YEAR!

## COLOUR ME HAPPY ART SUPPLIES \$50

You can provide young people with the space, support and tools they need to be creative!

Colour Me Happy is a monthly group where youth ages 12-24 can gather and try new art techniques or mediums and learn about different artists. Your gift will provide essential art supplies so these young people can engage their creative spirit and find a little more joy.



***"It was really nice to know that there was someone outside of my family that genuinely cared and wanted me to get better. No one ever made me feel bad for what I was going through or made me feel like I was on my own. I was always welcomed."***

**—Alex, Past Foundry Client**



## GIFTS THAT RESTORE DIGNITY, HEALTH, AND HOPE TO OUR SENIORS!



### MEALS ON WHEELS

This holiday season, you can provide the comfort of a warm meal for seniors and others who are unable to shop or cook for themselves, and who may not have family or friends to ask for help. Through our Meals on Wheels program volunteers deliver a ready-made meal and take a few moments to ensure the overall well being of our clients.

**\$60 PROVIDES ONE WEEK OF NUTRITIOUS DINNERS**

**\$240 PROVIDES ONE MONTH OF NUTRITIOUS DINNERS**

**\$720 PROVIDES THREE MONTHS OF NUTRITIOUS DINNERS**



...all delivered right to their front door!

*"The food was very good, but the social visit is even better. Someone to acknowledge you, to actually listen and take it in. It's a reason to get out of bed in the morning and it's been a very long time since I had a reason to get out of bed."*

- Meals on Wheels client

### BEV'S JOURNEY TO INDEPENDENCE

After living for 22 years in the United States, Bev returned to Canada after the death of her husband.

*"Trying to get re-rooted was the most impossible task of my life. It took two years to prove I was a Canadian,"* said Bev. Without the proper documents to prove she was a Canadian citizen, Bev wasn't able to access Canadian Old Age Security, Guaranteed Income Supplement, or secure housing.

If that wasn't enough to deal with, Bev then took a fall and ended up in hospital. It was a blessing in disguise, since it led to a referral to Archway's Social Prescribing Program by the hospital social worker.

That's when things started to look up! Trina, the community connector at Archway, helped Bev get the documentation and support she needed, as well as find a living space that was suitable for her situation. Now, although she still has some challenges, Bev is feeling so much more optimistic about her life.

*"I'm probably the youngest 73-year-old person you'll ever meet,"* Bev laughed. *"I think young and want to stay active."*

One of the ways Bev stays actively involved in her community is by attending **Lunch with the Bunch**, a weekly social gathering for seniors.

**Your gift today will ensure there's a healthy lunch and plenty of social activities for Bev and other seniors who attend Lunch with the Bunch each week.**

NEW THIS YEAR!

### LUNCH WITH THE BUNCH

A MONTH OF LUNCHESES  
**\$20**

THREE MONTHS OF LUNCHESES  
**\$60**



## GIFTS OF MOBILITY AND FREEDOM



### COMMUNITY VAN

Help provide rides for people in Abbotsford who are no longer able to drive, who can't afford Ubers and taxis, or for whom public transportation is not accessible.

**FOUR RIDES**  
**\$20**

Your gift can provide four people with help accessing rides in the community.

**TEN RIDES**  
**\$50**

Your gift can provide ten people with help accessing rides in the community.



*The Community Van provides an essential service for people to access medical appointments, support services, schools and more.*

*Without it, many of our neighbours aren't able to get to the Food Bank, critical appointments, work, or language classes. Your gift this Christmas can make sure there's always a ride available to them.*

## SUPPORT FOR NEWCOMERS

*This Christmas, share comfort and joy with newcomer families in need right here in Abbotsford*

Over the last few years, we've welcomed hundreds of families from countries like Syria, Afghanistan, and Ukraine into our community.

As you know, arriving in Canada is only part of the journey. Newcomers often leave behind family and loved ones. They have to build a new life for their families. Learn a new language and culture. Find new schools for their children... and so much more!

**Your special gift this Christmas can reduce some of the barriers newcomers face, showing newcomers they're not alone. You'll be welcoming them into a community of caring neighbours who are committed to helping them succeed.**



**LANGUAGE INSTRUCTION**  
**\$75**

Knowing English helps open the door to jobs, services, news, and information in Canada. Students will improve their reading, writing, speaking, and listening skills in English, while learning about Canada's history, politics, geography and becoming a citizen. Students learn about working and living in Canada, rights and freedoms, housing, employment, and education.







Walida (left) and Sara (right)

## SARA AND WALIDA: THRIVING IN CANADA

Sara and Walida are two resilient young women, now aged 14 and 16, who grew up in Lebanon and moved to Canada eight years ago. Their new lives in Canada began with much uncertainty and many challenges.

Through the support of Archway's Immigrant Youth Services (IYS) program, they found a community that helped them navigate their new lives and develop essential skills.

IYS offers a variety of programs to help newcomer youth integrate into life in Canada, including after-school programs, one-on-one support, and culture club – a program run during lunch hour at seven middle and high schools in Abbotsford. It has provided a comfortable place for Sara and Walida to grow and prepare for jobs and university.

*"Everyone is different, and everyone has left their home country and came here just like you. You don't have to be embarrassed about not speaking English very well because everyone is new,"* says Walida.

*"There's no reason to be ashamed or afraid of being different,"* Sara adds.

### AFTER SCHOOL HOMEWORK SUPPORT GROUP \$50

Your gift can provide a place to belong for a teen, offering homework support, life skills lessons, leadership training, and recreation opportunities.



## TASTES OF HOME

*Comforting and familiar food hampers for newcomers*



With your support, we've been able to expand our offerings at the Food Bank to include more culturally familiar foods for newcomers. Together, we're making sure everyone feels at home with the food they receive.

Currently we're able to provide South Asian, halal, and Ukrainian food hampers.

### Hampers might include items such as:

- Split red lentils (Masoor Dal)
- Small yellow lentils (Moong Dal)
- Red Kidney Beans (dry)
- Light chickpeas (dry)
- Salt & Sugar
- Atta
- Indian Tea
- Basmati Rice
- Cooking Oil



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**THANK YOU** for  
making the holidays  
special for neighbours  
in your community



## WHERE NEEDED MOST AN AMOUNT OF YOUR CHOICE

If you're not sure which gift to choose,  
no problem!

**When you choose "Where Needed Most", your caring holiday gift will help restore dignity, health, and hope to families in Abbotsford who are struggling to make ends meet.**

We'll put your generosity to work immediately to fight food and financial insecurity and their impacts, so that everyone in our community has access to nutritious food and critical health and well-being services.

Together, we can create a healthy, caring and connected Abbotsford that our community's children—and their children's children—can enjoy for generations to come!



# WHY SHOP FROM THIS GIFT GUIDE?

1. Gifts of Dignity, Health, and Hope are some of the most precious gifts we can share.
2. We rely on the support of caring neighbours like you to make sure that everyone in Abbotsford gets the help they need, when they need it.
3. Your gifts can make the holiday season—and beyond—brighter for children, families, and seniors in our community who are struggling to make ends meet.

*Scan here to avoid postal delays and make sure your gift reaches your neighbours before the holidays!*

***Archway.ca/GiftGuide***

