

Family Gift Match



Dear Friend,

For many of the families served by the George Hull Centre, the holiday season can be a time of increased stress. The pressures of providing food, warmth, and gifts—on top of ongoing mental health challenges and the rising cost of living—can feel overwhelming.

The connection between poverty and mental health is clear. Research shows that those experiencing financial strain are significantly more likely to suffer from anxiety and depression. The burden is greatest on mothers, children, racialized Canadians, and members of the LGBTQ2S community—the very people we aim to support through our services.

The Family Gift Match Program was created to offer a moment of relief, dignity, and joy. Each year, caring individuals and families in the community are matched with families in need. Donors receive a personalized list of wishes and essential items and purchase gifts to help make the season brighter for children who might otherwise go without.

In 2024, we matched 100 families, offering hope, kindness, and tangible support at a time when it was needed most. Each family also received a turkey to provide a nutritious meal for their loved ones. One parent shared:

"I've never been able to give my daughter a Christmas gift before. Last year, I could—because of this program."

Since its inception, the Family Gift Match Program has supported over 1200 families, thanks to the generosity of our community and the dedication of volunteers who make this initiative possible.

This holiday season, you can help families feel **seen, supported, and not alone**.

How you can make a difference



- [Be matched with a family and fulfill their wish list](#)



- Provide tangible hope and dignity during the holidays



To get involved, [sign up online today](#) or email us at familygiftmatch@georgehull.on.ca

Kindly share this invitation with family, friends, neighbours, and colleagues.

Together, we can brighten the holidays and lift the spirits of families who need it most.