



George Hull Centre | Family Gift Match 2023

Dear Friend,

The landscape is still bleak for many in our community.

As we move toward the end of 2023, unfortunately things have not eased up for our most vulnerable children and families. Many of the families we currently support are suffering from our new economic reality – **ever increasing food costs, crippling rents, stagnant wages, and climbing transportation costs**. The organizations that would have helped are experiencing record demand and unable to keep up with the affordability gap, resulting in food and housing insecurity.

The connection between poverty and mental health challenges is clear. February 2023 data from Mental Health Research Canada (MHRC) shows that those who are struggling financially are much more likely to suffer disproportionately from debilitating anxiety and depression. Those most impacted are **mothers and children, racialized Canadians, and members of the LGBTQ2S community**.

You can bring some balance to the holidays for a family!

Therefore, **I invite you to participate in the 9th Annual Family Gift Match Program** at the George Hull Centre — a program in which **we match needy families with generous donors like you**, to provide much needed material and moral support. If you are a previous contributor, I **thank you** and hope that you will **consider participating again**, as this initiative has enduring, huge positive impacts, both tangible and intangible, for the families involved.

The George Hull Centre for Children and Families is a children's mental health centre in Etobicoke, serving children and youth (aged 0-18) and their families. We treat children and youth who have mental health issues such as anxiety, depression, trauma, suicidal ideation, difficulties at school, and family conflict. **The Centre typically serves over 6,000 children** in our clinical and prevention and early intervention programs each year.

As we all experience, any holiday presents additional, stressful challenges. The societal expectation of "happy family time," where food and/or gifts are abundant, is not attainable for these families. They can barely make ends meet at the best of times, so the subsequent pressure often causes increased distress in both children and parents.

This year, we are asking that **donations be a combination of gift cards and requested items from their wish list**. Gift cards **give another Mom, Dad, or caregiver the opportunity to surprise and**

delight their child(ren) with gifts they choose - an experience that these families rarely have.

Be as generous as you are able! **Ask extended family and friends to partner with you in the Program and/or invite your sports team, book club, office department, and socials to get involved.**

To participate, please [click here](#) or contact us today at FamilyGiftMatch@georgehull.on.ca.

We ask that all gift cards and donations are received at the Centre by **Friday, December 1st** to enable parents and caregivers to have enough time to shop before the holidays. Thank you for your timeliness and generosity.

Click [here](#) to assist with any questions you may have. Please kindly share this invitation with family, friends, and colleagues. We always welcome more donors!

With Gratitude,

Leticia Gracia

Leticia Gracia, MSW, RSW
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The George Hull Centre for Children and Families

P.S. Stay connected to the George Hull Centre by following us on social media!

