

The fight against poverty:

Central to our concerns



Centraide: An integrated approach, lasting solutions

The fight against poverty is a complex challenge which calls for an **integrated approach** aimed at providing **lasting solutions**. It involves **empowering vulnerable families and individuals** by helping them to **develop their skills and abilities**. Short term assistance such as food support or emergency shelter is important, but not enough. Breaking the cycle of poverty requires long-term interventions at several levels: helping vulnerable people learn how to cook healthy, low-cost meals; how to prepare a household budget; supporting at-risk parents by offering them courses in parenting-skills development and conflict resolution; helping their children with their homework; offering people in distress a listening ear, counselling, and referral to appropriate resources in periods of crisis; and so on.



Our network:

360 community agencies and projects.

500,000 people helped in Montreal, Laval and communities on the South Shore.

Our investments:

88 cents of each dollar raised during the campaign is reinvested in the Greater Montreal community (grants to agencies and projects, and services to the community).

**Give.
So we can do even more.**

Centraide: Concrete results

Among the 360 community agencies and projects supported by Centraide of Greater Montreal:

→ **29 agencies and projects work directly with distressed families and individuals in order to combat malnutrition.** As well as offering emergency food assistance, they provide lasting solutions: food banks, community meals, soup kitchens, collective kitchens, "magasins-partage" sharing stores, food buying groups, community grocery stores, cooking courses, etc. In this way they empower individuals while improving their knowledge of good nutrition and sound budgeting. Amount invested for 2007-2008: **\$3,2 million**. Number of persons reached: more than **200,000**.

→ **59 agencies and projects** have as their primary mission to **help families in difficulty**. They provide single-parents, couples with children, childless couples, teenagers and young children with the necessary services and tools to overcome their daily problems and avoid falling into distress: parenting skills workshops, support and referral, conflict resolution workshops, activities to promote the well-being of young children, intergenerational activities, self-help groups for young fathers, etc. Amount invested for 2007-2008: **\$5.9 million**. Number of families reached: about **100,000**.

→ **45 agencies and projects encourage academic perseverance and help school dropouts.** Their services reach mainly youth in disadvantaged neighbourhoods and include in-home family support as well as extracurricular activities. They also work in partnership with the schools, offering various joint programs and services: mentoring, in-school or in-home homework assistance, in-school conflict resolution and violence prevention, etc. Amount invested for 2007-2008: **\$5.9 million**. Number of persons reached (at-risk children, teenagers and their parents): **12,000**.

→ **40 agencies and projects offer youth** a host of services, including **prevention and social reintegration programs to help them find a place for themselves in the community and in the work-force**. These services include street-work, shelters, legal and psychosocial clinics, suicide prevention, family mediation, self-help groups, mentoring, substance abuse and violence prevention, etc. Amount invested for 2007-2008: **\$4.8 million**. Number of youth reached: about **80,000**.