

the bus system until they explained it to me, now I use it every day.”

Adam was eventually able to find a steady job, and now takes the bus to work each day. His son’s condition has been successfully treated at McMaster, and his family is starting to regain some of the stability that they once knew so well.

“To have to restart from zero and achieve stability again, it takes time, but I thank God that we are okay now,” he said. “I used to be the one that was able to help other people, but when I was suddenly the one who needed help, Mission Services was there.”

Offering a variety of services is part of Mission Services’ full circle of care, ensuring the clients are leaving with not just a basket of groceries, but also essential supports and resources to improve their lives and help them thrive.

“We want to make as many resources available as possible,” said Sue, Director of Food Services. “It’s not just giving out food, it’s a surround support system focusing on helping people get through difficult times.”

With the number of first-time food bank users on the rise, Sue says it’s important to ensure that Mission Services is an open, welcoming environment, no matter what challenging circumstances people are currently facing.

“Staff at the Good Food Centre do their best to reduce barriers and meet clients where they are at,” she said. “Whether that’s referrals to the local dental bus or information about applying for government assistance programs, we try to provide resources and alternatives that benefit positive outcomes as well as healthy and nutritious food.”

Your gifts help Mission Services provide life-changing resources for people like Adam. Visit mission-services.com/donate or call 905-528-4211 ext 3113 to make a difference in lives today.



What is The 196?

The 196 is an after school program for youth in Grades 6-8, providing them with a safe environment to go after school, as well as food support and academic support. It aims to empower youth in their social skills and mental health as well as encourage them to pursue post secondary education. The program is mostly comprised of youth who reside in the same neighbourhood as Mission Services.

How Can You Support The 196?

You can help The 196 and have an impact on Hamilton's future by becoming a monthly donor. You can ensure that youth have access to nutritious food and opportunities for the future through social and educational programming. Call 905-528-4211 ext 3113 for more information.



"I've learned that there are many different tastes and flavours around the world, and you shouldn't judge it based on your palate. I knew how to cook a little bit before I started, but now I try to come up with dishes on my own at home. Mini Chefs has taught me to be willing to try new things."

After they prepare each week's dish, they pin a note to the country on the map outside their

activity room. So far this year, they've covered eight countries, ranging from the Philippines to Nigeria to Argentina.

"The kids favourite was haluhalo, a Filipino dessert made from crushed ice and evaporated milk. We didn't hear any complaints about that one," Adalia laughed. "What will we cook next week? We'll see what comes out of the box!"

The youth programs are funded from donations from supporters like you, as well as by grants from Hamilton Community Foundation: ABACUS Program, the City of Hamilton City Enrichment Fund, Mischa Weisz Foundation, TC Energy, The Alice and Murray Maitland Foundation, The Children's Fund, and the Gordon and Ruth Gooder Charitable Foundation!



Sponsor a Family this Summer!

Pick the size of family you'd like to support and receive a wish list with their most-needed items. Shop for your family and drop off your donation!

Contact communityrelations@mission-services.com

Mission Services wins Hamilton Chamber Award!

In April, Mission Services was recognized with the Not-For-Profit Award at this year's Outstanding Business Achievement Awards, presented by the Hamilton Chamber of Commerce.

Staff and members of the board were thrilled to hear "Mission Services" announced as the award winner at the event held this spring. Organizations were judged on criteria such as "excellence in employee and community relations".

In her acceptance speech at the ceremony, Executive Director Carol Cowan-Morneau emphasized the importance of the work that Mission Services does in the community each day.

"What we want for the individuals who access our services are really fundamental human rights - to be housed, to be safe, to have enough food, to feel connection, and to feel supported," she said.

The award recognized Mission Services' many years of service in the Hamilton area, as well as our more recent improvements to services and spaces. Our new state-of-the-art Men's Shelter on King St. East includes up to 35 additional

beds, and the Housing Up! Program housed its 400th client in just three years of existence. Those changes allow us to make an impact in the community beyond what was imaginable even just a short while ago.

"We believe in creativity, innovation, and partnerships," said Val Sadler, Associate Executive Director, Organizational Excellence. "We are truly shifting the landscape in all the sectors in which we work."

2023 was a landmark year for Mission Services of Hamilton, and we are thrilled to have that recognized!



YOUR Gifts at WORK


2024 to Date

 **37,103**
Meals Served

 **4,786**
Households
Accessing Grocery
Assistance

 **3,803**
Visits at
Willow's Place

 **138+***
Men and Women
Sheltered

 **645**
Addiction Services
Interactions

**Men's Shelter stays not currently captured due to ongoing effects of the City of Hamilton's data breach*



Leave a Lasting Impact

Learn about leaving a
gift in your will

Call 905-528-4211 ex. 3114

To support Mission Services, call 1-877-542-2732, donate online at mission-services.com/donate, donate with online banking (RBC, BMO and Central 1 customers), or on site with debit/credit card machine.

PO Box 368 196 Wentworth St N Hamilton, ON L8L 7W2 | 905-528-4211 |
Charitable No. 11904 3206 RR0001