



Act Justly.
Show Compassion.
Offer Hope.

Mission Services of Hamilton is located on the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee, and Mississaugas.

MISSION

Restoring hope and empowering people to find their way forward.

VISION

We envision a resilient and healthy community that is compassionate, equitable and hopeful.

VALUES

We are dedicated to and guided by these core values:

- Dignity
- Innovation
- Compassion
- Excellence



With Immense Gratitude

After nearly 30 years of service at Mission Services, I share with you the bittersweet news of my retirement as Executive Director.

This journey has been far more than a role—it has been a calling, a mission, and an integral part of who I am.

Every day, I have had the privilege of witnessing the resilience and humanity of those experiencing homelessness. Standing alongside them—offering hope, dignity, and support—has been the greatest honor of my life.

This work would not have been possible without the kindness and generosity of people like you.

Together, we have created a community where shelter, nourishment, and care are provided with compassion, transforming countless lives. I am profoundly grateful for the impact we have made together.

As I step away, I do so with complete confidence in my successor, Shawn MacKeigan, who has been a dedicated member of Mission Services for nearly nine years. His vision and leadership will guide this mission forward, ensuring that our vital work continues.

From the depths of my heart, thank you for being part of this journey. Your commitment has made a lasting difference, and I will carry the memories of our shared work with me always.

With Immense Gratitude,



Carol

Carol Cowan-Morneau
Executive Director

FEATURE

Sprouting Supports for Summer

How Summer Programming at Mission Services Sets Kids Up for the Future

By Glen Cuthbert

The beginning of summer finds Adalia, Mission Services' 196 Youth Program Coordinator, digging herself out from under the mountain of sports gear and art supplies that seems to have taken over her office.

"Summer gets very busy around here," she says, sinking into her desk chair. "While it's usually a quieter season for most people, it's entirely the opposite for us."

Adalia's summer will be spent making a difference in the lives of kids who rely on Mission Services for support. Once school lets out, her days will consist of field trips, cooking and gardening classes, and meal programs.

"We're not just offering food for the kids, we're offering them companionship, activities, and opportunities for personal development," she said.

Some of the Mission Services' summer youth programs include day camps, field trips to local colleges and universities, Mini Chefs—an opportunity for the kids to learn valuable cooking skills, and Sprouts—a gardening class which focuses on growing food.

The goal is to teach the kids practical life skills which will help them as they journey towards adulthood.

"Learning can be fun, and we try to introduce skills that the kids can take with them into the future," Adalia said.

"With food insecurity becoming so common these days, we can try to help with that by doing things like teaching the kids how to cook simple, cost-effective meals."

In addition to these activities, the kids will also receive lunch and a snack, helping to make up the gap left by the summertime absence of school meal programs.

"Food is obviously very important," said Sheryl, Director of Community Services. "A healthy body is the start of everything, so we make sure that they are not going hungry."

Over the course of the summer, over 1,000 kids will receive meal support through Mission Services.

"We partner with other organizations to provide lunch for their camps as well," Sheryl said. "Kids in our community need the support, and we have the ability and facilities to provide it."



Help us feed over 1000 children this summer.

***Make a donation today by visiting mission-services.com/donate
or by calling 905-528-4211 ext. 3113***

It makes a difference in the lives of the kids like Jake, who will be coming to summer programming at Mission Services for the second year in a row.

"I really enjoy the activities that we do. I've made some friends and I like to try new things as well."

Jake's favourite part is watching the seeds that he planted in Sprouts grow into full-sized plants.

"I planted tomatoes last year, and I couldn't believe how many came from just those few seeds. We got to eat them, too."

Just like those tomato plants, Adalia hopes to see new passions and ideas grow from the kids' summer activities this year.

"I think we lay the groundwork and plant the seeds for the kids to really learn and grow over the summer. I'm excited to see what this year holds."

You can help make this a Summer of Hope for kids like Jake. Call 905-528-4211 ext. 3113, or visit mission-services.com/donate



**Over 6,000 individuals receive food
from Mission Services' Good Food
Centre each month.**

41% are under the age of 18.

Good Food to Grow With

Summer break was finally here, and for Anne's two sons, Jason and Alex, that meant freedom from homework, more time with friends, and new adventures. For Anne, however, the end of school brought uncertainty and anxiety.

As a working single mother of two, money had always been tight for Anne. As the cost of living drastically increased post-pandemic, having growing boys about to enter their teenage years meant that her family's budget, especially for food, was getting tighter every month.

When school let out at the end of June, the supports that had offered Anne a welcome reprieve during the school year suddenly stopped.

"When the boys are in school, they use the school meal programs, and that makes things a little easier on my budget," she said. "Now that school is out for the summer, I didn't know how I was going to keep them fed."

Anne turned to Mission Services' Good Food Centre for grocery assistance. A market-style food bank, the Good Food Centre is open three mornings per week, and offers support to nearly 2,000 families per month.

"Being able to visit the Good Food Centre has been such a blessing. Rather than just being handed a bag of food, I'm actually able to choose what I get to take home for myself and the boys," she said.

As growing, nearly teenage boys, Jason and Alex are starting to eat more, but can still be picky about what they eat from time-to-time.

"If Mom was coming home with just broccoli or chick peas, I don't think I'd like that very much," said Jason, age 12. "It's awesome that she gets good food that we actually enjoy eating."

Alex, age 11, echoed his statement, grateful for the grocery support over the lean summer months.

"We weren't sure what we were going to do for food this summer, but now Mom can make this chicken dish that I really like, so that's good," he said.

Of the over 6,000 individuals that receive food from Mission Services' Good Food Centre each month, 41% of them are under the age of 18.

"Having access to proper food and nutrition is so important, especially during those developing years," said Jim, Associate Director of Food Services. "When school meals are unavailable during the summer, we have to be ready to step up and fill that gap to make sure that kids don't go hungry."

You can help make sure kids in our community have food during the summer. Visit mission-services.com/donate or call 905-528-4211 ext. 3113 to make a difference today!





Help Make This a Summer of Hope

Every summer tells a story.

For some, it's a season of rest, the longer days, slower mornings, and time outside with family. But for too many in our city, summer can bring anxiety. When school ends, so do the breakfast and lunch programs many children rely on. That daily support disappears, and the burden shifts entirely to families who are already stretched thin.

Food insecurity continues to rise across Canada. Nearly 10 million people now face it every day, including 1 in 3 children in Ontario. Those aren't just statistics, they're the quiet truth behind too many doors in Hamilton. We see it. We know their names. And we know what it takes to respond.

At Mission Services, we're working to make sure this summer isn't defined by hunger. Through our Good Food Centre, more than 4,600 children will receive groceries and essential items in July and August.

Our summer camps and community partnerships will provide meals to more than 100 kids each week, helping families bridge the gap until fall.

It's not extravagant. It's not loud. But it matters. These are meals that give children the energy to play, to grow, to just be kids. For their parents, it's one less thing to worry about. Relief in a season that can feel relentless. For the rest of us, it's a reminder that compassion, offered steadily, still delivers hope.

We call this the Summer of Hope because hope isn't a wish - it's a response. A way of showing up, again and again, for the people who count on it the most.

Thank you for being part of that with us.



Shawn MacKeigan
Associate Executive
Director of Programs



Create a Legacy

Leave a gift to Mission Services in your will and show your commitment to the future of our community.

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58,455

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8,050

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GROCERY
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10,052

WILLOW'S
PLACE
VISITS



25,516

OVERNIGHT
SHELTER
STAYS



822

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MISSION SERVICES

Mission Services of Hamilton

Central Administration

PO Box 368 • 196 Wentworth St N
Hamilton, ON • L8L 7W2

905-528-4211

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