

OUR 2022 IMPACT

14 YEARS

Supporting the Calgary community.



12,992 individuals facing crisis
helped in 2022, including 4,597
children.

In 2022 we distributed:

- 155,817 Diapers
- 219,924 Wipes
- 731,282 ml of formula



Over 7,500 pounds
of non-perishable
food hamper items
distributed.



127,355 servings of
meals and baked good
prepared & delivered.



Over 1000 individuals with premature
and/or critically ill babies supported by our
NICU Family Meals Program across 4
different Calgary hospital units.

87,097 baby, child & family
essential items distributed.
Including: cribs, carseats,
clothing, winter gear & more!



Thank you to all our amazing donors who helped to make this all possible!

WHO WE HELP:

- Mothers with postpartum depression
- Families dealing with illnesses or disabilities
- Mothers and children leaving situations of abuse
- Families transitioning from homelessness
- New immigrants & refugees
- Job loss or financial struggles
- Birth of multiple babies

WHAT WE DO:

- Healthy prepared meals & baked goods
- Non-perishable food hampers
- Baby, child & family essentials
- NICU family meals
- The Happy Birthday Project
- In-Home & Phone Support
- Santa's Workshop & Adopt-a-Momma for Christmas

For more information:

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