



## **Okotoks Christmas Assistance**

*The Okotoks Healthy Family Resource Centre partners with the Okotoks Food Bank and many community sponsors and volunteers to ensure all families in Okotoks and the surrounding MD have their needs met during the Christmas season.*

### **Adopt a Family: Okotoks Healthy Family Resource Centre 995-2626**

#### **Are you unable to provide gifts for your children this year?**

Families with children under 18 years may apply before December 1<sup>st</sup> for the Adopt-a-Family program, which is coordinated through the Resource Centre. This program is intended for low income families who are assessed for income. Families complete a family wish list and registration form, and are matched with community sponsors (individuals, groups, families, businesses, sports or service clubs). To register, contact the Family Resource Centre (11 Cimarron Common, Okotoks - in the Health and Wellness Centre) before **Dec. 1<sup>st</sup>**.

**Can you help?** Adopt-a-Family sponsors provide Christmas gifts for a family. Based on their budget, they can request the size of family they wish to support. Sponsors should expect to spend approximately \$120 per family member.

To sponsor a family, contact the Resource Centre before **Dec. 1**. Once matched with a family, sponsors:

- are provided with a "wish list" for gifts, household needs, and other supports the family would appreciate (health services, recreation opportunities, etc).
- purchase gifts using the wish list as a guide (not all items on the list need to be provided).
- contact the Resource Centre (995-2626) by Dec. 15<sup>th</sup> to arrange a drop-off time.

*Cash donations are welcome and will assist families by funding a Recreation Fee Assistance Program and a Family Emergency Assistance Program during the year,*

### **Food Bank Hampers: Okotoks Food Bank 651-6629**

**Do you require a hamper?** Anyone in need can self-refer to the Okotoks Food Bank before **Dec 1<sup>st</sup>** for a Christmas hamper that includes supplies for a Christmas dinner as well as extra groceries.

**Can you help?** This year the Okotoks Food Bank invites partners to join the "Feed a Family at Christmas" program. Itemized grocery lists based on family size will be provided to sponsors, who will purchase the groceries. The food bank will supplement the hamper with perishable items and will distribute the hampers. Please contact the Food Bank by **Dec. 1<sup>st</sup>**, if you would like to sponsor a food hamper.

