

Why I choose to be a Monthly Mitzvah Maker.

Jewish Family and Child Service's monthly donors, *Monthly Mitzvah Makers*, provide the agency with a steady and ongoing stream of income to maintain its current programs and services, while responding to the ever-changing needs of our community. The Monthly Mitzvah Maker program provides donors with an alternative way to make an impactful gift.

To Daniel*, the importance of giving back to the community is a priority when planning his philanthropic giving. And Jewish Family and Child Service is one organization that ranks high on his list.

Daniel moved from his home town of Winnipeg to Toronto to pursue graduate studies at the University of Toronto. As a graduate student living away from home, Daniel was on a strict budget and had limited access to health care benefits. When Daniel suddenly found himself in need of mental health counselling services, the student health plan only covered 3 counselling sessions. At that point, Daniel didn't know where to turn.

With private counselling fees exceeding his student budget, Daniel did not feel like he had many options. That was until someone recommended he call JF&CS, with the assurance that JF&CS offered assistance to people of all backgrounds and religions.

"I'll admit, I had to build up the courage to call, as I was so worried about finances," Daniel remembers. "I kept telling the Intake worker that I could only afford one or two sessions, but he encouraged me to complete the Intake process and to be matched with a worker." Once matched with his worker, Daniel was reassured that his finances would not limit the services he needed to access. At this

news, Daniel says he was genuinely surprised, "You mean I can focus on actually getting better?"

Daniel continued meeting with his worker, until Daniel identified that he felt helped,

supported, and ready to move on with the tools he gained. Looking back at that period, Daniel recalls the significant void in his life that JF&CS was able to fill. "I just remember this unconditional generous offer of support....I'm so thankful for the lifeline they provided me."

After finishing school, Daniel has worked as a professional in a number of different provinces. Despite no longer living in Toronto, Daniel is proud to be a Monthly Mitzvah Maker and pay-forward what JF&CS was able to give to him.



**Names, photos and certain identifying features have been changed in order to protect the anonymity of our clients.*

**For more information, please contact
Brenda Gurvey | Development Manager
416-638-7800 x 6226 | bgurvey@jfandcs.com**

**Monthly
Mitzvah
Makers**

Monthly Giving Program