

# give back

GUIDE

## JF&CS' Mitzvah Projects

### “Tzedakah and acts of kindness are equivalent to all of the mitzvot in the Torah.”

Mitzvahs connect us; turning actions into impact. At the time of Bar and Bat Mitzvahs, families and communities come together to mark the joyous coming of age celebration. After learning about the importance of community and giving back to those less fortunate, you may be inspired to look for opportunities to spread your simcha to others by giving back to the Jewish community.

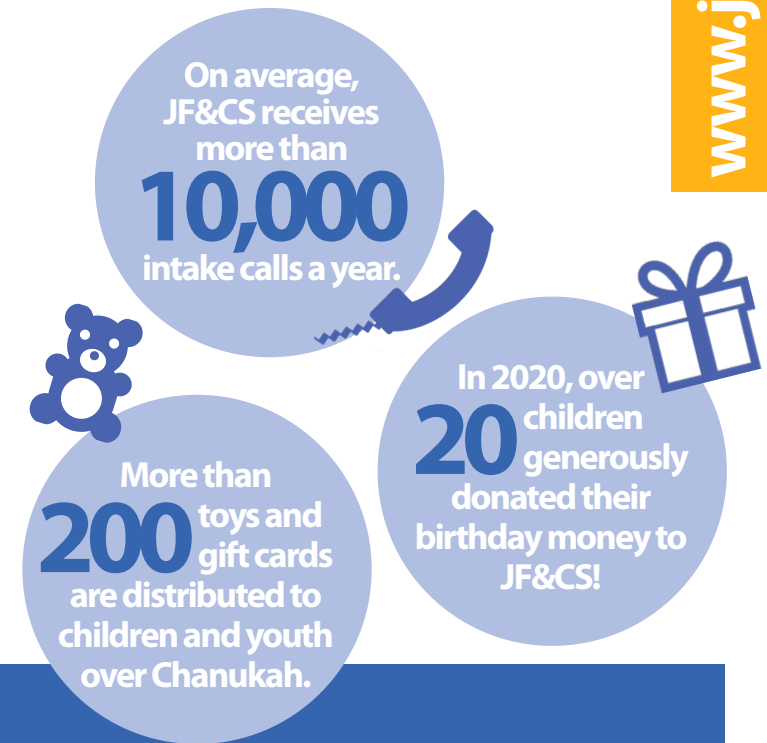
With many families in the Jewish community being supported by JF&CS, there are several different opportunities to support these individuals, families and children by embarking on one of the projects in this guide or coming up with a project that is unique to you.

There are opportunities for you to take on independently, with friends and family, even your entire school or synagogue – you get to decide!

From the bottom of our hearts, we thank you for thinking of JF&CS, and the clients we serve at this special time.

### Why should your mitzvah project support Jewish Family and Child Service?

Jewish people living in Toronto and the GTA, like you and your family, connect with JF&CS on a daily basis - all at different points in their lives. They can be adults looking to grow their family through adoption, teenagers needing to speak with a counsellor during a tough time or they can be parents who need help to give their children Chanukah presents.



What they all have in common is that each of them can turn to JF&CS for help.

By supporting JF&CS with your mitzvah project, you are helping these adults, teens, parents and children, *every step of the way.*

## It starts with you.

**You should be proud of yourself for taking on a mitzvah project!**

### Centrepieces

**Are you planning on having an event to celebrating your Bar/Bat Mitzvah? Consider making your centrepieces out of donate-able items!**

You can let your guests know that each centrepiece is being donated to JF&CS by including an info-card on the basket.

- Much needed items include: baby items, camp supplies, winter accessories, board games and sports equipment for youth 10 years old+
- We would love to hear from you! Contact us at the year of your simcha and we can inform you about current needs.

### Donating a Portion

**With your gift, you can choose to support a specific program at Jewish Family and Child Service that is important to you.**

If you are donating a portion of your gifts, consider starting a campaign to let your guests know where you will be donating your gifts to JF&CS.

If you are interested, JF&CS can help you by creating a custom donation page for your Bar/Bat Mitzvah.

### Become a Homework Club Volunteer (ages 16+)

**Are you interested in helping other young students and want to earn volunteer hours?**

You can provide homework help for students in grade 4 and up over Zoom. The Family Resource Centre (FRC) is a space for kids, moms, dads, grandparents and caregivers to relax, play and learn together.

### One for Me, One for You

**Going shopping? Take us with you! Whether you are going back-to-school shopping or getting ready for camp, pack a bag with similar supplies for a JF&CS client while you pack yours.**

Get your family involved and donate the filled bags for kids like you to enjoy. Filled bags can be delivered to our head office (4600 Bathurst Street).

## Friends & Family

**This is a great way to increase the impact your mitzvah will have.**

### Family Yard Sale

**Is your family planning on hosting a yard sale in the summer?** Ask your cousins and neighbours to join in and make it a fun event. With funds raised from the sale, you can choose one of the many JF&CS programs to support with your donation.

### Gift Away

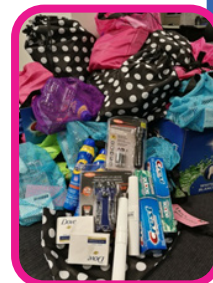
**It's always hard to buy something for the person who has everything, so why not buy something for someone who doesn't?**

This holiday season, consider buying gifts for JF&CS clients instead of each other! You can donate your gifts and gift cards during Drive for Dreidels – ensuring that every child we support has a gift this Chanukah. Gift cards to stores like Walmart and Old Navy are preferred. *Gifts are accepted year-round for birthday presents as well.*

### EchoAge (3rd Party Platform)

**Are you using EchoAge to manage your party and receive gifts? You can host your party on EchoAge and choose to support Jewish Family and Child Service!**

That means that the gifts you receive will be shared between you and JF&CS. It's a win-win: you receive gifts for your Bar/Bat Mitzvah, while also giving a gift to someone less fortunate.



Example of items for clients.



Example of a centrepiece.

Did you know?  
On average,  
JF&CS helps send  
**250**  
kids to camp.

On average,  
JF&CS supports  
**250**  
kids through the  
Family Resource  
Centre.

You can  
support kids just  
like them with  
your mitzvah  
project.

## School & Synagogue Wide

**Be sure to connect with your school and synagogue about how to get everyone involved.**

### Bake Sale

**It's a great way to get everyone involved.**

- Spend the evening baking with your friends and run a bake-sale at school or synagogue. It's a great way to get everyone involved.
- Need some inspiration? [Click here](#) for a Kosher cupcake recipe.



### Toonie Tuesday

**Organize a giving day with your school where every student in the grade brings in a toonie.**

The money raised can be used to purchase impact kits through Kits for a Cause (third party platform). There are options for winter item kits, gift giving kits, women hygiene and more. The materials will be sent to your school for a packing day where students can pack kits together and then donate them to JF&CS.

### Chanukah Gift Drive

**Get involved with Drive for Dreidels!**

Place a Drive for Dreidels box in your school or synagogue lobby and collect toys for Chanukah. Bring these toys to JF&CS where they will be distributed to children and youth who otherwise would not receive gifts.

## Have a question? Contact Us.

Leah Rosenhek | Administrative Assistant,  
Development and Communications  
416-638-7800 x 6268

For information regarding tax receipts, drop-off locations, volunteer hours and more.

**Do you have your own mitzvah project idea?  
Call us at 416-638-7800 x6999 to discuss!**