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Start your New Year's resolution with us!



Exercising is an effective way to improve your mental health. Start your New Years resolution and let off some steam by joining JF&CS Emerging Leaders for a private spin class at CYCLEBAR Leaside on January 27.

JF&CS professionals will be there to answer questions and help explore some issues around life's stressors, the illnesses that we can't see, and how we can maintain or improve our mental health.

Proceeds will support Jewish Family & Child's highest priorities such as poverty reduction and improving mental health and wellness within the community.

Reserve your bike today! [Click here](#) for more information.

Toddler Dance-A-Thon at the FRC



On Tuesday November 20, we hosted a Toddler Dance-A-Thon Bubble Party at the Family Resource Centre (FRC) in support of the JF&CS 2018 United Way Employee Campaign. We collected prize donations from merchants in the Promenade Shopping Centre, where the FRC is located, and asked members to sponsor their child

to come dance with us.

JF&CS volunteers were excited to help create our Wall of Supporters and over 12 days we collected \$1,100 in donations. On the day of the event, we had our bubble machine going, our microphone and speaker, and every 30 minutes we raffled off another great prize. The kids had a great day and we raised important funds to support United Way! Thank you to everyone who participated in this amazing event.

You helped make a brighter Chanukah for those in need

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Join the Monthly Mitzvah Makers!

JF&CS' monthly giving program.
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Our Drive for Dreidels Chanukah Toy and Gift Card Drive was very successful this year and we couldn't have done it without you! This year, we raised \$6,215 and received over 2,000 great toys for every child under 10 and distributed 207 gift cards to all of our tweens and teens.

Thanks to our partners and other organizations that helped with collection - National Council of Jewish

Women - Toronto Section, The Cooper/Shear Family, Miles Nadal JCC, Joseph & Wolf Lebovic Community Campus and UJA Federation.

A special thank you to Micki Mizrahi and Sari Goldman for co-chairing this year's Drive For Dreidels.

Touching the lives of women in poverty



This Chanukah, we received an amazing donation by a local synagogue through [The Shoebox Project for Women](#). Volunteers collected and distributed gift-filled shoeboxes to women impacted by homelessness in the GTA. Each thoughtfully created and decorated Shoebox was filled with items valued at \$50 that can enhance self-esteem and reduce feelings of isolation for women in need.

Our clients were delighted with such a generous donation that truly made a difference. One social

worker shared, "I have a client who is currently going through cancer treatment. At my most recent visit with her, I brought a Shoebox. As she opened up each individually wrapped item in the Shoebox, she was so touched and the items could not have been more suited for her. A wordsearch for when she is getting chemo, hand cream, soap, a winter hat, a notebook and many other useful items. She was so appreciative and touched to receive it."

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