



Dear Donor,

So many parents have uttered the phrase, “I wish my child came with a parenting handbook!” You, yourself, may have even wished there was a Parenting Guide you could just download.

Parenting is hard. I know. I am a Mom too.

Whether you are a parent or not, we can all agree these last few months have been very challenging for parents and families faced with the reality of the pandemic.

Whether you are up at 3am with a newborn or balancing a toddler on your knee during your weekly staff Zoom meeting, this time has tested the patience of the most patient person. We cannot forget about grade school kids missing their friends. Moms and Dads have taken on the role of playmate, teacher and soccer coach ... 24/7.

Let’s also think about the tweens who beg for sleepovers and trips to the shopping mall. Telling them no for their own safety and the safety of others, can make parents feel like the bad guy.

This has been hard. Mental health is more important than ever. As parents search for the answers, our team at Family Services Ottawa has been there to listen patiently, provide resources and most importantly, make sure parents do not feel alone.

You can be a lifeline to a parent today. Will you help?

Will you give a gift that will be matched by our friends at Giant Tiger?

With families isolated in their homes, parents are in need of ongoing, individually tailored, parent coaching and advocacy supports. Our virtual doors at Family Services Ottawa have remained open. We could not turn our backs on parents who needed us at this important time.

You can support these families through a gift to Family Services Ottawa today. And it will be matched!

We work with everyone. We are serving at-risk families and parents; including LGBTQ+ families, and families with gender diverse children, low income families, newcomers, mothers experiencing domestic violence, transgender and non-binary youth and people who need mental health supports.

Parents and families, particularly those who have experienced violence, are LGBTQ+, and are low income are struggling to stay well and provide a positive environment for their children during extremely challenging times.

Family Services Ottawa has decades of experience in responding to the changing needs of parents and families and is a community leader in services to LGBTQ+ individuals and families.



We need your help to help parents desperately looking for a place to turn.

Your gift today tells a single Mom working two jobs with a 7-year old daughter and a 4-year old son that you see her. Your gift is truly her lifeline.

*Believe me I wish there was a 18-volume parenting encyclopedia. We would all flip to the chapter that describes how to manage being a parent in a global pandemic. **But this does not exist.***

Family Services Ottawa is the next best option for parents. We don't have all the answers. But we are a place where parents receive the ongoing support they need. Everyone is having their own challenges.

You may see your neighbour struggling. He may not have the same hop in his step as before COVID19 knocked on all of our doors. He may have lost his job and doesn't know how he is going to manage being a Dad to three kids under 10 under such financial pressure.

Your co-worker may be missing deadlines as she is up with a colicky baby. She is looking for a lifeline. She has probably searched the internet for solutions.

Family Services Ottawa is the answer for so many families.

Will you be their lifeline today? Remember, your gift will be matched by Giant Tiger.

All gifts make a difference . A gift of \$75 helps with counselling and resources for parents who are looking for help at Family Services Ottawa. Your gift becomes \$150 thanks to our amazing partners at Giant Tiger.

You will be a hero to a parent who is looking for hope.

If you need us, we are here for you too.

Please give generously, the kids in our community need parents who have the support they need to make it through this time in our lives.

Sincerely,

Deirdre Speers
Mom And Executive Director, Family Services Ottawa

PS You are invited to make a matching gift today. Giant Tiger, a community-oriented retailer, has agreed to match all gifts up to \$20,000. Please give today.