



harvest heartbeat CHRISTMAS HOLIDAY edition

What does 'community' mean for Christmas 2024?

FROM GARY ANSELL, EXECUTIVE DIRECTOR

The remarkable thing is, you're here and so is Harvest Project. That's good news for this season. It's been a challenging time for many of us.

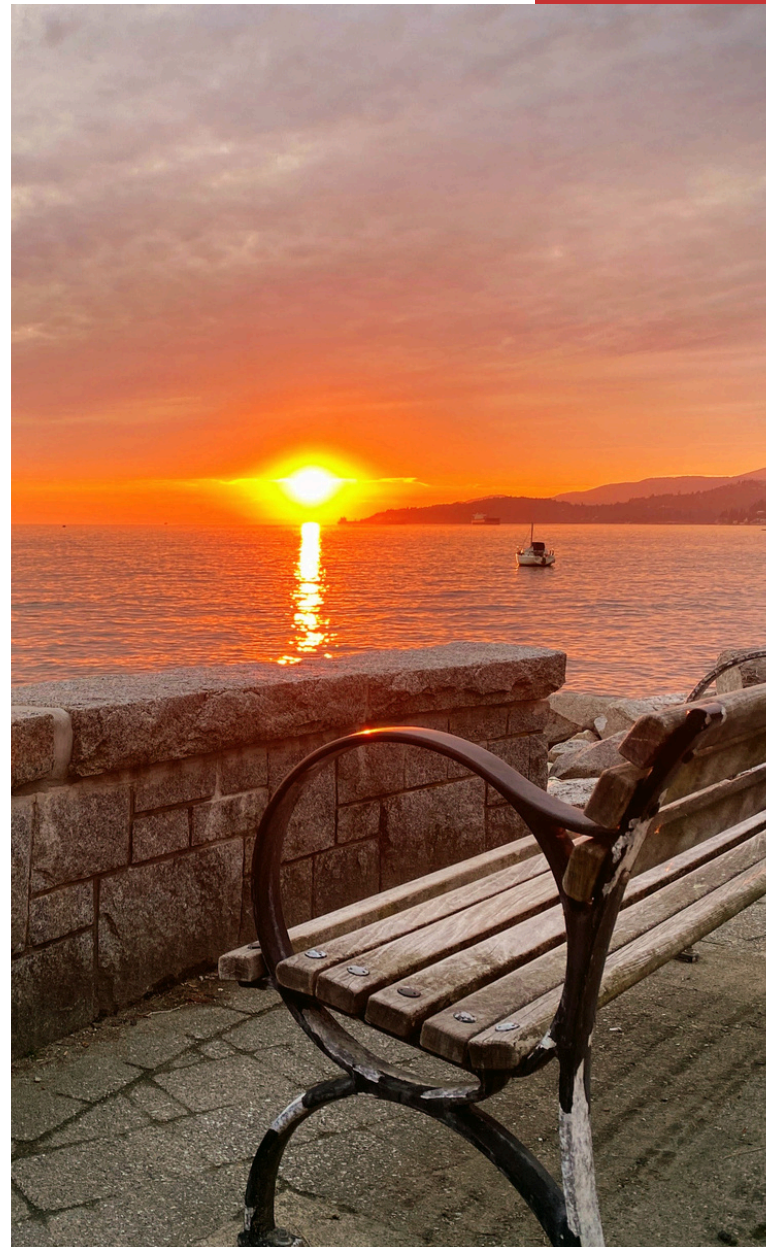
What has changed over Harvest Project's 31 Christmases is that the need to "extend a hand up" is more critical than ever. While our **community** is in many ways, more prosperous and comfortable than ever, that's not the case for hundreds of our neighbours here on the North Shore.

You make it possible for us to keep our doors wide open, welcoming those neighbours who find Harvest Project as a place where each one is seen, heard and understood. We continue adding value through the coaching + counsel, Rent Bank, and grocery + clothing supports that we offer to those we serve from across the North Shore **community**.

Every day, Harvest Project shares these vital tools: caring for individuals, families, newcomers, and older folks - empowering them to build healthier, whole lives right here. That's '**community**'.

Please give so that Harvest Project can continue working to make brighter lives for all. Thank you!

Warmest wishes, Gary and team



HELP SAVE LIVES.
CLOSE TO HOME.



DONATE ONLINE

HARVESTPROJECT.ORG

MAKE A ONE-TIME OR
MONTHLY GIFT

DONATE BY MAIL

SHARE OUR STORY



"I decided to contact Harvest Project as I had been struggling alone with my health after surgery, with stress, and accessing food and clothing. Every time I walked through the door at HP, I always felt welcomed and I could open up to my Client Care Partner. The food and clothing I received at Harvest Project made a big difference too. I am grateful for my time in the program and feel stable and ready to move forward on my own now."

-Rebecca, an HP client and single-parent

TRANSFORMATIVE SERVICES FOR THIS YEAR

**FOCUS ON MENTAL
HEALTH FOR CLIENTS,
VOLUNTEERS AND
STAFF**

**ENHANCED GROCERY
SUPPORT WITH OUR
NUTRITION PATHWAY,
HEALTHY CHOICES**

**FINANCIAL COACHING,
SPECIALIZED
COUNSELLING AND ART
THERAPY OFFERED**

THANKS TO OUR AMAZING SUPPORTERS

Harvest Project gratefully acknowledges the generosity of these donors (below) and the many households, businesses, foundations, community groups, religious organizations, governments and schools that have contributed to our work. Your partnership with Harvest Project helps make the North Shore a healthier place.



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