



Centraide  
Outaouais

# **IN OUTAOUAIS, WE'RE ALL UNITED**

FOR AN INCLUSIVE  
AND POVERTY-FREE SOCIETY

[CENTRAIDEOUTAOUAIS.COM](https://centraideoutaouais.com)



# A GLOBAL IMPACT 4 FIELDS OF ACTION



1

PROVIDING THE BASICS



2

SUPPORTING YOUTH  
SUCCESS



3

BUILDING CARING  
COMMUNITIES



4

BREAKING SOCIAL ISOLATION

# COMMUNITY PROFILE

Last year, **88 000 individuals** received help thanks to your donations!

**31459 youths** took part in a wide range of **programs**, including extracurricular activities, homework clubs, and cooking workshops, from agencies funded by Centraide Outaouais.

**647 seniors** received **escort and transport services** to attend medical appointments or do groceries.

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## **\$5 PER PAY OR \$130 PER YEAR**

Allows direct school delivery of around twenty dinners to students who need them.

## **\$10 PER PAY OR \$260 PER YEAR**

Pays for a respite weekend for a family with a child living with an intellectual disability or an autism disorder.



**88 AGENCIES AND  
9 PROGRAMS AND  
PARTNERSHIPS  
SUPPORTING  
VULNERABLE  
PEOPLE**

# GROWING UP IN POVERTY

IN THE  
OUTAOUAIS

**1** OUT OF **4** CHILDREN



GROWS UP IN  
**A LOW-INCOME  
FAMILY**

## THESE CHILDREN

Have a  
life expectancy  
**7 years**  
shorter than average

Suffer from greater  
food insecurity



Are **2.5 times**  
more likely to drop out  
of high school.



### WHAT THIS MEANS



.....  
**AT 3**  
.....

They  
know about

**600  
FEWER  
WORDS**

than children  
from well-off families.



.....  
**AT 5**  
.....

They may lack the skills to



Understand  
a specific  
instruction



Express  
themselves  
clearly



Tie their  
shoes

BY **ACTING EARLY** AND GIVING FAMILIES THE RIGHT TOOLS  
WE CAN BREAK THE **CYCLE OF POVERTY**.

This is why Centraide Outaouais support 52 agencies  
whose mission it is to help families and young people.



**Centraide**  
Outaouais