



**Centraide**  
Outaouais

Putting our heart into the Collines de l'Outaouais,  
**TO PROVIDE THE BASICS**

**645 vulnerable persons**, including youth and working poor, received food aid.

**460 individuals in distress** received front-line psychosocial support.

**615 people** grew community gardens or took part in collective cooking workshops to promote self-reliance and food security.

**192 volunteers** offered nearly **5,000 service hours** in Centraide Outaouais-supported organizations in the Collines de l'Outaouais community.

**centraideoutaouais.com**

CAMPAIGN DATE

