



WHEN: SATURDAY DEC. 1, 2018

TIME:

9:00 AM REGISTRATION
9:30 AM WARM UP
10:00 AM WALK STARTS
11:00 AM LUNCH for walk participants served until 12:30 PM at Wesley United Church entertainment, reflexologist on site, top fundraising prizes awarded

12:30 PM EVENT ENDS

WALK STARTS AT
MONSIGNOR DOYLE SECONDARY SCHOOL
185 MYERS RD, CAMBRIDGE, ON N1R 7H2

WALK ENDS AT
WESLEY UNITED CHURCH
6 CAMBRIDGE ST, CAMBRIDGE, ON N1R 3R6

REGISTER FOR THE WALK TODAY
www.walktochange.ca

Make a donation online
<https://www.cambridgesheltercorp.ca/get-involved/donate/>

Mail or Drop off your Registration forms
to 26 Simcoe Street Cambridge, or fax: 519 624-0801 or scan & email to michelle@cambridgesheltercorp.ca

QUESTIONS
Contact Michelle 519 240 6186 or email: michelle@cambridgesheltercorp.ca

VISIT OUR WEBSITE OFTEN
www.cambridgesheltercorp.ca

Charitable Registration # 89025 9419 RR0001.

DID YOU KNOW?

- that the people accessing Cambridge Shelter Services are from our community. The Region of Waterloo mandates that we are required to provide one night of emergency shelter to someone outside of our Region & then send them home with a bus ticket.
- that The Bridges is the wheelchair accessible Shelter for men, women & children in the Waterloo region.
- 50,000 kg of food recovered & saved from our landfills (meaning people are donating it to us to use instead of throwing out good food). Food is inspected by the Kitchen Manager before it comes in.
- overflow Emergency Shelter (over 78 beds) is currently not funded. In 2017 we averaged 108 people during the winter months.

IN 2017 WE SERVED A TOTAL OF 75,656 MEALS

- Serves Dinner 365 days a year
- In 2017, the Bridges served a total of 75,656 meals (36,500 dinners, 5,200 lunches, & 33,945 breakfasts). The Bridges served an average of 193 meals per day in 2017 between breakfast & dinner, & an average of 50 lunches per day. From 2014-2017, the number of meals served by the Bridges increased by 8.9%.

LAST YEAR YOUR FUNDRAISING EFFORTS MEANT WE COULD:

- Serve hot and nutritious meals to homeless people & those working poor living below the poverty line.
- Provide bed/nights of shelter
- Support programs & services
- Help 113 clients in Addiction Services, & 316 clients accessing Community Addiction Treatment Services & 306 clients access relapse prevention support services

WHEN YOU RAISE FUNDS

Dollars you raised through this Walk stay in our community for your family, friends & neighbours who are struggling to make ends meet. Some are homeless, some are plagued by addiction, mental & physical health concerns. Some are working but still living in poverty, some are aging & have no-one but our community Partners & our staff to take care of them.

Together we can Walk to Change the future in our community. We need your help today

SOME OF THE WAYS YOUR FUNDRAISING WILL MAKE A DIFFERENCE.

The Welcome Aboard Drop-In Centre is open from 7:00 a.m. – 8:00 p.m., 365 days a year at The Bridges.

We offer a wide variety of services and programs to help clients experiencing homelessness, and those living in poverty in our community.

These services include:

- Advocacy
- Personal Toiletries, Laundry Facilities
- Clothing
- Foot Care Clinic
- Furnishings for Apartments
- Housing Help
- Identification Clinics
- Individual Case Plans
- Job Connections
- Laundry Facilities
- Life Skills Programs
- Mailbox Centre
- Medical Clinic
- Program Outreach
- Phone & Message Centre
- Relapse Prevention Groups
- Referrals to Counselling
- Social & Recreational Programs
- Storage Lockers
- Supportive Housing
- Temporary Library Cards
- Trustee Program (Financial Counselling)
- Vaccination Clinics
- Winter Coat Giveaway

ANYONE IS WELCOME.

There is a weekly Community Breakfast held on Thursday mornings at 8:30 a.m.

DINNER PROGRAM

Cambridge Shelter's core service is to provide hot, nutritious dinners to the homeless & at risk of homelessness in our community. Today, the service has grown to be one of the largest volunteer programs in Waterloo region. Every night up to 120 working poor, at risk of homelessness, or individuals & families experiencing homelessness join us for a hot nutritious meal.

With additional funding, we can plan new programming & additional support services.

WAIVER: Please read the following:

I understand and agree that I am voluntarily participating in the Cambridge Shelter Corporation, "Walk to Change" at my own risk and my own request. In consideration of the furtherance of your purpose, objectives and work and in all consideration of your permitting me to participate in your "Walk to Change", on behalf of myself, my heirs, executors, administrators and assigns, hereby waive and release any and all rights and claims for damages which I may have against The Cambridge Shelter Corporation, the City of Cambridge, the Region of Waterloo, Monsignor Doyle Catholic Secondary School, Wesley United Church and the Province of Ontario as well as any other person, persons or organizations connected with the "Walk to Change", their heirs, executive administrator, successors or assigns for any and all injuries which I may suffer while taking part in the "Walk to Change" or as a result thereof.

I also give permission for the free use of my name, picture and voice in any broadcast, telecast, print account or any other account in any medium of this event. I understand that bicycles, inline skates, ice skates, skateboards and scooters are not permitted.

Name of Walker: _____ Date: _____
(Please Print Clearly)

Signature: _____ Email: _____
(Please Print Clearly)

Parent/Guardian's Name: _____
(Please Print Clearly)

Parent/Guardian Signature (for children under the age of 18): _____
(Please Print Clearly)

Email: _____

REGISTRATION FORM (to be submitted prior to walking)

Name: _____
(First Name) (Last Name)

Address: _____
(Apt.) (Street)

City: _____ Postal Code: _____

Email: _____

Phone: _____
(Home) (Please circle your age group)

0-18 19-30 31-50 50+

**Please complete the waiver in full & stay on the sidewalk.
 Enjoy your "Walk to End Homelessness"
 (Please wear weather appropriate clothing)**

WALKERS PLEDGE SHEET

Please make all cheques payable to "Cambridge Shelter Corporation". Walkers are encouraged to register online today & ask for online donations. Walkers are also encouraged to collect pledges prior to the walk & hand them in at registration.

* Receipts will be issued for donations over \$10.00. Please indicate with a check mark if you would like a Receipt or information.
 ** All names and addresses should be in to Michelle by December 15 to be eligible for a tax receipt for the 2018 year.

WALKERS NAME _____ TEAM NAME _____ *To Receive a CSC Newsletter by Email Please Check Mark the Info Box

	Sponsor's Name	Address	City/Town	Postal Code	Phone	Email	Donation	Receipt	Info*
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GRAY AREAS
MUST BE COMPLETED

"Our mission is to provide safe shelter, and to offer programs & services in support of the hopes and needs of people dealing with life issues."