

Generosity x Selflessness = Kindness



Dear Friend,

Did you know that **kindness is a unique type of mathematics?**

Each time it's given, **it multiplies beyond measure.** When we are kind to each other, we feel more joyful, hopeful and capable. *It's one of the ways we can help each other in building up resilience.*

But for those finding it hard to meet their basic and essential needs, it can be difficult to maintain their resilience.

As a social services agency that operates year-round, the James Bay Community Project relies on the kindness of the wider community to support our on-going work with families, youth and seniors.

During the season of giving, **you're invited to remember a personal moment of kindness to inspire you to do the same for others.** No matter the size of your gift, it will add up to make a positive impact for your community.

My Friend, with your support, your gift will:

- Give seniors a sense of community to help reduce isolation and loneliness when they attend our Seniors Connections lunch program
- Make resources available for first-time or young parents
- Support the well-being of babies and children through play groups
- Offer youth the opportunity for life-skills development
- Provide necessities such as food, clothing and vital human connection with others



(Please turn over)

By supporting people in meeting their essential needs, you will help them build the capacity to do more than just survive – they will be able to build up resilience and thrive.

Thank you for supporting our work at the Project so that we can continue to provide vital services to children, families and seniors.

Your generosity will ensure that kindness and resilience will grow in your community.

Sincerely,



Kaye Kennish, Executive Director
James Bay Community Project



Donate via Canada Helps: <https://www.canadahelps.org/en/dn/8653>



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