



the Caring
and Sharing
Exchange

People helping people since 1915

The Caring and Sharing Exchange is a local charity that began in 1915. We provide assistance to Ottawa families and individuals in need, during the Christmas season and the back-to-school season.

The backbone of Caring & Sharing is our Co-ordination Service, which organizes the even distribution of school essentials and Christmas assistance so that **every donor dollar can reach even more people in need.**

Our Mission is:

To provide our neighbours with relief and dignity during difficult times of the year in the most fair and efficient way possible.

Our Vision is:

A caring and sharing community where individuals and families receive the coordinated support they need at Christmas and other times of the year.

Our Values are:

- Deliver our services with fairness, respect, and in a way that safeguards dignity.
- Provide our services as effectively as possible.
- Being accountable to our clients, beneficiaries, donors, and the public.

Our Assistance Programs are:

The Christmas Exchange Program provides individuals and families in need with food hampers or much-needed redeemable gift vouchers during the holiday season, providing recipients with the means to enjoy a festive holiday meal and a sense of hope and dignity.

The Sharing in Student Success (SISS) Program provides children from families in need with a backpack filled with all the grade-appropriate supplies (as outlined through the Boards of Education) they require to go back to school ready to learn.

Our Special initiatives are:

The Coordination Service coordinates the distribution of assistance through a centralized database that is used cross-reference the names of those referred. The other organizations that also provide direct assistance make use of this registry to avoid duplication, ensuring that every dollar goes where it is truly needed and that as a community, we can help even more people in need.

Kindness Week in Ottawa Kind Ottawa has become a vibrant movement in our community, encouraging people to “choose to be kind” and recognizing those who engage in everyday acts of kindness. The flagship event is Kindness Week – held within the 3rd week of February.

How do we know who needs help?

Hundreds of community organizations, such as schools, daycares, churches, food banks, and social service agencies, refer individual and families in need of school supplies or Christmas assistance to our organization.

Where does the money come from?

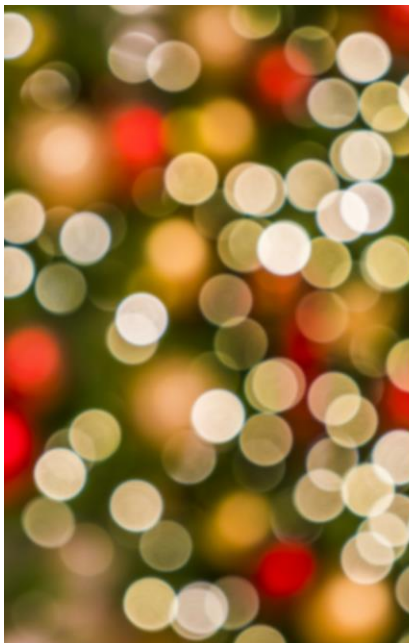
All our programs are dependent on the generosity and compassion of thousands of individuals, businesses, and foundations. The Caring and Sharing Exchange is not government or United Way funded.

Three Year Comparative Results

	2022	2021	2020
Total number of individuals helped directly by the Exchange	26,281	22,413	22,169
Number of seniors	3,068	2,626	2,564
Total number of children	13,413	11,864	11,673
Number of duplicates eliminated	1,577	1,363	1,299
Community savings from processing duplicates	\$146,681	\$124,211	\$120,985

What some beneficiaries have told us:

The success of our programs extend beyond numbers. Each year we receive numerous thank you letters from recipients that demonstrate to us just how much of an impact our support had on them.



“ Good afternoon everyone:

Today I write to you for any help possible to get my family through the Christmas holidays. This year has hit us hard from COVID and cancer.

We have had my father and my mother pass away, and this has left the family distant & separated because of these losses and lack of celebration of holidays and such. I find that because of all of this, everyone is super stressed out.

I am currently recovering from major surgery and am on the waiting list for cancer surgery. This has left me housebound, and I have had to rely on ordering my groceries and medication online which is an extra cost. This, as well as the increased cost of living has left me worried about having enough funds to make it through to the next month. Being on disability benefits means money is tight at all times.

I would appreciate any help you could offer, as I am struggling.

Thank-you in advance and looking forward to hearing from you soon.”

- 2022 CHRISTMAS EXCHANGE PROGRAM REQUEST



“Dear Caring and Sharing Exchange,

I have received today such great attention and help from a family.

As a newcomer, beginnings are always the hardest, we have taken a step into a new place and opted to start from scratch. Being helped and cared for made me feel so great, I knew that I have made the best choice by coming here and will never have to worry about my kids' future.

We have received such a generous amount of food, including veggies /fruits /juices /candies ... anything a family of 4 would need.

This action made me feel like part of this community and makes me want to give back when I am able.

Thank you!”

~2022 Christmas Exchange program recipient



“Thanks to the generosity of the donors in this program, we have been able as a family of newcomers to face this crucial moment for our children which is the new school year, with great serenity and full confidence in our ability to integrate and succeed in this new society that welcomes us.

We thank you very much for that and hope that our gratitude encourages you to continue in this great contribution.”

~Parent of 2022 Backpack Recipient