

help us help u



2021 ANNUAL REPORT

2021 Charity Information

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MESSAGE FROM THE CHAIR



On behalf of the Help Us Help Board of Directors and staff, I am pleased to present to you Help Us Help's 2021 Annual Report.

This organization has seen many successes and growths within the past year. As the world continued to face the challenges of the COVID-19 pandemic, Help Us Help delivered its vital programming to the vulnerable populations of Ukraine while maintaining the safety and well-being of our program participants and staff. Help Us Help continued to adapt our programming to best serve the needs of vulnerable children and veterans in Ukraine. Our staff and volunteers are passionate about improving the quality-of-life of vulnerable populations across Ukraine. Details of all of Help Us Help's timely and important initiatives in 2021 can be found throughout this report.

I want to thank everyone for their generous contributions over the past year. Much of the work that Help Us Help does would not be possible without the support of the Help Us Help community. Despite the unprecedented challenges, we continue to grow our organization and community, and I cannot be more proud of the work that Help Us Help has accomplished in 2021.

Dr. Marie Bountrogianni
Help Us Help Chair

ABOUT HELP US HELP

Founded in 1993, Help Us Help is a registered Canadian charitable organization, focused on humanitarian aid and educational projects in Ukraine and in Canada. In the 29 years since being founded, the organization has delivered charitable aid to projects and organizations engaged in humanitarian aid, education, literacy, arts and culture, social work, and civil society.

In response to the consequences of the 2014 Ukrainian Revolution of Dignity, Euromaidan, Help Us Help expanded its charitable initiatives to include humanitarian support to the victims of Russia's invasion of Ukraine. The organization is committed to raising awareness through education in Canada and in supporting Ukraine's democratic development as the country looks to rebuild a brighter future.



OUR CORNERSTONE PROJECTS



Our Vision

Ukraine: every child empowered; every veteran supported; no one left behind



Our Mission

To provide tools, training and resources that improve the lives of Ukraine's disadvantaged children and conflict-affected veterans, enabling them to become fully contributing members of society.



Our Values

Compassion and Courage:

The courage to shape a better future through compassion.

Empowerment and Learning:

An everlasting search for development and capacity building that empowers ourselves and others.

Accountability and Transparency:

Remaining accountable for our actions and transparent in our decision making

Integrity:

Acting with honour and solidarity



OUR PEOPLE

Board of Directors



Dr. Marie Bountrogianni
Chair



Ms. Kadie Ward
Vice Chair



Ms. Tatiana Tonkovich
Treasurer



Mr. Gregory Ciupka
Treasurer



Ms. Petra Wrzesnewskij-Cottrell



Mr. John Moskalyk



Mr. Mark Keller



Ms. Leah Temerty-Lord



Ms. Tamara Bolotenko



Mr. Andrew Potichnyj



Mr. Eugene Honcharuk



Ms. Oksana Smerechuk

Outgoing

It is with great sadness that we had to say farewell to two of our Board members in 2021. We would like to thank Marco Jacuta and Dr. Paul Slavchenko for their contributions to Help Us Help! We value the work that they have done for our organization, and wish them nothing but the best in their future endeavors!



Mr. Marco Jacuta



Dr. Paul Slavchenko
Secretary

Help Us Help Staff



Krystina Waler
Interim Executive Director



**Anka Wrzesnewskij
-Cottrell**
Senior Program Coordinator



Kira Antonyshyn
Communications and
Development Officer



Tanya Bednarczyk
Country Director in Ukraine



Zoriana Jacyla
Administrative Assistant

Summer Students



Taisa Mysakowec
Project Administration Officer
Canada Summer Jobs



Darian Sherbluk
Public Relations Officer for
Veterans Program
Canada Summer Jobs



Zoriana Jacyla
Administrative Assistant
Canada Summer Jobs



Mickenna Ward
Public Relations Officer

Help Us Help UA Agency Staff



Viacheslav Povsha
Executive Director



Ihor Paterus
Program Coordinator



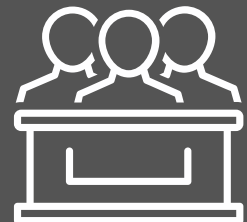
Kostiantyn Halak
Director of Educational and Social Programs
for Persons with Disabilities



Help Us Help Committees

In 2021, Help Us Help established the following committees and chairs

- Finance – Tatiana Tonkovich
- Children/Scholars – Tamara Botolenko
- Fundraising – Dr. Marie Bountrogianni, Ruslana Wrzesnewskij
- Veterans – Andrew Potichnyj
- Investment – Marc Marzotto



2021 VOLUNTEERS

Nick Badiwsky	Maksym Levytskyy	Alexander Reay
Natalia Baiuk	Julia Krekhovetsky Malaniy	Nika Ruzycky
Tamara Botolenko	Alyssa Martschenko	Devon Sereda-Goldie
Dr. Marie Boutrogianni	Marc Marzotto	Donald Shackleton
Alexa Chartchenko	Julian Maslanyj	Oksana Smerechuk
Borys Chartchenko	Theresa McHardy	Danylo Spolsky
Gregory Ciupka	Taras Mintenko	Ankit Srivastav
Olena Darewych	Tatianna Metanczuk McHardy	Mariya Stasyuk
Raissa Dzulynsky	Mark Morrison	Leah Temerty-Lord
Roman Dubczak	John Moskalyk	Tatiana Tonkovich
Mariya Haponenko	Stefan Mysakowec	Nataliia Tsuman
Gregory Homick	Taisa Mysakowec	Stephanie Turenko
Eugene Honcharuk	Ulan Mysakowec	Ivan Tymoshenko
Zoriana Hyworon	Ksenia Paliczak	Krystina Waler
Ihor Ihnatowycz	Alexandra Pavliuc	Markian Waler
Marta Iwanek	Andrew Potichnyj	Kadie Ward
Ania Jacyniak	Lily Potoczny	Julia Wawrykowicz
Mark Keller	Tatiana Prisiat	Sarah Wilkes
Iryna Kisil	Marta Proctor	Ruslana Wrzesnewskyj
Rostyslav Kisil	Cassandra Prokopiw	Petra Wrzesnewskyj-Cottrell
Anya Kobylansky	Halya Pudelsky-Wrzesniewski	Konstantine Zhadan
Martin Lebed	Alan Yuuki Pyrcz	Matey Znaczo

Thank you!

2021 Official Volunteer Positions

Throughout 2021, we had the opportunity to take on some qualified volunteers to help run some of our projects! We would like to thank:

Danylo Centore - Website Manager

Lily Potoczny - Buddy Program Manager

Taisa Mysakowec - Buddy Program Manager

Sofia Maruschak-Love - eTapestry Officer

Danusia Wysochanskyj - Non-Monetary Donations Coordinator



Ontario Volunteer Service Award

Much of Help Us Help's work would not be possible without the hard work and dedication of our wonderful volunteers. This year, we are happy to have been able to honour some of our amazing volunteers with the Ontario Volunteer Service Award.



- Mark Keller – 25 years
- Anka Wrzesnewskij-Cottrell – 15 years
- Andrew Potichnyj – 10 years
- Roman Kalyniuk – 10 years
- Danusia Wysochanskyj – 5 years
- Martin Lebed – 5 years
- Alexa Chartchenko – 5 years
- Lilijana Potoczny – Youth
- Taisa Mysakowec – Youth

The Ruslana Wrzesnewskij Volunteer Recognition Award

The Ruslana Wrzesnewskij Volunteer Recognition Award was established in 2020 to honour invaluable volunteers who have dedicated their time and energy to Help Us Help, and demonstrated the charity's values. In 2021, Help Us Help's Board of Directors was pleased to present the award to Nina Mazurenko, our Help Us Help The Children USA coordinator. Join us in thanking and congratulating Nina!



Volunteer Survey



Help Us Help constantly strives to improve its programming and volunteer experience. In the fall of 2021, Help Us Help conducted a Volunteer Survey to collect feedback from both our volunteers and donors. Results from the survey were compiled and presented to the Children and Scholars Committee to help guide future initiatives.

CHILDREN

Winter Camp 2021 Replacement

Due to the COVID-19 pandemic, and to help keep everyone healthy and safe during the 2020-2021 holiday season, Help Us Help led an alternative 2021 Winter Camp Program: "The Spirit of an Unusual Christmas". Help Us Help's scholars, alumni, volunteers, and staff provided humanitarian aid and support to 1000 children who spent the winter holidays within institutional care in Ukraine. In addition, the alternative program provided support to 100 families previously assisted by the COVID-19 Children's Relief Initiative.



Children in residential institutions receiving their Christmas packages

Easter Workshop

Help Us Help provided children living in Ukraine's orphanages and residential institutions with workshop materials to learn about what the symbols and colours on traditional Ukrainian Easter Eggs (Pysanky) represent. The children additionally had the opportunity to design and colour in their own Pysanka creation!

Within Canada, Help Us Help volunteers participated in a Social Media "Easter Challenge" by posting their 2021 Pysanky online!



COVID-19 Relief Initiative

During the pandemic, children were moved from residential institutions in Ukraine to their biological family homes. Help Us Help partnered with the Ukrainian Canadian Congress, Canada Ukraine Foundation, and Meest to deliver aid to vulnerable families identified by the Zhytomyr Regional Center of Social Services for Families with Children and Youth. Notably, after the termination of the initiative, 147 children assisted by the initiative remained with their biological families and out of institutional care.



Humanitarian Aid Delivery

Prior to the Pandemic, Help Us Help had collected non-monetary donations for Summer camp. In 2021, Help Us Help redirected this aid (149 boxes weighing 2,713 kg), with the support of Meest Corporation Inc., to vulnerable groups in Ukraine. The aid was delivered to 11 Social Service Centres in Zhytomyr, Help Us Help program participants, and the Charitable Fund "Misto Dobra". In total, 89 families and 219 children benefited.



Baby Care Initiative

Help Us Help delivers new and gently-used baby items to expecting families in-need in Ukraine. The parcels contain humanitarian aid, clothing, educational materials as well as any additional items that can help curb the costs that are associated with having a child. In 2021, 65 parcels (1500 kg) were delivered to Help Us Help Alumni.



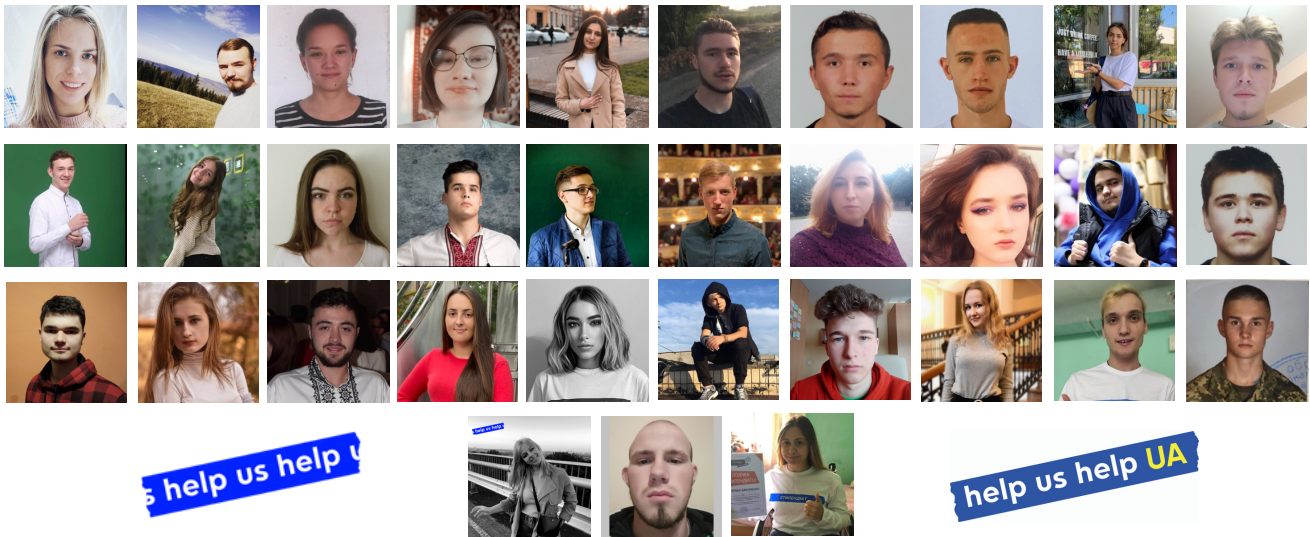
SCHOLARS

2020-2021 Temerty Scholars

Stepan Pekar
Tetyana Pereveznetsva
Dmytro Ratushnyak
Ruslana Roy
Misha Samofalov
Volodymyr Shevchuk
Volodymyr Stepanov
Oleh Turkov
Ivanna Vytvytska
Tetiana Zhyvchuk
Anna-Maria Kosaryeva

Daryna Kovalyova
Maryna Kovalyuk
Solomiya Kravets
Lazar Kuznetsov
Gregory Kuznetzov
Stanislav Lavoshnyk
Daria Lozheshnikova
Mykola Matsuta
Kyrylo Nevdoha
Marta-Beata Papa
Piotr Papa

Eugene Babenko
Vladyslava Babych
Kateryna Bakumenko
Alina Bobkova
Vitaliy Brahanets
Vlad Derelo
Anastasia Hevko
Oleksandr Hlibka
Vladyslav Hryshko
Alina Hiba
Tetyana Korol



The Buddy Program

Launched May 2020, Help Us Help's Buddy Program was developed in an effort to provide a reliable point of social connection during a time of "social isolation". The Buddy Program involved 42 of the charity's past and present scholars in Ukraine and 32 Help Us Help volunteers from across North America. The Buddy Program continued until the summer of 2021, under the leadership of volunteers Taisa Mysakowec and Lily Potoczny.



2021 - 2022 Scholars

Help Us Help staff and two guests - John Shmorhun and psychologist Tetianna Sirenko - conducted interviews to select the incoming scholars. In October 2021, 52 individuals were selected to participate in the Scholars Program! Of these, 20 are named "Temerty Scholars" as they are supported by the Temerty Scholarship Fund. In total, Help Us Help welcomed 26 new Scholars to join the 28 continuing. This includes participants of Help Us Help's new initiative, "We are Capable" (page 14). Help Us Help is honoured to be able to support so many young Ukrainian students in their educational careers and professional development thanks to our donors.

Help Us Help's 2021-2022 Scholars!

Eugene Babenko
 Vladyslava Babych
 Kateryna Bakumenko
 Emilia Basha
 Alina Bobkova
 Dmytro Bodnarchuk
 Vitaliy Brahanetz
 Karyna Derelo
 Vladyslav Derelo
 Anastasia Danilkova
 Angelina Faleytor
 Alina Hiba
 Oleksiy Hashenko
 Yulia Hlaskova
 Oleksandr Hlibka
 Vladyslav Hryshko
 Diana Kit
 Tetiana Korol

Daryna Kovalyova
 Maryna Kovalyuk
 Solomiya Kravetz
 Anton Krivoshlykov
 Lazar Kyznetsov
 Gregory Kyznetsov
 Sofia Labunsksa
 Stanislav Lavoshnyk
 Mykola Matsuta
 Maria Naymenko
 Amelia Nebesna
 Maria Neklyudova
 Kyrylo Nevdokha
 Ayrika Nikulina
 Taras Odnenko
 Marta-Beata Papa
 Piotr Papa

Tetiana Perevezentseva
 Dmytro Ratushnyak
 Victoria Redkina
 Ruslana Roy
 Kateryna Saley
 Mykhailo Samofalov
 Valeria Shalenyk
 Pavlo Shapovalenko
 Tetyana Shevchenko
 Volodymyr Shevchuk
 Oleksandra Shmatok
 Volodymyr Stepanov
 Oleh Turkov
 Mykyta Vasylchenko
 Oleksiy Vdovych
 Volodymyr Ymanskyj
 Tetiana Zhyvchuk



Welcoming Kostya to Help Us Help UA



Kostiantyn (Kostya) Halak was born in Zaporizhzhia, Ukraine. Born with a disability, he grew up an orphan in Oleshkiv Residential School.

Throughout his formal studies, Kostya majored in Accounting and Auditing, graduating from the University of Economics and Law "KROK" in Kyiv. During this time, he worked as an accountant at the university in the National Assembly of People with Disabilities of Ukraine. After completing his PhD, he worked as an assistant rector for social communications at the University of Economics and Law "KROK".

We are excited to welcome Kostya to Help Us Help UA as Director of Educational and Social Programs for Persons with Disabilities.

We Are Capable

As part of our Scholars Program, Kostiantyn Halak has launched an essential initiative that supports individuals with disability status in Ukraine in their continued education. The initiative creates equitable opportunities for this group of vulnerable people. After leading a seminar titled "Everyone is Capable" at various universities across Ukraine to raise awareness about the Scholars Program and this initiative, Help Us Help was excited to welcome 12 post-secondary students into the Scholars program under the "We Are Capable" initiative!

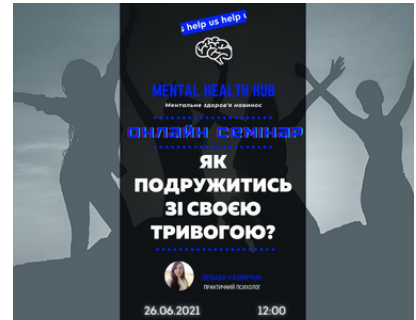


Anton Krivoshlykov
 Kateryna Saley
 Mykyta Vasylchenko
 Oleksandra Shmatok
 Yulia Hlaskova
 Maria Neklyudova
 Sofia Labunsksa
 Ayrika Nikulina
 Tetyana Shevchenko
 Valeria Shalenyk
 Angelina Faleytor
 Dmytro Bodnarchuk



Online Seminars

In the 2020–2021 school year, Help Us Help hosted 11 online seminars for Scholars and alumni. Several were interactive and focused on team-work and communication. Topics included health and wellness, job search, resume building and career guidance.



Mental Health Hub

Help Us Help's Mental Health Hub was established in 2021 to provide monthly group mental health workshops and individual sessions to any current Help Us Help Scholar or alumni. This program teaches Scholars the value of mental health and provides the necessary support for these young adults. The Mental Health Hub is run by two professionally trained psychologists in Ukraine, Tetiana Sirenko and Lubava Kazmirchuk.



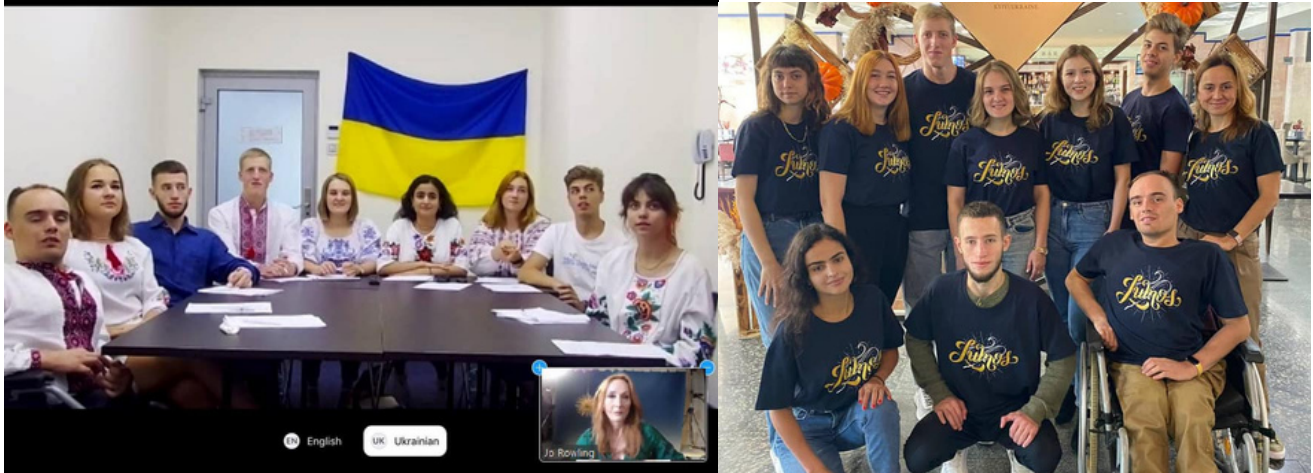
TETIANA SIRENKO
PSYCHOLOGIST



LUBAVA KAZMIRCHUK
PSYCHOLOGIST

Lumos Conference

Three of our Scholars - Kyrylo Nevdoha, Alina Hiba, and Volodymyr Stepanov - have joined the Lumos Research Committee founded by J.K. Rowling. In October 2021, they participated in a conference where they spoke about their research on the current state of children growing up within Ukraine's residential institution system. This was an amazing learning opportunity for Scholars, and allowed them to network with various research committees around the world.



Scholars Retreat

To kick off the 2021-2022 "Scholars" Program, the students attended their first retreat in Kyiv, where they participated in workshops, got acquainted with the program and its participants, and went on various tours around the city. This was a great opportunity for past and present scholars to meet and discuss their experiences with the Help Us Help community.

Importantly, after over a year of virtual gatherings, the students were able to meet each other, the Help Us Help staff and volunteers in-person



VETERANS

Two Mobile Support Service Vehicles

In 2021, Help Us Help provided Veteran Hub with the keys to two vehicles that are used as an integral part of the Veteran Reintegration Program in the Vinnytsia and Dnipropetrovsk Oblasts.

This program seeks to provide mobile support services for veterans who cannot travel or who live in remote areas in the Kyiv, Vinnytsia and Dnipropetrovsk regions. This program is run by Veteran Hub in Ukraine, supported by Help Us Help and IREX, an international not-for-profit education and development organization.



Research Project

This Summer, Help Us Help conducted a research project evaluating the programming that the charity supports through Veteran Hub. The research project, currently under review, consisted of a literature review, evaluating global trends in veteran support, and interviews with veterans and support staff at Veteran Hub. The purpose of the study was to evaluate the effectiveness of the programming we support in Ukraine and to identify areas of improvement.

2021 Veterans Forum

Help Us Help Board Member and Veteran Committee Chair, Andrew Potichnyj, travelled to Ukraine to represent Help Us Help, as a Veteran Hub partner, in the 2021 Veterans Forum hosted by the Ministry of Veteran Affairs of Ukraine. The two-day conference discussed the current needs of Ukrainian veterans, and focused on the following key themes:

- Rehabilitation, Reintegration and Social Adaptation
- Veteran Business
- Veterans' role in the case of possible future conflict escalation
- Emphasis on acknowledging the 26,000 female veterans on an equal plane with their male counterparts
- How can we unify the thousands of current veteran organizations in Ukraine
- Value of peer to peer services and service providers
- How can the ministry best serve and collaborate with veterans

Although not an official theme of the forum, many veterans voiced their concerns on difficulties with follow through on their entitlement to land under Ukrainian law. Forums such as these help our charity to best understand the evolving and current needs of veterans in Ukraine. We would like to thank Veteran Hub and the Ministry of Veteran Affairs of Ukraine for inviting Andrew to take part in this educational conference.



FUNDRAISERS

Easter Fundraiser

In April 2021, Help Us Help hosted an Easter fundraiser. The first 25 people who made a donation of \$100.00 or more to Help Us Help received a one-of-a-kind pysanka, full of love, handmade by campers aged 8-18 years at Help Us Help's 2019 Summer Camp. A total of \$3,950.00 was raised for Help Us Help programming.



Second Annual Independent Move-A-Thon

To prioritize the safety of the children, volunteers and staff, Help Us Help hosted the 2021 Second Independent Move-A-Thon in place of Help Us Help's Annual Ruslana's Summer Camp. Five teams of community members from Canada and Ukraine participated in a variety of activities to fundraise for Help Us Help's programming for vulnerable populations of Ukraine. A total of \$16,003 was raised.

In addition, children who would normally attend our Summer Camp participated in a day full of fun activities and sports organized by Ukrainian Help Us Help volunteers. This was a wonderful opportunity for children to keep fit, active, and healthy during the pandemic.



12-Hour PTSD Solo Cycle

Help Us Help's Board Member and Veterans' Program Director, Andrew Potichnyj, cycled solo for 12 hours non-stop in support of PTSD Awareness. Post-Traumatic Stress Disorder (PTSD) Awareness Day is recognized annually on June 27. In the week leading up to his 12-hour cycle on June 27th, Andrew raised funds for Help Us Help Programming that supports veterans and other vulnerable populations in Ukraine, many of whom are living with PTSD. This fundraising campaign raised \$48,205! Help Us Help is extremely grateful to our top donors, Dr. Marie Bountrogianni and The Ihnatowycz Family Foundation.



Christmas Wish Campaign

Due to the ongoing restrictions of the COVID-19 pandemic, Help Us Help was unable to host an in-person annual Winter Camp this holiday season. Its replacement, the Christmas Wish Campaign, consisted of 4 wishes, raising a total of \$57,595! In turn, Help Us Help pledged to:

1. Grant NASHI's wish of a transport vehicle and educational materials for at-risk girls living in the NASHI Safe-House.
2. Support Vitaliy and Olena to grant the wish of a safe and functional home to foster a group of Ukraine's vulnerable children.
3. Grant the wish of a Winter Camp 2022 Replacement Program for children living in Ukraine's residential institutions. This initiative will be implemented by our Scholars.
4. Grant the wish for a third "Mobile Support Services for Veterans" vehicle!



CHRISTMAS WISH CAMPAIGN

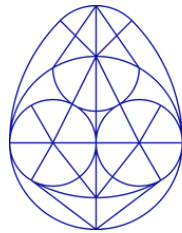
Help Us Help is grateful to its supporters and donors as well as the Help Us Help UA Staff, Scholars, and Ukrainian volunteers, who dedicated time and effort to ensure the success of these initiatives.

FINANCIAL

The Temerty Endowment Fund

Despite the effects of the ongoing pandemic, the 2021 financial statements show growth in support for the recipients of our programs. But we know there is much more work to be done. The Help Us Help Endowment Fund and ongoing Endowment Campaign will ensure we can meet the challenges that lie ahead.

During 2021, the Temerty Foundation--established by James and Louise Temerty--fulfilled their commitment of a leading gift of \$10 million, of which \$9,000,000 initiated our permanent Endowment Fund. This most generous gift provides a solid base for an Endowment Campaign that is committed to raising \$20 million over five years. The resulting \$20 million Help Us Help Endowment Fund will provide a dependable source of administrative and program funding for orphaned and institutionalized children, veterans and other charitable activities as defined in our Business Plan.



TEMERTY
FOUNDATION

Audited Financials

Our audited annual financial statements for 2021 may be viewed on our website at: <https://helpushelp.charity/audited-financials>.



DONORS

Martha Aksim	Canada Ukraine Chamber of Commerce	Laryssa Hetmanczuk
Benny Ambrosie	Meest Corporation Inc	Lada Hirnyj
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Cecile Barida	Andrey Cybulsky	Diane Hook
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Irena L. Bell	Debbie Derkach	Gloria Hrabowy
Peter Bihun	Dot Augustine Di Prisco	Maria Hruszowski
Natalia Bilash	Myroslawa Diakun	Roma Lydia Huculak
Walter Bilchak	Irena Domagalski	George Huculak
Doris Bilous	Maria Domagalskij	John Huczysken
Valentyna Blyzniuk	Annie Doroniuk	Toma Humenna
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Bohdanna Chuma	Roman Gula	Eugene Korol
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Marta Chyczij	Pauline Halipchak	Vera Kostuk
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Connor Clark & Lunn Foundation	Basyl Hankivsky	Nestor Kostyniuk
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Patricia Comar		Gregory Kowryha
		Kathryn Kozak Wiebe
		Ola Kozopas

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 Walter Szafranski
 Lasha Szczuryk
 Halina Szopiak
 Mary Szyпка
 Ann Szyptur
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 Jeannine Taratuta
 Christina Tatarsky
 Irene Tkachenko
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 Thuan Truong
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 Stephanie Wychowanec
 Donna Wysochanskyj
 Bohdanna Yarosh
 Kalyna Yosypiv
 Bohdan Zajac
 Roman Zakaluzny
 Taras Zalusky
 Larysa Zubach
 Victor Zwetkow

Thank You!

Дякуємо!

JOIN US!

Become a **Help Us Help Ambassador** by creating an online fundraising campaign!

Creating a birthday fundraiser is a great way to give back to a charity you care about on your special day. It works by choosing to raise money for *Help Us Help* and then asking friends and family members to forgo birthday gifts and donate to your fundraiser instead.

To start a fundraising campaign we recommend using the following platforms:

- **JustGiving** (www.justgiving.com) or the **fundraising tool on Facebook**

Please feel free to contact any *Help Us Help* staff member should you require any assistance with your fundraiser!

WONDERING HOW TO DONATE?

Visit: www.helpushelp.charity/donate

Donate Online RIGHT NOW!

& view our "Donor Stewardship and Recognition Policy"

YOUR LASTING LEGACY

Leaving a designated gift in your Will is one of the most special gifts you can give to a charity.

Leaving a legacy gift to Help Us Help is a promise to help form an ever-brighter future for Ukrainian children and veterans for generations to come. Call us for more information or visit our website to download your copy of a Help Us Help Legacy Package.

Donations over \$20 are eligible for a federal tax receipt.

SEND CHEQUES TO:

Help Us Help
PO BOX 84600 PRO Bloor West,
Toronto, ON.,
M6S 4Z7

EXAMPLE:



Help Us Help has an office at Jane and Bloor!

2445 Bloor St W #201, Toronto, ON M6S 1P7

It is the generosity of individuals like yourself that allows us to keep working and inspires us to achieve even more in our charitable initiatives. Together we fight to ensure a better and brighter future for Ukraine's most vulnerable individuals.

MAILING ADDRESS:

PO BOX 84600 RPO BLOOR WEST
TORONTO, ONTARIO M6S 9Z9

OFFICE: 2445 BLOOR ST W #201
TORONTO, ONTARIO M6S 1P7

PHONE: 1(647) 406-4228

EMAIL: INFO@HELPUSEHELP.CHARITY



@helpushelp.charity



@helpushelp.charity