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Giving made simple.

E4C is registered at CanadaHelps.org
to make online donations.

2010BRDON
Our Place

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Charitable Reg. # 13155 8140 RR0001

Edmonton City Centre Church Corporation operating as E4C

E4C HOPES TO RAISE \$1,600,000 FROM OUR 2010 FUNDRAISING CAMPAIGN. OUR TOTAL COSTS FOR THE CAMPAIGN ARE ESTIMATED TO BE \$90,000 OR 5.6%. FOR MORE INFORMATION CONTACT OUR FUND DEVELOPMENT ASSOCIATE, AT 780-424-7543 EXT 116.

E4C Right to Privacy Policy: E4C protects your personal information and adheres to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists.



OUR PLACE

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Changing Lives • Growing Community

Our Place is a part of the E4C family.

E4C is a charitable, human services organization that works towards changing lives and building stronger communities by:

- Feeding hungry people
- Creating affordable housing
- Providing safety and support
- Parenting and early learning

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All donations are tax-deductible.
Charitable Registration Number: 13155-8140-RR0001



A Place to Call Home



Changing Lives • Growing Community

Housing is an essential component of life and well-being. E4C provides safe, affordable, non-institutional supportive living. Our housing programs help residents participate in and contribute to the community.

Our Place offers long-term support and comfort to 10 women with a history of ongoing mental illness and low incomes in a warm, relaxed home. The facility offers ten private bedrooms and provides staffing 24 hours a day to support clients as they live in the community.

Residents are assisted with basic life skills, banking, budgeting, job searching, shopping, resume writing, communication skills, and recreational activities. Staff also assist residents with health care, appointments, meals and dietary concerns, personal care, transportation, conflict resolution, and provide ongoing emotional support.

Our Place staff also coordinates services and provides referrals that focus on the safety, security and well being of the residents.



New residents may often be reluctant to get out into the community due to living in depression and isolation for many years. Staff work to instill a sense of confidence in residents so they can contribute to their community. Staff work with the residents and their community nurse to break the cycle of loneliness, hopelessness and isolation.

Resident activities include:

- Pathways, Capital Health's Regional Mental Health Day Program
- YMCA fitness
- Weekly recreational planning and outings

Residents have a great sense of accomplishment and positive change in their mental health as they become more active.



Support workers plan recreational activities and residents participate in fun outings which include:

- The Taste of Edmonton
- Capital Ex
- Video nights
- Picnics in the community park
- Royal Alberta Museum
- Swimming
- The Festival of Trees
- Wiener roasts in the back yard
- Coffee at the neighborhood coffee shop
- Celebrations on special occasions

All E4C programs seek to treat people with respect and enable them to live with dignity and maximum independence.