



Beginnings Annual Walk/Run at Riverside Park in May!

Thank you to everyone who came to Riverside Park for our 16th annual Beginnings 5 K Walk/Run. A grand total of \$10,522.45 was raised for Beginnings Guelph! We are so thankful for the continued support of our community in making this our biggest fundraiser of the year!

We want to give a heartfelt thank you to those who walked or ran 5km, and to the many volunteers who gave of their time to help make the day a success. With an obstacle course for the kids, a BBQ for all participants and their families, face painting, door prizes, hair clips and a great pre-run stretch, it all together made for a great day for the whole family!!



We are so thankful for the many individuals who came together and helped make the event a success. We could not have done it without you!



beginnings
FAMILY SERVICES

UPS Store
Once Upon a Child
Woolwich Arrow
Keep In Touch Studio
McNeil Consumer Healthcare
Play with Clay
Coldwell Banker Neumann
Grey Rock Clothing

Air U Trampoline Park
Boston Pizza
Costco Wholesale
FreshCo
Mastermind Toys
The Works
Zehrs Markets



Thank you to our
generous sponsors



Beat the Heat Program – Summer 2017

This summer we were on the road with our Beat the Heat Program. The goal of the Beat the Heat Program is to expose parents and their children to different, free or inexpensive activities that they can continue to access after the program is complete. Our favorite activities this year

were the “Tales and Tunes” program at the Guelph Public Library and the City Hall Splash Pad. Thank you to our volunteer Nadine for coming out with us this summer to support the program.



Sarah's Story

I was referred 10 years ago to Beginning when I was 15 years old from Michael House. My first experience of Beginnings was great! I had no job at that point and they helped me with clothes for my daughter.

Just recently I have given birth to my third son. My Family and Children's Service worker referred me this time to Beginnings as I was in school and had very limited resources. I took the one-on-one Prenatal Program they offered and received a free car seat so I could take my son home safely from the hospital. The program helped me prepare for labor, I felt so much more prepared this time around! The most impactful thing I learned was how to bond with my son shortly after I gave birth! I loved the one-on-one classes, I could ask more personal questions and that was a special time for me!

My life has been greatly impacted by Beginnings. If I feel stuck, I always know where to come for help. They always welcome me with arms wide open, no judgment and a smile! I access the care cupboard on a regular basis where I can get clothes and diapers for my son.

I would be lost and devastated without Beginnings. I hope your doors continue to stay open to help me and others. I hope to give back to Beginnings someday in some way!



Care Cupboard: Ongoing Needs for our Newest Growing Families!

- Baby wipes
- Large diapers (4,5,6)
- Formula- specifically Enfamil powder

I want to help Beginnings build strong families!

Your Name & address (if different than on reverse):

Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

Yes, I can donate monthly:

\$20/mo. \$30/mo. \$_____/mo.

Please supply your credit card info below.

I would like to make a one-time donation:

\$50 \$100 \$200 \$_____

Please apply \$40 of my total donation as my membership fee

Cheques payable to Beginnings; gifts of \$20 or more will be receipted.

Please complete for credit card payment:

VISA Mastercard Expiry _____

Card # _____



beginnings
FAMILY SERVICES

169 B Woolwich Street, Guelph ON N1H 3V4

519-763-7980 info@beginnings.ca www.beginnings.ca

Thank you!

To donate online, visit www.beginnings.ca and select Donate

Beginnings Family Services

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