

Help us in the Quest Through Scarborough

Our 1st annual fundraiser is a fun amazing race/scavenger hunt event supporting SCHC's summer camps, senior services, & hospice programs



When & Where:

October 13th, 2018 from 9am to 2pm
Cedarbrook Community Centre, 91 Eastpark Blvd., M1H 1C6

To Register:

1. Use your mobile device and **scan the QR Code**
2. Go to <https://www.canadahelps.org/en/charities/scarborough-centre-for-healthy-communities/p2p/QuestThroughScarborough>
3. Pick up a pledge form at one of our locations. Go to www.schcontario.ca/contactus

To Donate: Go to www.schcontario.ca and click on DONATE NOW

Receive incredible prizes for winning and raising money for SCHC!

For more information email Debra McGonegal at dmcgonegal@schcontario.ca

What is Quest Through Scarborough Supporting?

Summer Camps



Growing Leadership is a program that seeks to develop youth into leaders by providing them with the tools they need to succeed and have an impact on their community. Participants gain insight on various issues including those about healthy living, gender, nature and skill development. With the knowledge and experience gained, plus communication, leadership, facilitation, teamwork, and social skills learned, youth are better prepared for a successful future.

\$50 sends 1 youth to camp for 1 week.

Hospice/Palliative Care

Our Hospice Program gives a "Day Off from Illness" once a week and offers fun, laughter, food, complementary therapies and a place to share with others who are traveling a similar journey. Day Hospice helps individuals to continue to find meaning and purpose in life and empowers participants through their involvement in meaningful activities such as legacy work. It also provides respite for caregivers (76% of Canadians caring for a loved one feel in need of help).



\$150 provides breakfast, lunch and snacks for 1 participant in the 10 week day hospice program.

Senior Services



Senior Programs at SCHC encompass everything from help with daily living (like Meals on Wheels, Home support and maintenance) to expanding the creative, physical and mental health of seniors in Scarborough (through our Active Living Centre, Congregate Dining and wellness workshops). SCHC believes that people can not only live long, but live well - enriching the social and cultural fabric of their communities.

\$75 provides 26 weeks of exercise class for 1 senior.