

СЛАВА УКРАЇНІ! ГЕРОЯМ СЛАВА!

help us help u



2022

Annual Report

TABLE OF CONTENTS

02 Message from the Chair

03 About Help Us Help

05 Our People

Board of Directors

Staff

Volunteers

09 Our Projects

19 Donors

OUR CORNERSTONE PROJECTS



MESSAGE FROM THE CHAIR



On behalf of the Help Us Help Board of Directors and staff, I am pleased to present our 2022 Annual Report.

This has been a devastating year for Ukraine and the diaspora alike. On February 24, 2022, Vladimir Putin launched a full-scale attack on major cities across Ukraine, endangering the lives of countless innocent Ukrainians. As an organization that supports vulnerable populations of Ukraine, it was our duty to deliver much-needed aid to the victims of this horrible atrocity.

Over the past year, among other things, we managed to continue providing support to several orphanages, supported over 400 individuals with relocation, and provided humanitarian aid from Canada, Ukraine, and Poland. Despite the war, we were able to provide 30 Scholars with an opportunity to further their education and self-development without taking on the financial burden of student loans. While we were not able to deliver all of our regular and much-loved programming, we did partner with St. Javelin to co-host a small winter and summer camp that provided much-needed relief and therapy for internally displaced children.

Due to the war, Help Us Help had to suspend much of its regular programming to respond to the urgent needs of the people of Ukraine. As such, this report will include many initiatives outside the reach of our regular beneficiaries. Despite the challenges, Help Us Help continues to grow as an organization, and I cannot be more proud of the work that Help Us Help has accomplished in 2022.

I want to thank everyone for their unwavering support of Help Us Help, especially the Temerty Foundation which continues to support our work and transformation. I would like to offer a special thank you to Christian Borys and his team at Saint Javelin who have made Help Us Help a benefactor of several of their campaigns.

Our staff and volunteers have worked tirelessly over the past year to provide humanitarian aid, mental health support, and relocation assistance to the people of Ukraine, and we are grateful for their efforts. Much of this work would not be possible without the generous contributions and support from the Help Us Help community. Thank you

I look forward to sharing our successes with you, celebrating Ukraine's victory, and supporting our beneficiaries.

Slava Ukraini!

A handwritten signature in black ink, appearing to read 'Kadie Ward'.

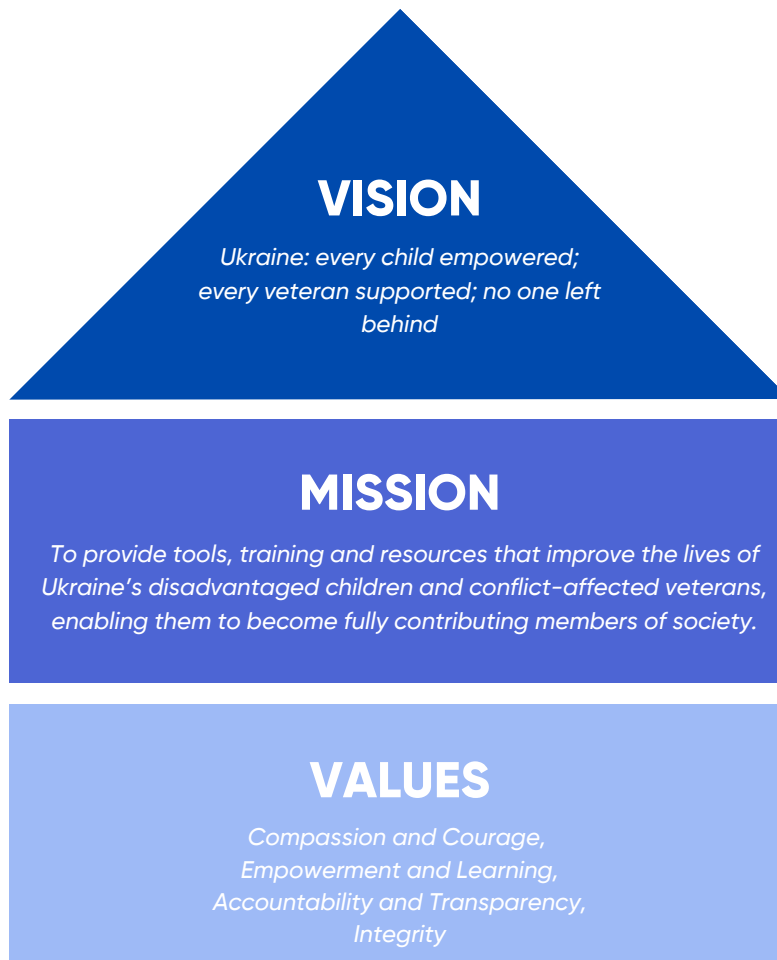
**Kadie Ward,
Chair**

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 to supporting Ukraine's democratic development as the country looks to rebuild a brighter future.

OUR MISSION, VISION AND VALUES



OUR PEOPLE

Board of Directors



Dr. Marie Bountrogianni
Chair/Past Chair



Ms. Kadie Ward
Vice Chair/Chair



Ms. Tamara Bolotenko
Vice Chair



Ms. Tatiana Tonkovich
Treasurer



Mr. Gregory Ciupka
Treasurer (Outgoing)



Ms. Petra Wrzesnewskij-Cottrell



Mr. John Moskalyk



Mr. Mark Keller



Ms. Leah Temerty-Lord



Mr. Eugene Honcharuk



Ms. Oksana Smerechuk



Mr. Yaroslav Stesenko



Mr. Andrew Potichnyj
(On Leave)

Help Us Help Committees

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



Help Us Help Staff



Marta Proctor
Interim Executive Director



Kira Antonyshyn
Director of Operations



Anka Wrzesnewskyj
Senior Program Coordinator



Olha Sumina
Manager of Operations



Zoriana Jacyla
Office Administrator

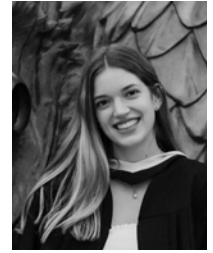


Lisa Avdeyenko
Bookkeeper (Part-Time)

Canada Summer Jobs



Danylo Stelmach
Project Administration
Officer



Oresta Hewryk
Public Relations
Coordinator

Help Us Help was fortunate to have two qualified individuals join our team this summer, sponsored by Canada Summer Jobs.

A Message From Incoming CEO



Mark Brickell
Chief Executive Officer

In 2023, Help Us Help will mark its 30th Anniversary. Never has its work been more important, or more urgently needed. All of us must do our part to support Ukraine and its people, in its time of need. Our Canadian and Ukrainian team members and volunteers are exceptional and ready to go, but we cannot do it without you. Your generous support of this organization makes all the difference. This past year we were able to provide aid and support to more than 46,000 individuals, living in Ukraine. Together, let us resolve that we will always Stand With Ukraine. Slava Ukraini!

Help Us Help UA Staff



Viacheslav Povsha
Executive Director



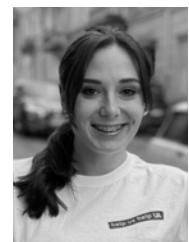
Ihor Paterus
Program Coordinator



Kostiantyn Halak
Director of Programs for
Persons with Disabilities



Kyrylo Nevdokha
Scholarship and
Humanitarian Aid
Coordinator



Yuliia Chekh
Humanitarian Aid
Coordinator

2022 Volunteers

Adrian Colbert
Adrianna Grod
Alex Maksymec
Alex Sokolowski
Alexa Chartchenko
Alexandra Bilchak
Alla Daschko
Alyssa Martschenko
Andrea Figol
Andrew Matys
Andrew Shewc
Andrij Bablak
Anna Kobylansky
Anna Kyskira
Anna Potoczny
Bohdan Dolban
Christina Moroch
Christina Wertelecky
Danusia Wysochanskyj
Danya Pankiw
Danylo Stelmach
Daria Prodan
Dmytro Dutka
Ella Zinntti
Genia Pastuszak
Irena Haponenko
Irene Bodnar
Jack Evans
Janet Bobechko
John Chepesiuk
Jonah Hart
Juillet Lev
Julia Martin

Katryna Szagala
Klara Dolnycky
Kyla Pyndiura
Lada Sumina
Lana Berestyuk
Lara Ladwig
Laryssa Grod
Laryssa Spolsky
Lidia Bindas
Lily Potoczny
Lincoln Dugas-Nishisato
Luda Pawliw
Luke Dashko
Lydia Bindas
Lydia Glavin
Lydia Moorehead
Marg Gadke
Mariya Haponenko
Mark Kalamín
Mark Keller
Martin Lebed
Maya Matla
Milla Pastuszak
Motria Ilnyckyj-Reive
Mykola Tuka
Natalia Kasiuk
Natalia Stadnyk
Nathaniel Moroch
Nika Ruzycky
Nina Derbish
Oksana Duma
Oksana Sawars
Oleh Reive

Oleksandr Kiva
Olena Darewych
Olena Grod
Olya Dziubaniwsky
Olya Lischyna
Paul Soltys
Petra Wrzesnewskyj
Raya Dzulynsky
Roma Kachmarsky
Roman Bindas
Roman Kalyniuk
Samantha Dugas
Sofiya Galych
Sonya Lovell
Sophia Dzubaniwsky
Sophia Holowaty
Sophia Szagala
Sue Palmer
Taisa Mysakowec
Taisa Snihura
Taissa Wertelecky
Tamara Lebed
Tamara Martin
Tatianna McCarty
Tetiana Boszko
Tyn Soltys
Victoria De Sousa
Vika Mykytiak
Will Roman
Willem Hart
Yana Antonova
Yara Wrzesnewskyj

Thank You! | Дякую!

Ruslana Wrzesnewskyj Award

Our 2022 recipient of the Ruslana Wrzesnewskyj Award was former Board member, Gregory Ciupka. Gregory has volunteered with Help Us Help since the 1990s, delivering humanitarian aid to orphanages in 1993 and 1994. In 2019 he returned to the organization as a member of the Board of Directors and served as the acting Treasurer. Gregory has spent countless hours volunteering his time and sharing his knowledge in service to Help Us Help the organization, and we are so grateful for his contributions.



Volunteer Appreciation Event

Our volunteers have spent countless hours sourcing, sorting, and packing donations to ensure that critical medical supplies and humanitarian aid arrive in Ukraine safely, and efficiently.

In April, Help Us Help hosted a volunteer appreciation event to thank our volunteers for their hard work and dedication in support of Phase 1 of our medical supply drive.

Thank you to UNO Bistro for letting us use their space!



Ontario Service Volunteer Award

In 2022, we were happy to have been able to honour some of our amazing volunteers with the Ontario Volunteer Service Award.

Julia Krekhovetsky-Malaniy – 20 years
Petra Wrzesnewskyj-Cottrell – 20 years
Danylo Spolsky – 20 years
Stephanie Turenko – 10 years
Teresa Zenkovich – 10 years

Anna Kobylansky – 2 to 4 years
Alexandra Daschko – 2 to 4 years
Nikita Ruzycky – 2 to 4 years
Emily Lebed – 2 to 4 years

OUR PROJECTS

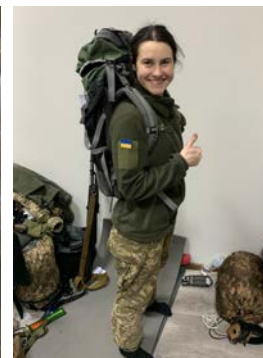
Humanitarian Aid



As an initial response to the war, Help Us Help launched Phase 1 of its Medical Supply Drive, where we collected and distributed 340 boxes weighing over 6,607kg to Ukraine. For 8 weeks, Help Us Help staff and volunteers collected medical and camping supplies such as CAT tourniquets, IFAKs, OTC medications, flashlights, and camping mattresses.

In June, we launched a successful second phase to the project, where we collected a total of 142 boxes weighing 2670kg.

In total, we delivered over 10,000 kg of medical and humanitarian aid from Canada to Ukraine. In addition, Help Us Help has passed on 19 duffle bags and suitcases of additional IFAK donations / medical supplies.



We partnered with a volunteer organization in Poland to source and deliver humanitarian aid from Europe. With this organization, we managed to coordinate 9 deliveries containing food, medication, fire hydrants, fire retardant vests, and mobility devices.





Our agency in Ukraine, Help Us Help UA has been working hard to distribute supplies collected to various relocation centers and orphanages. In addition to the humanitarian aid sourced in Canada and Europe, HUH (UA) were able to deliver essential items such as generators, refrigerators, and life-saving OTC medication.



Misto Dobra

Misto Dobra (The City of Goodness) is a social service centre and a shelter for mothers and children based in Ukraine. Since the Russian invasion, Misto Dobra has taken in hundreds of families and children.

Help Us Help was able to provide Misto Dobra with new appliances for their new shelter, which will house another 100 mothers and children escaping the war.



\$291,495

**OF HUMANITARIAN AID SOURCED
AND DELIVERED WITHIN UKRAINE**

Financial Assistance

Since February 24, 2022, Help Us Help and Help Us Help UA have been providing one-time financial assistance to children and families affected by the war. The Help Us Help UA team has received thousands of requests for help from different regions of Ukraine and developed an evaluation system to determine the families in most need of financial support.



"It is organizations like yours that do not allow people to lose hope and fall into despair, because tomorrow, you never know if there will be nothing to feed your family, or if you will be able to pay for classes or rehabilitation. Our family is incredibly grateful to all of you for your financial help and support. Thank you from the bottom of our hearts. And a low bow to you for your tireless work."

Slusarenko Family

"I would like to sincerely thank you for the help provided and the children's service of Strilkivska village council for their support in this difficult time for us. War is not only suffering, fear, tears and death – war is also human self-sacrifice, a helping hand extended in time, the hospitable threshold of someone else's home... I understood this thanks to you."

Natalia Yeshchenko



78 FAMILIES WITH 221 CHILDREN

4 FOSTER FAMILIES WITH 39 CHILDREN

67 GRADUATES OF RESIDENTIAL INSTITUTIONS

415 VICTIMS OF WAR

First Responder Medical Support

As an initial response to the war, Help Us Help provided Individual First Aid Kits (IFAKs) and the associated medical supplies to volunteer medics who are caring for victims of the war.

Together with Unite With Ukraine, we were able to procure urgently requested medical supplies through reliable distribution channels in Europe, and send them directly to our contacts in Ukraine. Help Us Help's contribution provided volunteer medics with 1,372 Individual First Aid Kits, 4,250 tourniquets, and 50 Combat Medic Trauma Packs.



These supplies are critical. These supplies save lives.

Americares

In partnership with Americares, Help Us Help delivered over \$1.3 Million worth of medicine and medical supplies to Ukraine! The supplies have been and will continue to be distributed to Relocation Centres, Hospitals, and Volunteer Medics on the ground in Ukraine



Mental Health Hub

The Mental Health Hub began in 2021 in response to the COVID-19 Pandemic. This initiative aimed to provide Help Us Help Scholars and alumni with mental health support throughout the pandemic.

With the escalation of the war, Help Us Help expanded its regular Mental Health Hub services from Scholars to Internally Displaced Persons (IDPs) and victims of the war.

In total, a group of 8 psychologists located in 5 regions of Ukraine conducted:



2,371 hours

of group therapy sessions

842 hours

of individual counselling

137 hours

of training caretakers and relocation centre volunteers,



Summer and Winter Camps

Help Us Help was fortunate enough to sponsor two camps this year, led by SKIF and longtime Help Us Help volunteers. These camps, which took place in the summer and winter, engaged the children with various team-building workshops and activities that normally take place during Help Us Help camps.



NaplichnichOK

At the beginning of the school year, Help Us Help provided 1000 children aged 6-10 with backpacks full of brand-new school supplies to get them ready for the academic year.



2021-2022 SCHOLARS

In September, we had to say goodbye to our 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 Odenko
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



2022-2023 Scholars

In October, we conducted interviews for the 2022-2023 Scholars program. We are happy to announce that we are supporting a total of 30 Scholars this semester!

Alina Hiba	Kateryna Chyrva	Oleksiy Vdovych	Taras Odenko
Amelia Nebesna	Lazar Kuzentsov	Olha Bohomol	Tetyana Perevezentseva
Anastasia Neznanova	Liliya Hnatyo	Pavlo Shapovalenko	Valeriy Kosmach
Ayrika Nikulina	Maryna Kovaliuk	Piotr (Yevhen) Papa	Viktor Shepkiv
Beata Kurdyban	Oleh Turkov	Ruslana Roy	Viktoria Redkina
Diana Kit	Oleksandr Hlibka	Sandy Lokotosh	Viktoria Yaremchuk
Emilia Basha	Oleksandr Lysak	Solomiya Kravetz	
Karyna Derelo	Oleksiy Hashenko	Stanislav Lavoshyk	



Scholar Retreats and Seminars

In 2022, our 2021-2022 Scholars attended a variety of online seminars, some of which included "Ensuring the Housing Rights of Orphan Students in Ukraine", and "Resource Support Meeting for Scholars" once the war began. In addition, Scholars received group and online therapy as part of our Mental Health Hub.

The incoming 2022-2023 Scholars have had two in-person meetings in 2022.

Annual Introductory Retreat

During the two-day event, the Help Us Help UA team along with psychologist Lyubava Kazmirchuk, HRM of youth space network TVORA, and youth worker Ksenia Yemshina organized a variety of activities and created an atmosphere for project participants to get to know each other, provided participants with tools and resources for their further self-development and provided one on one and group counselling sessions.

The Scholars also had the opportunity to (virtually) meet the Help Us Help team as well as Founder Ruslana Wrzesnewskij.



"Believe in Yourself" Retreat

In December, our Scholars had the chance to meet once again, just in time for the holiday season. Our Scholars enjoyed a variety of mental health, craft and first aid workshops run by Mental Health Hub psychologists and Red Cross Ukraine. The Scholars also had the chance to see Avatar: The Way of Water, and participated in a Secret Santa gift exchange.



Bundle Up Ukraine

On November 17th we hosted the "Bundle Up Ukraine" fundraiser to purchase sleeping bags for Ukrainians without heat or electricity this winter. The event, which was a huge success, raised over \$300,000 in just over a month.

The event included free food and drinks thanks to our sponsors Pizzeria Defina, Lemon Meringue Studio, Julian's Shuck Shack, Future Bakery, Rosewood Winery, Zhoda Investments and Steam Whistle Brewery. Later in the evening guests had a chance to participate in a silent auction, as well as a live auction to purchase an art piece sponsored and provided by Saint Javelin.

"UKRAINIANS ARE FACING A LONG COLD WINTER AHEAD. LET'S STAY RESOLUTE AND FOCUSED AND HELP UKRAINE STAY WARM THIS WINTER"



Using these funds, we have purchased 2,600 high-quality sleeping bags to distribute to victims of the war in Kharkiv Oblast. In addition, we have partnered with the Canada Ukraine Foundation to deliver 2,600 food boxes alongside the sleeping bags.

- Oversized, rectangular footbox for use with boots on
- Secondary closure system for quick exit and egress
- Designed for use with gloves on
- Full length insulated draft tube
- Green sleeping mat to insulate the user from the ground
- Waterproof bivy sack to lock in heat and keep the user dry
- Weights: Sleeping Bag = 2.5 kg, Sleeping Mat = 5 kg, Bivy Sack = 8 kg



Due to the volume of the order, the sleeping bags and food boxes will be distributed in early 2023.

DONORS

\$100,000 +

Krembil Foundation
Saint Javelin
Temerty Family
Foundation

\$25,000 - \$99,999

First Generation Capital Inc.
Ihnatowycz Family
Foundation
Planidin Foundation
Queensway Automotive
Group Inc.
Walsh Foundation

\$10,000 - \$24,999

BCU Foundation
Burgundy Legacy
Foundation
Connor Clark & Lunn
Foundation
Danny Chung
Delores Buka-Huculak
Industrial Alliance Insurance
& Financial Services Inc.
WeirFoulds LLP

\$5,000 - \$9,999

ABC Residents Association
Community Fund
Alex Vitkin
BioHarvest Sciences
Borys and Hanusia
Kopystansky
Conam Charitable
Foundation

FCR Thriving
Neighbourhoods Foundation
Flowers Canada Growers
Inc.
Piwiarnia Inc.
Queen's Players
Raymond Zenkovich
Richard Atlas
Roma Lydia Huculak
Rosewood Estates Winery
Stagevision Inc.
The Old Sod Ltd.
Toronto North Dental
Hygienists Association
Trinity United Church
William Dempster

\$1,000 - \$4,999

Adam Brown
Adrian Hawaleshka
Adriana Tuz
Alex Sokolowsky
Amil Brian Shapka
Andrei Ermolaev
Andrew Jaciw
Anna Chepesiuk
Anna Vira Chyrsky-Harapa
Atomic Heating & Cooling
Benjamin Lochridge
Bill Gow
Bishop Marrocco/Merton
C.S.S.
Bohdana Ihnatowycz
Brian Stewart
Brian Traquair
Brynn Ostvik
Carolyn Tuckwell
Christina Gula

Christina N. Wertelecky
Christina Yurchuk
Christyna Prokipchuk
Clint Rivers
Constantine Patiniotis
CUPE Local 2316
Daniel Chitiz
Daniel Gengalo
David Bronskill
David Lahey
David McCann
Dennis and Sonia Sonia
Mogg
Dennis Raymond Best
Donna Wysochanskyj
Elham AyoubZadeh
Zvelle
Emma Cousineau
Erik Richard Mauke
Eugene Hontscharuk
Eugene Orest Kutney
Faustina Hockey Club
Gemma Un Sook Moon
Gordon Verk
Holy Name Catholic
School
Holy Protection
Ukrainian Catholic
Church
HomeLife/Cimerman
Real Estate Ltd
Joanna MacDonald
Johan G Larson
John Bilous
John Caliendo
John Donald
Judith Davies
Julia Murray

Juliana Zalucky
Kataryna Patsak
Lada Hirnyj
Larissa Blavatska
Laurier Helps Ukraine
WLU Students' Union
Lesia Kuzyk
Lev Pidwerbesky
Lisa Ross
Luba Donna Chemij
Lubomyr and Vera
Zalucky
Luigi LaRocca
Lydia Pyluk
Maksym Corp.
Mana Mirfendereski
Maria Anne Hohol
Mario Elia
Marta Beha
Mariusia Ambrosio
Masonry Medics Inc.
Melnyk Design Inc
Michael Hart
Michael Inwood
Michael Power / St.
Joseph High School
Michael Stanko
Michael Wissell
Mihaly Kis
Miles Zurawell
Minh Tam Huynh
Moez & Marissa Kassam
Foundation
Natalie Irene Erdmann
Neil Michael Selfe
Nicholas Hluszkiv
Nick and Adel Motyliwski
Ola I Osadchuk-Syniura
Orest Klufas
Orysia Sozanski
Pamela Alexander

Patricia Ann Koonts
Patricia Bilyk Szagala
Patricia Kasij
Paul Desmarais
Paul Slavchenko
Peter Czurylowicz
Queen's University Ukrainian
Students Association
Roma Dubczak
Roman Pawlo Gula
Ronald S Lewis
Russell Oleh Gnyp
Sean Oliver George
Sonia Baxendale
St. Sofia School
St. Valentine School
Steel & Oak Brewing
Company
Stefan Bojeczko
Stephan Namisniak
Stephen McArthur
Strategic Charitable Giving
Foundation
Teresa Zenkovich
The George Kostiuik Family
Private Foundation
The Rudolph P. Bratty Family
Foundation
The Willowool Foundation
Thomas Whalen
Trinh Nguyen
UYA Mississauga Golf
Valerie Elia
Vera Kostuk
Victor Lishchyna
Victoria Wronski
Walter and Win Kuplowsky
Walter Silecky
Walter Stachnyk
William Dale Somerville
William Dietz

Yuriy Bilynets
Zenon Potoczny
Zorianna and Eugene
Hyworon

\$500 - \$999

Adria Pruchnicki
Adrianna Grod
Alex Sokolowsky
Alexander Daschko
Alexander Logan
Amanda Rintisch
Andrea Snihura
Andrew Hodgson
Andrij Yuriy Harapa
Anna Kopystansky
Anne Shlarp-McArthur
Anton Radchenko
Ariadna Oc
Audrey Lengyel
Benny and Lorraine
Ambrosie
Betty Chartrand
Blair McCreadie
Borys Wrzesnewskyj
Cathy Graham
Charles Evans
Dan Mader
Daria Dolnycky
Daria Hensiorowsky
David Hugh Smyth
Deanna MacLellan
Diane Hook
Dorothy Pawluch
Dorwin James Cho
Eric Mykhalovskiy
Ernie & Jo-Ann Mee
Glenn Russell Brown
Gord Mawdsley
Gordon & Margaret Jack

Gretchen Raymond
Irene Berglund Jensen
Irina Galeeva
Janet Fanaki
Janet M Roscoe
Jean Piette
Jeanne Slyfield
Jeff Hyslop
Jeff Stolec
John Dudys
Jonah Levi Hart
Karen Chisholm
Kevin Dean
Larysa Pryshlak
Leanne Ruth Morrison
Lesley Parsons
Lisa Marlene Vogt
Lora Sidorenko
Lorne Colpitts
Luda Pawliw
Lydia Glavin
Marc Nadeau
Maria Romanec
Melissa Alexander Kee
Michael Chahley
Michael Lewyckyj
Monica Sim
Motria Dzulynsky
Myron Dzulynsky
Nadia Elizabeth Poluha
Nadia Hussar
Neil Osborne
Noelle Elia
Oleh Ilnytzkyj
Olena Veryha
Orest & Tanya Sklierenko
Pam McRoberts
Pennie Sibbald
Philip Cho
Robert and Barbara
Taylor

Robert Broley
Roman & Kristina
Tatarsky
Roy Swanson
Ruslana Alexandra
Wrzesnewskyj
Sajid Rizvi
Samantha Perrin-Dakin
Santiago Forero
Sherrie Johnson
Siobhan Ann Hanley
St. Catherine of Siena
Steven Lebed
Susan Doyle
Tatiana Vanderheyden
Taylor Boswell
Teresa Zenkovich
Terry Tonkovich
Tetiana Dzulynsky
The Empire Life Insurance
Company
Tracy Charles Warne
Tracy Maechant
Tula Alexopoulos
Uliana Tomiuk
Ulrich Sauter
Victor Malarek
Voyago Patient Transfer
Walter Eugene Chlysta
Win Kuplowsky
Windmill Creations CA
Yaroslav Stetsenko
Zenon Woychyshyn

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:



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

©2021 HELP US HELP