



# JAMAICAN SELF-HELP

## How **we** make a difference...

We work to provide assistance where it is needed most - in poor urban and rural areas of Jamaica. Our goal is to break the cycle of poverty by strengthening communities and offering educational opportunities for children, youth and their families.

### **EMPOWERING** People

- Improve the level of education and social competency of over 4,500 marginalized Jamaican children and youth
- Offer constructive ways for over 1,800 marginalized adults in seven communities to improve their financial, social and educational capabilities.

### **BUILDING** Community

- Increase the effectiveness of seven Jamaican (partner) organizations in meeting the needs of their communities
- Organize tours of Jamaican children and youth to Canada to promote cross-cultural understanding and awareness of global realities
- Raise over \$650,000 over three years that is matched by the Canadian International Development Agency (CIDA)

JSH facilitates community development and capacity-building opportunities in Jamaica and Canada, and raises awareness of global social justice issues through South-North communications and exchanges. Together with our Jamaican partners we can continue empowering people and building community.

## How **you** can make a difference...

### **MAKE** a Donation

- A donation of just \$30 will pay for one term of weekly dance classes for a child from inner city Kingston, Jamaica.
- \$100 will provide alternative community-wide activities for youth with the goal of building peace, understanding and respect.

### **JOIN** our "Hands Across the Water" Monthly Club

- A donation of \$20 per month will pay for a child to take remedial reading classes.
- \$45 per month will assist in providing counselling and support for families living in an unstable inner-city community.

### **BECOME** a Volunteer

Volunteers are always welcome to help with our educational and fundraising events or participate on a committee. Please share your talents and skills with us by volunteering at JSH.

### **ATTEND** an Upcoming Event

Tell your friends, family and colleagues about our work. Bring a group to an upcoming event. Volunteer in Jamaica by going on an adult trip.

*See reverse for more ways you can make a difference. ▶*

Jamaican Self-Help is an organization of Canadians working in solidarity to foster the development of healthy Jamaican communities through partnership based on mutual respect, understanding and a shared vision of self-determination; and to foster an understanding of global forces (North and South) and their interconnectedness.





### HOST a Fundraising Event

Organize an event where proceeds are designated to JSH. Consider hosting a coffee party, dance-a-thon, poetry reading, yard sale or a food/baking challenge. To help plan a successful fundraising event, request the JSH Third Party Event Guideline.

### ORDER a Gift Certificate

Give a gift of community. These certificates help to celebrate birthdays, anniversaries, Christmas or any special occasion! Your contribution will support our programs in Jamaica, providing educational and recreational activities, work and social skill development, and safe environments.

### LEAVE A GIFT in Your Will

After you have remembered your family and friends, please consider naming JSH in your will to help our work in Jamaica. If you are comfortable in sharing your intentions with us, we would be delighted to hear about your support and to discuss options with you.

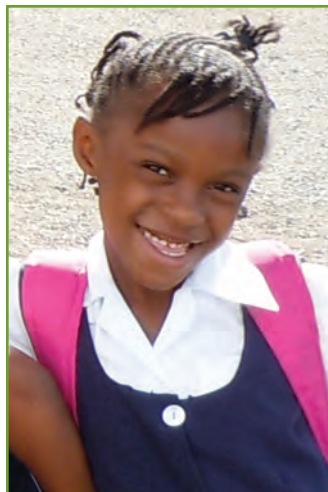
### HONOUR your Friends, Family and Colleagues

Donate in honour of someone on a special occasion or to commemorate an achievement such as a birthday, graduation, research discovery, specific holiday, anniversary, or wedding. A card will be sent on your behalf acknowledging your thoughtful donation.

Double your gift. Find out if your company has a Charitable or Matching Gift Program. Ask your human resources department or management to provide you with details.

### FIND us Online

- Friend us on Facebook at [facebook.com/jshcanada](https://facebook.com/jshcanada)
- Follow us on Twitter at [twitter.com/JamaicanSH](https://twitter.com/JamaicanSH)
- Visit us at [www.jshcanada.org](http://www.jshcanada.org)



### HOW WE USE YOUR DONATION

As a Canadian registered charity, we report regularly to our donors and funders and it is essential that we responsibly use your donation to fund our programmes here at home and in Jamaica.

At just 13% of our budget, we pledge to keep administration costs low.



*With your support... Jamaican children and youth have access to a better future.*

*Your commitment... strengthens our programmes in Jamaica and Canada.*

