

The holidays can be difficult for many, especially those who are staying with us in the hospital. The hospital can feel isolating and sterile so celebrating Hanukkah, Kwanzaa, and Christmas are just small gestures we can do to make someone feel a sense of comfort while seeking extra support.

Furthermore, those living with mental illness are among the most marginalized, oppressed, devalued and stigmatized populations in our community, so we want to celebrate and empower our patients to uproot any preconceived notions that may weigh on their spirit.

Due to the huge success of our backpack program last year, we have extended this activity to include the over 75 clients supported by our [Assertive Community Treatment Team \(ACTT\)](#).

The backpacks' contents range from some festive cheer to resourceful and helpful items, from self-care to encouraging healthy leisure activities. And the backpacks themselves are practical, as the patients & clients can be dealing with unstable or temporary living situations, and even possibly homelessness.

It's easy to help...

You can do this by yourself, with your family, your work colleagues

Buy a backpack & fill it! Or buy as many of the items as you are able, and we'll do the rest!

- Hygiene kit (toothbrush & toothpaste; shampoo & conditioner; loofah & body wash; body lotion; deodorant)
- Underwear & socks
- Hairbrush / comb / hair accessories
- Clothing & pajamas
- Activity / crossword books
- Feminine hygiene products (especially important for teenagers)
- Xmas treats, such as chocolates & pouches of hot chocolate
- Snacks , granola bars, bags of chips
- Hats & gloves
- Gift cards (e.g. Tim Hortons, Subway)
- Fleece Blankets
- Pillow case
- Travel pillow
- Fidget spinner / distraction items
- Gum
- Reusable Water bottle
- Art supplies
- sweaters & track pants (larger the size, the better)
- Other items are also welcome, except dental floss & razors.



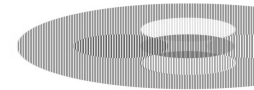
If you have items that you will be dropping off to the Foundation office, let us know too so that we can meet you & say thank you!
905.683.2320 x11501 or aphfoundation@lh.ca.

And so that we have time to deliver them to the staff, all backpacks & items need to be delivered to the Foundation office by **Thursday November 30th**.

If you would like to make a financial donation to support the backpack program, you can do so by

**DONATE
NOW**

**f Like Us On
Facebook**



- making your donation [online](#)
- calling the office - 905.683.2320 x11501
- dropping by the office, or
- mailing a cheque

If you want to get in touch with me, just give the Foundation office a call at 905.683.2320 x11501 or drop us an email at aphfoundation@lh.ca.

Or "like" us on [Facebook](#) to check out even more about what we are up to!

Yours in Philanthropy,

Tracy L. Paterson

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