

# GIVING TUESDAY NOW



#GivingTuesdayNow is a global day of giving and unity that will take place on every Tuesday in May as an emergency response to the unprecedented need caused by COVID-19. We invite all Canadians to join us in demonstrating the power of kindness and generosity.

Check out these charities that would appreciate your assistance during this unprecedented time.



COVID-19#safeathome Fund

**SPRIT OF THE NORTH**  
HEALTHCARE TECHNOLOGIES

LET'S WORK TOGETHER

Because Healthcare touches us all - each of us in different ways.  
Consider a gift today to the COVID-19 - #safeathome Fund  
Funding equipment and enhancements to healthcare not just for today but for the future.  
[www.spiritofthenorth.ca](http://www.spiritofthenorth.ca)

**Canadian Mental Health Association**  
Prince George & Quesnel  
*Mental health for all*  
[princegeorge.cmha.bc.ca](http://princegeorge.cmha.bc.ca)  
**250-649-8910**  
(during Covid-19)

E0011815136

**AIMHI**  
PRINCE GEORGE  
ASSOCIATION FOR  
COMMUNITY LIVING

**250-564-6408**  
[www.aimhi.ca](http://www.aimhi.ca)

E0011815777

**#StayWithUs**

Help us continue offering **online resources** to help you and the community **thrive while at home.**  
[nbc.ymca.ca/staywithus/](http://nbc.ymca.ca/staywithus/)

**BALANCE**  
Put a more ACTIVE you in motion  
Increase your energy levels and improve your overall health.

**FLEX**  
Put a STRONGER you in motion  
Increase lean body mass, improve circulation.

**STAY WITH US**  
Put a HEALTHIER you in motion.  
Reduce your risk of health issues as you age.