

# Join the Dispensary's Life Partners!

## To become a Montreal Diet Dispensary Life Partner is to allow a pregnant woman in need:

- TO HAVE ACCESS TO ALL OF THE DISPENSARY'S SERVICES: nutritional counselling and support (consultations with a nutritionist, food supplements), group activities (preparing for labour, breastfeeding, parenting skills, low-cost cooking, infant and child feeding from ages 0 to 5,...), daycare, as well as social and community support;
- AND, MOST OF ALL, TO GIVE BIRTH TO HEALTHY BABIES!

## How can you become a Montreal Diet Dispensary Life Partner?

### Make an annual donation of \$1 000 (the annual cost of prenatal care at the Dispensary).

The contribution can be made in a single payment or can be paid monthly (e.g. : \$83.50 per month for a year).

Make your donation directly on our website:

[www.imakeanonlinedonation.org/dispensaire/](http://www.imakeanonlinedonation.org/dispensaire/)

or by cheque payable to the Montreal Diet Dispensary.

## Every Dispensary Life Partner

will benefit from a recognition program, which includes a ticket to the 5th edition of the Dispensary's Fundraising Gala in May 2017, as well as updates on the pregnant women and their babies.



ANNIE-CLAUDE BÉDARD

*<< I was referred to the Dispensary by my CLSC to receive the nutritional support and tools that I needed. I came to the Dispensary and found a family! >>, Olive*



STÉPHANE MASSIE

*<< The Dispensary has given me a sharing space and has helped me out of isolation. The staff and the volunteers put their hearts into their work! Every service is given with professionalism. My wish is for more women to benefit from this type of support. >>, Vannia*

# Thank you!



JEAN TERRY

*<< I was certain that my child would never lack anything thanks to the counselling sessions with the nutritionist. Your advice regarding labour and breastfeeding have helped me feel confident and well-supported >>, Greysy*

**Our goal between now and December 31, 2016: recruit 10 Life Partners, raise \$10 000 and thereby allow 10 pregnant women to give birth to healthy babies in 2017!**



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Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,500 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.

**The Dispensary's services are funded by institutional donors, donations from organizations, individuals and groups of individuals.**