



What Makes Us Unique and Essential?

*The Only Bilingual Day Center in Montréal
for those Living with Multiple Disabilities*

Why we need your help?

- A safe day center, in operation since 1998, accommodating the most vulnerable in Montréal
- The Action Centre allows you to keep fit, keep the mind active and restores interest in life
- Education and social programs geared towards healthy lifestyles and quality of life
- Government housing, along with caregivers do not offer our educational and recreational services
- Over 50% live in subsidized Government housing – some of whom are mandated to leave their residence 3 days per week for 'structured activity'
- Healthcare attendants ensure the adult members maintain daily hygiene.
- The Action Centre has demonstrated its sound administration when it costs \$38.52 per day, while a similar center in Mississauga (Ontario) offers these services for \$71.60 per day per person.
- 90%+ of our members live on government disability incomes of \$9 600 annually
- Some of our members are rewarded by performing useful work for the Center which enhances their self-esteem

Vision

- Assist members to reintegrate into society through philanthropy and education
- Encourage members to learn and achieve to the best of their ability
- Create public awareness about the needs of disabled people living below the line of poverty

Mission

- Promote independence and reduce isolation
- Teach our members to be proactive when it comes to taking care of their health
- Promote mutual support, trust and acceptance
- Enhance self-esteem and reduce risk of depression
- Offer hope for a better future



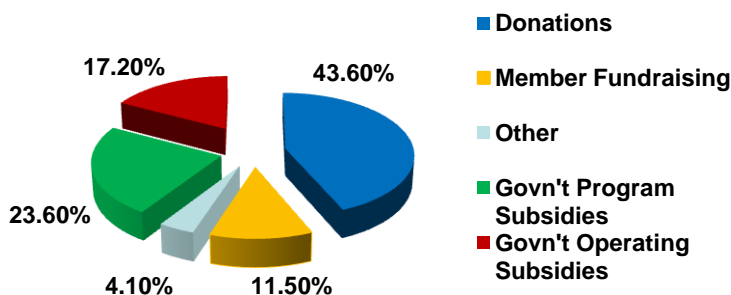
Educational Services

- French lessons
- Computer courses
- Classes on Nutrition
- Safe Cooking Classes
- Music Appreciation Classes
- Arts Classes
- Fitness Classes
- Writing and photography lessons
- Meditation lessons

Medical Services & Social Activities

- Clinical Neurological programs on pain/drug addiction
- Dental program via McGill University
- Visits to cultural and tourist attractions in Montreal
- Bowling, sailing and downhill skiing
- Dances and parties to celebrate life

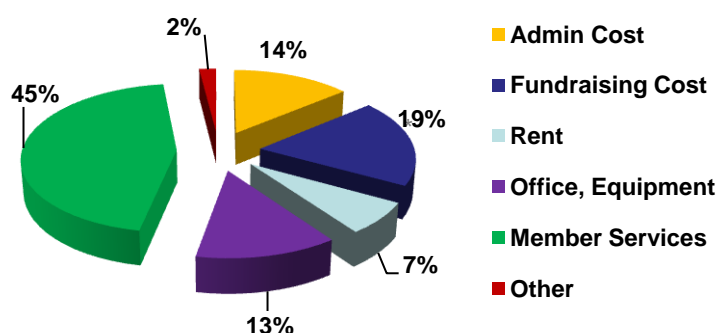
2010 Revenue Breakdown



Government Operating Subsidies: Support the overall operations of the Action Centre

Program Government Subsidies: Directed to specific Member programmes, i.e. the *Wellness Program*. In addition, these Programme Grants allow us to expand our core team with health care interns, teachers and caregivers, as required. While these grants do not support the overall operations of the Action Centre. They are critical in minimizing our overall staff head count costs.

2010 Expenditure Breakdown



Given the **multiple disabilities** of our Members, the Action Centre needs **specialized caregivers** to support their many daily requirements.

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