



Season's Greetings

2023



Dear Friends and Supporters:

The one common thread in Sunbeam's service to the community is embracing our Vision of "Inclusive communities where people of all abilities are valued." We value and uplift the people we serve while supporting and nurturing their families and other caregivers.

Families who provide round-the-clock care at home to children living with behavioural support needs and/or who require complex medical supports are often pulled in many directions. It is no wonder that we see an increase in caregiver burnout, as families become overwhelmed at times. Caregivers who have experienced burnout report being in a state of physical, emotional, and mental exhaustion.

Sunbeam's overnight respite program for children provides much-needed caregiver relief to families while providing a safe and secure home-like environment with supports tailored to meet the complex needs of each child.



Peju with her daughter, Febi

"Sometimes I feel like I'm just drowning and then this Sunbeam came into my life – you have helped my family so much. I must admit I was a little nervous sending my daughter, Febi to Sunbeam that first time. When I saw how well the staff cared for the children, and how much my daughter enjoyed her stay, I felt so reassured.

As a mother, I really needed that little break away, to refresh myself emotionally and physically - it makes such an impact on my life. And Febi really loves her time at Sunbeam . I definitely recommend Sunbeam's children's respite program." Peju, Mother of Febi

Your donation in support of our holiday season appeal will make a real difference to families in the communities we serve by helping to improve the affordability of and access to Sunbeam's overnight respite programs for children.

This year alone, we are well on our way to providing over 450 days of children's overnight respite services to families at **Sunbeam Kids Hub** in Waterloo Region.

Our respite programs offer not only the trusted care and support that our clients and their families have come to rely upon, but also include social and recreational activities, seating and positioning assessments, and access to a variety of aligned services and therapeutic amenities. The short-stay experience supports individuals' quality of life and often provides an opportunity for friendships to develop, gaining a new sense of community.

With your help, our goal this holiday season is to raise \$40,000 in support of overnight respite programs to help ensure the affordability of user fees charged to families in the coming year.

Wishing you and your family a peaceful and joyous holiday season, and much health and happiness in the New Year.

With Gratitude,

Ann Marie Yantz
President, Board of Directors

Brian Swainson
Chief Executive Officer

Show your Support this Holiday Season – donate using any of the following options:

Interact e-transfer

fundraising@sunbeamcommunity.ca

Cheque

Using the enclosed self-addressed envelope

Online

sunbeamcommunity.ca/donate

Credit or Debit Card

Contact Sana Ali,
Director of Financial Services
(519) 893-6200 ext. 1226

Sunbeam is honoured to serve the needs of children, youth and adults living with developmental disabilities, and their families across Waterloo Region since 1956.