

# GIVINGTUESDAY™

Imagine a day dedicated to giving back...

around the world, across Canada and here in your community! Most people know about Black Friday and Cyber Monday kicking off the holiday shopping season; now GivingTuesday is coming to Canada on Dec. 1st, and it is the opening day of the giving season. Be a part of the movement that celebrates giving back! On Dec. 1st, support a local cause and donate or volunteer with the charities that matter to you.

Join us and feel great giving while making a BIG difference in our community on Dec. 1st with GivingTuesday!

[www.GivingTuesday.ca](http://www.GivingTuesday.ca)



[nanaimofoundation.com](http://nanaimofoundation.com)  
250-667-4292

Help guide the future of your community and the causes you care about.



**United Way**  
Central and Northern  
Vancouver Island

[uwcncvi.ca](http://uwcncvi.ca)  
250-591-8731

Your support is improving 20,300 lives in the Central and Northern Vancouver Island region this year!



[crimsoncoastdance.org](http://crimsoncoastdance.org)  
250-716-3230

Hot Dance in Your Home Town!  
Performances, workshops,  
youth programs



[ghcf.ca](http://ghcf.ca)  
[ghcf@ghcf.ca](mailto:ghcf@ghcf.ca)

Helping improve primary  
health care services on  
Gabriola Island.



[iccare.ca](http://iccare.ca)  
778-441-4227

25 years providing shelter  
and care for those in need.



[themenscentre.ca](http://themenscentre.ca)  
250-716-1551

Resources for men and  
their families.



[nanaimohospitalfoundation.com](http://nanaimohospitalfoundation.com)  
250-755-7690

Feeding the healthcare needs  
of Central Vancouver Island.



[nanaimoartgallery.com](http://nanaimoartgallery.com)  
250-754-1750

Inspiring and challenging our  
community through art.



[nanaimohospice.com](http://nanaimohospice.com)  
250-591-8811

Supporting the dying, their  
caregivers and the bereaved  
in our community.



[nanaimocommunitykitchens.org](http://nanaimocommunitykitchens.org)  
250-758-2114

Cooking Together to Create  
a Healthy Community.



[nanaimofoodshare.ca](http://nanaimofoodshare.ca)  
250-753-9393

Local Food Matters! Enough  
Healthy Local Food for All, by  
sharing food, teaching food  
skills, and growing more  
local food.



[nanaimomuseum.ca](http://nanaimomuseum.ca)  
250-753-1821

Give our past a future -  
Adopt an Artifact.



[nanaimotravellerslodge.com](http://nanaimotravellerslodge.com)  
250-760-2646

Dementia impacts everyone.  
Support our programs that  
alleviate boredom, loneliness  
& helplessness.



[nuko.ca](http://nuko.ca)  
250-585-685

Hand in Hand,  
Together We Can.



[nanaimowomen.com](http://nanaimowomen.com)  
250-753-0633

Building healthy community  
through the promotion of  
social, cultural, and economic  
inclusion.



[nlsf.ca](http://nlsf.ca)  
250-753-4074

Supporting vulnerable  
students at Nanaimo  
Ladysmith Public Schools.



Parent Support  
Services Society of BC

[parentsupportbc.ca](http://parentsupportbc.ca)  
604-669-1616

Parenting is Hard  
- Especially During  
Holidays.



Vancouver Island  
Crisis Society

[vicrisis.ca](http://vicrisis.ca)  
250-753-2495 (office)

Emotional support via the  
Crisis Line (1-888-494-3888),  
Crisis Chat ([vicrisis.ca](http://vicrisis.ca)) and  
Crisis Text (250-800-3206)



[vancouverislandsymphony.com](http://vancouverislandsymphony.com)  
250.754.0177

Keeping Music Live, for our  
community including education  
& outreach programs for  
children & adults.



Text COMMUNITY to 20222  
to donate \$5, \$10, \$20 or \$25

Brought to you in  
partnership by:



United Way  
Central and Northern  
Vancouver Island

