
CAMFT ACTCF

The Canadian Association for Marriage and Family Therapy
L'association Canadienne pour la thérapie conjugale et familiale

PLEASE HELP THE MOST VULNERABLE

Hello fellow members,

I am sure most of you have been following the news more than you might have in the past. These are challenging times for everyone. People who have been laid off and have been living paycheck to paycheck will be struggling to put food on the table. Being required to stay home can lead to increasing conflict, anxiety and depression in some families. School and all sporting activities closing has removed crucial supports for many children. Not all children will have someone to help them get through this pandemic.

In response to these challenges, we have partnered with [Food Banks Canada](#) and [Kids Help Phone](#). Two national charities that help the most vulnerable families and children across Canada. As couple and family therapists we can all agree that these are very worthwhile causes. Your contributions will help prevent family crises and will help improve the lives of countless children.

Please take a moment to give whatever you can to either of them. They are helping those who are the most vulnerable in Canada and who will be in great need in the months ahead.

Please feel free to cut and paste these links onto your websites and social media channels. I will give a weekly update on how much we have raised for Food Banks Canada and Kids Help Phone. Together we can make a difference.



Click [here](#) to make a financial donation

Click [here](#) to donate or volunteer at your local food bank

Whenever you need to talk, we're open.
24/7/365

 Call 1-800-668-6868

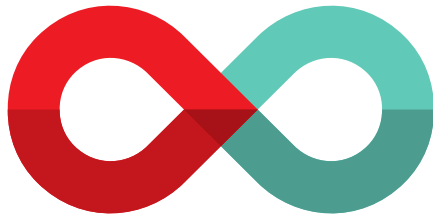
 Chat at KidsHelpPhone.ca

 Text 686868



Kids Help Phone 

Click [here](#) to donate
If you would like to volunteer click [here](#)



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Dr. Isra Levy, Vice President, Medical Affairs and Innovation at Canadian Blood Services, is calling on blood donors to book and keep appointments during COVID-19. Click [here](#).

Take Care
Andrew Sofin, MA, RP, RMFT