Help Our Homeless

35B Antares Drive		12698 County Rd. 18
Ottawa, ON		Williamsburg, ON
K2E 8B1		K0C 2H0
1-613-290-9890	1-866-452-6869	613-882-5102

To whom it may concern,

My name is Beth Carhart, and I am the director of Help Our Homeless. It's a privilege to share with you an initiative that holds a special place in my heart. Over the years, I've dedicated myself to serving our community in various roles: as a member of IOOF, a board member of JW MacIntosh, vice president of The Chamber of Commerce for North and South Dundas, and owner of Nunniyer Business. I'm also proud to serve on the boards of the North and South Dundas Chambers of Commerce.

In 2007, I saw a growing need in our community and felt compelled to take action. That year, I founded *Help Our Homeless* to provide critical support to the homeless population in our region. What began as a small initiative—offering backpacks filled with essential toiletries and winter supplies—has grown into a major annual effort. Today, we distribute over 250 backpacks through Ottawa shelters, Community Food Share in Dundas and Stormont Counties, and Naomi's Family Resource Centre in Winchester.

Each backpack is thoughtfully packed with items such as:

- Backpacks, blankets, and facecloths
- Hairbrush, Chapstick, deodorant, and manicure sets
- Can opener, utensils, and flashlights with batteries
- Winter essentials like gloves, scarves, hats, and hand/foot warmers
- Personal care items including toothbrushes, toothpaste, razors, and toilet paper (500 Rolls needed)
- First aid kits, ponchos, socks, and more

When multiplied by the number of backpacks we distribute, the scale of these donations becomes extraordinary.

But this work goes far beyond handing out supplies. Each backpack symbolizes hope, compassion,

and a message that no one is forgotten in their struggles. None of this would be possible without the unwavering generosity of our community members.

Together, we're making a difference—one backpack at a time.

Sincerely,

Beth Carhart

Director, Help Our Homeless