



# Fall Newsletter 2025

Volume 1, Issue XVIII

## A Message from the Freedom Centre

At the Freedom Centre, we believe in creating a place where everyone belongs—a space of hope, support, and community. Each month, we're excited to share the stories, programs, and opportunities that bring people together and make a difference right here in Cambridge. Whether it's a warm meal, a listening ear, or a chance to give back, we're grateful for every person who is part of this journey with us.

Helen Barry said “ Helping one person might not change the whole world, but it could change the world for one person.”

In all action, the Freedom Centre will be guided by faith in Jesus Christ, and His example, to help others by honouring them, to extend love, respect, dignity, compassion, and kindness to all.

## Bikeathon : Thank You for Making It a Success!

We are thrilled to share some exciting news — thanks to the incredible generosity and support of our community, the Freedom Centre Bikeathon/Walkathon raised **\$9,186**, nearly doubling our original goal of **\$5,000**!

This achievement would not have been possible without 23 dedicated participants who gave their time and energy, as well as our many sponsors and donors. Every kilometre walked or cycled, every pledge gathered, and every donation received reflects a community that believes in standing together to support those in need.

The funds raised will go directly toward Freedom Centre programs that provide meals, clothing, and essential support to vulnerable individuals and veterans in our community.

**THANK YOU!**  
**FOR HELPING US RAISE**  
**\$9,186**  
**THROUGH OUR**  
**BIKEATHON/WALKATHON**



From the bottom of our hearts, thank you for your generosity and

encouragement. Together, we are making a lasting difference in the lives of many. **Special Thanks to Maher Kela**, our board member who spearheaded this event.

## Our Ongoing Commitment to Veterans

Freedom Centre remains dedicated to honouring and supporting those who have served our country. Recently, we were privileged to purchase a laptop for a veteran, helping provide access to community connections, and essential resources.



We also extended financial support to a regional veterans' Fishing Derby, an event that promotes healing, camaraderie, and a sense of belonging among those who have worn the uniform.



As we look ahead to the holiday season, our goal is to prepare and distribute **15 Christmas hampers** for veterans and their families. Each hamper will include nutritious food, household essentials, and small gifts to help ease financial pressures and remind our veterans that they are remembered and valued.

This important work is only possible through the generosity of donors and sponsors like you. We invite you to consider supporting this initiative and helping us continue to meet the needs of veterans in our community. Together, we can make a meaningful difference in their lives. Non-perishable items can be donated. These would include canned good, hygiene products, pasta, rice flour etc.

Your support today can help us reach our goal. A gift of \$75 helps provide essential food items, \$150 ensures a family receives a complete hamper, and \$250 or more allows us to extend support to multiple veterans in need. Every contribution, no matter the size, directly impacts the lives of those who have given so much for our country. Financial donations can be sent to [donations@freedomcentre.ca](mailto:donations@freedomcentre.ca).

Please put your address in the memo box and indicate **Christmas Hamper** in the memo box for receipting purposes.

## New Senior & Youth Social Connection Group

We are excited to share that the Freedom Centre has received funding from the Waterloo Region Community Foundation Community Grants to launch a new Senior and Youth Social Connection Group.

This 8-week program will bring together 4 veterans and 4 youth to build meaningful relationships across generations. Youth participants will receive a stipend.

Together, participants will explore new tools, strategies, and coping

mechanisms, while strengthening self-care, social bonds, and self-assurance.

If you or someone you know would like to participate, please contact us and we'd love to have you join this meaningful program!

## Cambridge Neighbourhood Table



The Freedom Centre is proud to be part of Cambridge Neighbourhood Table, a partnership of local groups serving free, nutritious meals for anyone in need.

We have offered 2,287 meals so far (50% Adults, 30% Older Adults, 20% Children).

It's not just about filling plates—it's about building community, offering hope, and showing care for one another. Consider offering your time for this impactful program.

## Sandwich in the Park

Every week, the Freedom Centre brings people together through our Sandwich in the Park program. Volunteers prepare and share fresh sandwiches with those facing food insecurity, reminding our neighbours that they are cared for and never alone. It's more than just a meal—it's about connection, compassion, and building community.

We're so thankful for the volunteers and supporters who make this possible each week! A great opportunity to meet our friends.



## In Stitches – Crafting Comfort for Veterans

- Every Friday afternoon, a group of caring hands gathers at the Freedom Centre for In Stitches. Together, we crochet blankets filled with warmth and



encouragement for newly housed veterans in our community. Whether you're an experienced crocheter or just curious to learn, you'll find friendship, laughter, and purpose here. Each stitch is a small act of love that makes a big difference in the lives of those who served. Seven Afghans have been made so far for veterans and the group is now focusing on mitts and scarves. Anyone is

welcome to join on Fridays, no experience necessary, all supplies provided. Please email [julia@freedomcentre.ca](mailto:julia@freedomcentre.ca) for times and more information.

## Dismas Program – A Place of Hope and Belonging



Each month, the Freedom Centre hosts the Dismas Program, a gathering that offers support, encouragement, and community for those who have had conflict with the law. It's a safe and welcoming space to share a meal, build friendships, and walk together on the journey of rebuilding lives.

We invite you to join us—whether to take part, volunteer, or simply learn more about how we can support one another. Please contact: *Paul at [dismascommunity@gmail.com](mailto:dismascommunity@gmail.com) for more info.*

## Huge Thank You!

We couldn't do what we do without amazing community partners! Big thanks to *Encore Threads and Treasures*, *No Frills*, and the *Salvation Army* for supporting the Freedom Centre. Your kindness helps us keep serving meals, running programs, and lending a hand to those who need it most. We're so grateful!



*The Salvation Army*



*Javid & Salma's, Cambridge*



*Encore Threads and Treasures*

## Welcome to Our New Student

We're excited to welcome a new face to the Freedom Centre from Conestoga College who will be joining us as part of their community placement. Bringing fresh ideas, energy, and a passion for making a

difference, he'll be working alongside our team to support programs and learn more about non-profit leadership.

We're grateful for the opportunity to partner with Conestoga College and look forward to the contributions our new student member will bring!

"My name is **Harjobanpreet Singh** and I am a student of Social Service Worker at Conestoga college. I am quite interested in helping people and the community by advocacy and service. I decided to place with Freedom Centre due to its commitment to support people in need and establish community relationships. By such placement, I will be able to acquire some useful skills, have a chance to work in the field and make a difference in the programs."



*Harjobanpreet*

## Meet Our Volunteer



*Jessie*

"The Freedom Centre is a place where volunteers are greatly needed. I have helped with meals for community suppers and "Sandwich in the Park". It's been just over a year, but the people and experience has been rewarding and made me appreciative of the people we are able to help."

### Freedom Centre

**Where community comes together with care, connection, and hope.**

Make a Difference

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