

**Did You Know?**  
**That \$2 can**  
**save a life.**

**DONATE**  
**NOW**

Please donate at  
[porthopefoundation.ca](http://porthopefoundation.ca) or  
during your next visit to the  
Walk-in Clinic.

Tel. 905-885-4835  
[info@porthopefoundation.ca](mailto:info@porthopefoundation.ca)



**Did You Know? That \$2 can save a life.**

If everyone from our community finds it in their heart to contribute \$2 to the Port Hope and District Health Care Foundation, our Walk-in Clinic will continue to provide access to essential health care services and critical life saving programs in our community.



Learn more about our Foundation and how Port Hope just  
wouldn't be the same without it at [porthopefoundation.ca](http://porthopefoundation.ca)



## **Did you know that \$2 can prevent suicide?**

When you donate \$2 to the Port Hope and District Health Care Foundation your money helps fund life saving programs, counselling and services that help youth in our community whom are depressed, alone, facing abuse or are on the verge of committing suicide.



## **Did you know that \$2 will help more people in our community have access to family doctors?**

Your donation to the Port Hope and District Health Care Foundation will contribute to bursaries to help aspiring doctors realize their dream and one day come back to practice medicine in our community, creating a greater opportunity for health care support.

## **Did you know that \$2 can buy happiness?**

It's true. If everyone in our community finds it in their heart to contribute \$2 to the Port Hope and District Health Care Foundation, we get to keep our walk-in clinic along with all of the essential services it provides. That means we also get to avoid long waits times in the hospital emergency waiting room and instead can spend our time doing the things that make us happy.



## **Did you know that \$2 pays for the annual cost of your Walk-in Clinic visits?**

The Port Hope Walk-in Clinic is funded in whole by donations made to the Port Hope and District Health Care Foundation. Without your generous support, the Walk-in Clinic would no longer be able to provide the health care service and opportunity that our community so richly deserves.

## **Did you know that \$2 can dramatically improve quality of life?**

For those in our community affected with physical disability through accident, injury or old age, simply moving around can be a chore. With the right pool therapy though, more people will not just move better, they'll live better too. Thanks to the pool therapy program funded by the Port Hope and District Health Care Foundation, quality of life can improve dramatically for those otherwise abled in our community.



## **Did you know that \$2 can help a child realize their full potential?**

The Port Hope and District Health Care Foundation contributes to life changing programs in our community. For children who need a little extra help, the Multi-Sensory Room provides an environment to help increase a child's focus, relieve challenges and make growing up a little bit easier.