

Recovering from addictions is never easy, and especially when there is a stigma. Often there are patterns of childhood trauma and violence that co-exist with the addiction issues that pose difficult challenges to women and families. Recovery is a process which means taking many steps, often over a period of months or years.

Starting today, please take one step and make a difference for these women and our community. It's as easy as making a donation to Women's Addiction Recovery Mediation.

By making a one time gift, you take one easy step forward. By pledging a monthly or yearly donation you will help to provide a WARM tomorrow.

WARM is funded by donations, grants which include United Way of Niagara Falls and Greater Fort Erie and United Way of South Niagara, and fundraising, which includes Fort Erie Bingo and Lottery.

Please join us in building better communities and families. Your donation is the most important part of keeping WARM doors open.

Please give — \$10 or \$20 — or more. And if you can, sign up for our monthly "One Step Programme" where we automatically receive your gift from your bank account or credit card — every month!

All gifts to WARM are eligible for a tax receipt. Our charitable number is 141069252R0001.



United Way of Niagara Falls and Greater Fort Erie  
United Way of South Niagara  
WARM is supported by

"When I first came to W.A.R.M. it was like...big outstretched arms for me."

"If I didn't have W.A.R.M.'s support, I honestly don't know where I'd be today...they helped me cope with my recovery."

"There are many dreams, hopes and goals that have replaced a once very frightened, angry, lonely, and sad person."  
"I came in looking for a Band-Aid...I stayed for elective surgery."

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### Yes — I want to take One Step Forward for WARM.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Here's my gift of: \$ \_\_\_\_\_

Here's my gift of \$ \_\_\_\_\_ per month from my credit card  bank account  (enclose void cheque)

VISA \_\_\_\_\_ Exp. Date \_\_\_\_\_

MasterCard \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

**To help provide a warm tomorrow.**



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**Please take one step forward....**