



Run and fundraise for women in this year's Virtual Eastside 10k

The Downtown Eastside community has been greatly affected by COVID-19. The opioid crisis compounded by the pandemic has caused the loss of many women in our community, a disproportionate amount being Indigenous women.

Women continue to persevere, but they are in greater need than ever before of crucial services.

The Downtown Eastside Women's Centre needs your help to provide continued support to the women we serve during these unprecedented times. The pandemic has greatly impacted our fundraising proceeds from events. Join us as we run and fundraise for women in this year's virtual race and give to those who need it most.



"As a board member of the Downtown Eastside Women's Centre for the past few years, I've witnessed firsthand the confidence, empowerment, and community DEWC provides for women that walk through its doors. As the only no-barrier, women only shelter in the area, DEWC is an important and relevant sanctuary for our community. Each year, I run for DEWC because I believe in advocating for women to feel strong, confident, and bold. Without basic necessities like food and shelter, however, empowerment is impossible. With the COVID-19 pandemic threatening the DTES more than ever, we are in critical need of funds."

- Diana Chang, DEWC Board Member



FUNDRAISING IDEAS

Send letters and emails to your friends, family, co-workers, and neighbours using the letter on the next page.

Sew home-made masks, with all proceeds going towards sponsoring your virtual run. Collect cash and unput to your fundraising page as an offline donation.

Hold a virtual bake sale. Accept e-transfer payments to contribute to your fundraiser and provide a contactless delivery of your home-made treats!

Host an online silent auction. Have your friends, family, and contacts bids on any collected items. Proceeds go towards sponsoring you on your run.

Organize a virtual benefit class or show on social media (ex. music, poetry, or a virtual yoga class) with proceeds sponsoring your run.

Use your creative skills and brainstorm rewards for those who sponsor you: for example, art prints, homemade cards, etc. Use rewards levels as added incentives (ex. must donate more than \$100 for a reward).

PLEDGE FORM

If online donations are not possible, keep track of your donations using the form in this folder. This is especially useful for cash and cheque donations.

SPREAD THE WORD

Keep us updated on your running journey and share what you are up to with your community!

Instagram: @dewcvancouver

Twitter: @DEWCVancouver

Facebook: DowntownEastsideWomen'sCentre



Support me as I run for women in this year's Virtual Eastside 10k!

Dear friend,

I am participating in the Eastside 10K this September and I am seeking your support. Please consider sponsoring me as I raise funds for the Downtown Eastside Women's Centre (DEWC), one of the busiest women's centres in the country.

DEWC offers a drop-in centre and emergency night shelter for women and children living in extreme poverty, providing safe space, basic needs, and support services to many of the city's most marginalized women. Over 500 women and children are hosted daily, with demands exponentially increasing due to the ongoing crises. DEWC serves as a crucial sanctuary and refuge, connects women to a continuum of care, and enables empowerment and long-term changes.

With every pledge of just \$5 you are providing a woman with access to a hot nutritious meal, safe and clean shower; a place of safety from the street; and specialized services such as Advocacy, Housing Outreach, Victim Services, HIV Case Management, Chinese Senior Outreach and Cultural Programming.

To support me, and DEWC, follow these steps:

1. Make your donation on my fundraising page: [*\(copy and paste pledge page URL here\)*](#). A charitable tax receipt will be issued for all donations.
2. Encourage your friends, family, coworkers, and neighbours to sponsor me -- or to join me in running. Share my page on social media and help me reach the widest possible audience!

PLEDGE FORM

for cash donations and fundraising events



Please ensure that all fields are filled out correctly and completely in legible writing.

This section is to be filled out by the runner.

LAST NAME: _____ FIRST NAME: _____ PHONE: _____

ADDRESS: _____ CITY: _____ PROV: _____ POSTAL CODE: _____

SPONSOR NAME	MAILING ADDRESS	EMAIL	PHONE	PAYMENT TYPE	TAX RECEIPT (Yes/No)	SEND TAX RECEIPT BY (Email/Mail)	PLEDGE AMOUNT
John Smith	123 Main Street, Toronto, ON M4Y 1H4	john@work.com	123-555-5555	<input type="radio"/> Cash <input type="radio"/> Cheque	Yes	Email	\$100

Tax receipts will be issued by race organizers.

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All proceeds go to the Downtown Eastside Women's Centre

TOTAL THIS PAGE: \$ _____