

New moms get “Good Beginnings” with help from Women 4 Change Fund

Hamilton Community Foundation announces \$60,000 grants for women and girls programming

Hamilton, ON – Overwhelmed new moms have more access to much-needed support from Good Beginnings, a YWCA program that will receive funding from Hamilton Community Foundation’s Women 4 Change Fund.

Good Beginnings connects volunteers — who are mostly nursing students — with new moms and babies for weekly visits. Volunteers provide in-home support and help with other tasks such as medical appointments.

The grant is just one of several from a recent round of Women 4 Change funding that supports women and girls in Hamilton with close to \$60,000. Other recipients include:

- A coding boot camp for women
- A legal advisory program for newcomer and visible minority women
- Hamilton East Kiwanis Boys & Girls Club program supporting the hub of girls programs provided at multiple sites

“Each of these grants addresses a crucial transition point in the lives of women and girls,” says Sheree Meredith, VP Philanthropic Services. “The goal of Women 4 Change is to provide support to manage the through changes at these critical times and support a positive trajectory for their lives.”

Women 4 Change was established by Hamilton Community Foundation in 2012 to increase the effectiveness of women’s philanthropy and to enhance the lives of girls and women in Hamilton. This fund is based on four pillars: learn about effective philanthropy, inspire contributors, invest through collective granting, and transform lives. There are now close to 70 contributors to this giving circle.

A list of all Women 4 Change Fund grants follows.

For more information about Women 4 Change, please visit hamiltoncommunityfoundation.ca/women-4-change

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Hamilton Community Foundation has been working to drive positive change in Hamilton since 1954. We do this by helping people give in a way that has meaning to them and impact in the community, providing grants and financing to charitable organizations and initiatives and bringing people together to address priority issues that affect Hamiltonians. Last year HCF gave 594 grants to 230 charities, granting some \$7.9 million across the community.

-30-

LIST OF GRANTS

The following grants are part of the latest round of funding from Women 4 Change.

- FAB (Fit, Active Beautiful) - \$5,000
 - FAB empowers young girls in low-income communities. This grant will allow the expansion of the program to high-school age girls in the Riverdale neighbourhood.

- YWCA Good Beginnings - \$5,000
 - Good Beginnings provides assistance for moms with infants and focuses on women with postpartum depression.

- Kiwanis Boys and Girls Club - \$35,000
 - This grant continues the girls' programs with an expansion to include a STEM component. It also adds a boys' program on healthy relationships.

- Industry Education Council - \$10,000
 - In partnership with Mohawk College, this grant provides a 12-week coding boot camp for women at the Eva Rothwell Centre.

- Social Planning & Research Council (SPRC) Legal Holistic Project - \$2,000
 - This program provides legal advice, advocacy and community development for newcomer and visible minority women. It is the first of a variety of grants that will support grassroots women's empowerment programs and opportunities.