

# Your change *changes lives*



**Your generosity supports real families facing real challenges! By filling a bottle, you're joining a community of generous people, coming together to bring hope to young families in our community. The bottles, once filled, provide support for today and impact for generations.**

**Participating is as easy as 1, 2, 3!**

**1**

**Pick up a bottle and fill it with cash, coins, or a cheque, or donate online.**

**2**

**Bring your bottle back on Father's Day (June 15th).**

**3**

**Sign up for our newsletter and keep us in your prayers.**

To donate online, visit <https://secure.qgiv.com/for/mainsprings/> or e-transfer [accounting@mainsprings.com](mailto:accounting@mainsprings.com).