

PROMOTE *Hope*



(NC) During uncertain and difficult times, acts of kindness can have a more meaningful impact and foster hope in the people around you.

Here are some ways to promote hope and kindness in your community:

Create a care package for newcomers

Join a volunteer organization that helps newcomers adjust to life in Canada. Create a care package that includes a small plant, journal or list of free local mental health resources and peer groups for extra support.

Organize a community cleanup

Gather a group of neighbours or colleagues to clean up a local park, green space or body of water. This not only helps protect the environment, but also brings people together, promoting a sense of community and shared responsibility for nature.

Host an inclusive community gathering

Organize a potluck dinner where everyone is encouraged to share dishes from their cultural traditions. Set up games and activities that foster kindness and celebrate diversity.

Create a youth kindness project

Partner with local schools or community centres and organizations to develop projects that support youth, such as mentorship programs or cross-cultural workshops on topics that speak to youth, such as creating safe online spaces.

Host a hope garden event

Organize a neighbourhood garden day where everyone can come together to plant flowers, vegetables or trees and exchange gardening tips. Share seeds or plants with neighbours to encourage community bonding and environmental stewardship.

How small acts of hope can make a big difference

(NC) In these uncertain times, small acts of hope can positively impact the lives of those around you. Here are some ways they can make a lasting difference:

Boosting mental health

A hopeful act can brighten the receiver's day and release feel-good hormones that lower stress and improve mood. But the giver also gets a mental health boost, as being kind to others can increase self-esteem and reduce feelings of isolation.

Creating a ripple effect

When was the last time you experienced a small act of hope or kindness? Chances are, it encouraged you to pay it forward and share the love with others. This is how one act can create a chain reaction of positivity. For example, buying a coffee for the next person in line can set off a chain of free coffees that lifts everyone's spirits.

Building a sense of community

Research shows people who are more socially connected to others are happier, healthier and live longer. Small acts of hope can create this sense of social connection and community and help those who may be isolated or lonely feel like they matter and are part of a group.

"Now more than ever, we must build on our shared values as Canadians," Governor General Mary Simon shares in her recent letter to Canadians. "We must encourage meaningful dialogue within our society and cultivate a renewed sense of pride and hope as we write the next chapters of our national history together."

Read the full letter and learn more about the importance of hope at gg.ca.

Unique ways to support causes you care about

(NC) Many of us have different causes that are near and dear to us. We might support organizations seeking social justice, championing environmental causes, tackling health-care issues that have affected a loved one, or all of the above. Here are four ways you can support your favourite charities this year.

Volunteer your time. There are an almost endless array of options for volunteering your time. Food banks and soup kitchens can always use an extra set of hands for sorting food or dishing it out. Environmental organizations regularly hold events to clean up local parks and waterways or to remove destructive invasive species. For a more informal approach, you could offer to shovel an elderly neighbour's sidewalk or organize a meal train for a family going through a traumatic experience.

Look for matching donations. Many charitable organizations have partnerships with corporations or government agencies that provide matching funds, sometimes multiple times. So, for every dollar you donate, the charity will receive several times that amount. Don't forget to ask for a charitable donation receipt. You'll get a bit of a break on your taxes, meaning you'll have more money available to give next



Volunteering is an effective way to support causes you care about.

time.

Shop with a cause in mind. There really is power to the phrase, putting your money where your mouth is. Where you choose to shop, or not, sends a message to retailers. You can choose to purchase from retailers that actively support the same causes you do, follow sustainability practices or are run by under-represented groups.

There are also opportunities at the cash register. Most grocery stores, for example, give customers the option of adding a small donation to their purchase to support children or families who don't have

enough to eat. Note, however, that you don't get a tax break for this kind of donation.

Repurpose with purpose. There are many options to repurpose articles of clothing that you no longer want or need. Throughout the year, Canadian company *la Vie en Rose* collects used bras under the Be Your Own Breast Friend program. The bras are given a second life and, for any that can't be reused, the materials are recycled.

Learn more about the program at laveenrose.co/en/be-your-own-breast-friend.

Puneet Jain

Notary Public

Ste. 201 - 5128 Victoria Dr.
Vancouver, BC V5P3V2
Phone: 604-324-6727
Cell: 604-728-3417

Puneet@jainnotary.ca
www.jainnotary.ca



REAL ESTATE TRANSFERS & MORTGAGES

NOTARIZATIONS

- Statutory Declarations
 - Affidavits
 - Letters of Invitation
 - Travel Consent Letters
 - Authentications
- Notarial Certified Copies of Documents

ESTATE PLANNING DOCUMENTS

- Wills
- Powers of Attorney
- Representation Agreements
- Health Care Directives

AVAILABLE ON WEEKENDS AND EVENINGS BY APPOINTMENT
MOBILE SERVICES ARE ALSO AVAILABLE

Don Davies, MP

VANCOUVER KINGSWAY

Community Office: 2951 Kingsway
604-775-6263
don.davies@parl.gc.ca
DonDavies.ca

**Celebrate and Embrace
Multicultural
Vancouver-Kingsway**



SUMMER HOLIDAYS AND CELEBRATIONS

- June 21 – National Indigenous Peoples Day
- June 27 – Muharram/Islamic New Year
- July 6 – Ashura (Muslim) Aug. 3 – Tisha B'Av (Jewish)
- Aug 4 - BC Day Sept. 1 – Labour Day
- Sept. 5 – Milad un Nabi (Malwliid)