

# FOCUS ON IMPACT

Together we're building a more inclusive community



## YOU MADE THIS CHRISTMAS UNFORGETTABLE

Thanks to you, the  
Acquired Brain Injury (ABI)  
Drop-In Christmas meal  
was full of good food and  
wonderful company

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Claudette served seconds –and thirds!– at the Christmas dinner you made possible

## You made this Christmas unforgettable

Claudette cooks every Friday at the ABI Drop-In. But this Christmas meal meant something more.

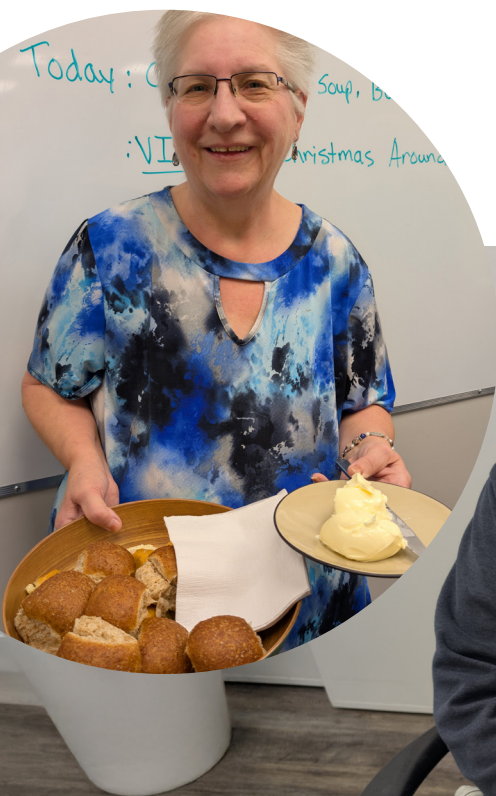
“I wanted to be sure that it was special, that people could come up for seconds or even thirds, if they wanted to,” Claudette says.

For many, the food was a highlight. But what really mattered was the feeling of being together.

“Our Friday sit-down meals go beyond nourishing our bodies with good food,” says Dana, a facilitator with ABI. “This is our chance to slow down, be present, catch up, and simply share in the moment.”

“These donations will help us continue to provide more nutritious meals all year long. Thank you!” – Claudette

Thanks to your generosity, the joy of that one night is now continuing each week, with warm meals, a listening ear, and a space at the table. Claudette says she’s so grateful for all your kindness.



## Turning Blue Monday into a week of wellness

Centennial Place clubhouse is a welcoming space in Mission for adults living with mental health challenges. It's where folks can focus on positive lifestyle choices, have a warm meal, and spend time with people who care.

“Being part of a supportive community is essential” – Krystina

Members know there's a strong link between what they eat and how they feel. That's why the clubhouse includes a café offering easy, healthy meals as part of daily life.

This January, instead of letting “Blue Monday”—known as the year's saddest day—bring people down, the community created a week of unique wellness activities. They cooked together, shared meals, and joined in simple activities to care for body and mind.

“Being part of a supportive community is essential,” says manager Krystina Hetherington. “At Centennial Place, that community is already built into everything we do.”

Thanks to the love and kindness of our donors, Centennial place can continue to offer year-round care and connection for those with diverse abilities in our community.



Clubhouse members, Joyce and Jeanecile say healthy nutrition makes a big difference to their mental wellness



Check out the story!



Justina believes that food security is vital for people living with disabilities or mental health challenges

## “Celebrating together gives our lives dignity”

When Justina received a letter from Communitas CEO, Matt Dirks, she was moved by what she read. The letter felt like a confirmation.

“Communitas believes what I believe: that everyone deserves to celebrate,” she says. “Celebrations of any kind are important. To celebrate together gives all of our lives dignity.”

When Justina worked at Communitas, she discovered that Communitas' commitment to funding life's celebrations was unique.

“The fact that Communitas fundraises so that these kinds of things can happen, that's not the norm” – Justina

“It was important to me as an employee to be able to celebrate together with the people I served,” Justina says.

Justina also believes that food security is vital for people living with disabilities or mental health challenges, who live on a fixed income.

“The rising costs of living, and especially of food, creates an unnecessary stress on people's lives,” Justina says. “The better the food security, the better their quality of life.”



# Little Sprouts Big Flavour

Stop in and taste  
the abundance



LITTLE SPROUT  
café

102-2776 Bourquin Crescent  
West, Abbotsford

A welcoming  
place to enjoy lunch,  
coffee, or something  
sweet—served by  
people of all  
abilities.

## Good food. Great purpose.

Did you know that Communitas runs a café in Abbotsford? Little Sprout Café is a bright, friendly place where people of all abilities are building job skills and gaining real work experience. As a social enterprise of Communitas, every dollar earned is reinvested into training, mentorship, and meaningful employment.

Whether you're stopping in for coffee, lunch, or a baked good, your visit supports inclusive employment and community connection. We'd love to see you there.



103-2776 Bourquin Crescent West, Abbotsford, BC V2S 6A4  
phone 604.850.6608 | fax 604.850.2634  
office@CommunitasCare.com | www.CommunitasCare.com

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