



Random Acts of Kindness Have A Big Impact

April 29, 2021

For more than a year, our local communities have been working hard to fight COVID-19. At the same time, they have also taken the time to support one another. At Lanark, Leeds and Grenville Mental Health and Addictions (LLGAMH), we are seeing the impact first-hand.

“We are so grateful for the generosity of our local communities,” says CEO Patricia Kyle. “Every gift has a direct impact on the clients we work with.”

There are many examples of kindness and we want to share just a few of them:

In lieu of their annual Ladies Night, the **Brockville Home Hardware** hosted a special ‘shop and save’ campaign to ensure a safe COVID-19 shopping experience. They created 200 swag bags, loaded with free goodies, samples and coupons, available for a \$10 donation. The bags sold out in eight days and raised \$2,000 for LLGAMH! Store Manager Stephanie Chauvin says her team was happy to help: “In light of the circumstances, we felt it was more important than ever to support those who support our store. Everyone puts on a brave face and you don’t necessarily know what they are going through. It’s nice to give back.”

The **St. Lawrence Valley Correction and Treatment Centre – Secure Treatment Unit** also had a plan to support LLGAMH clients in need. So they organized a collection drive with their staff. The results were impressive. Toiletries, hats and mittens and more were donated to both LLGAMH and Interval House. “Thank you to Social Worker Natasha Foster for leading the drive,” says Patricia Kyle. “These donations go a long way to support our clients.”

LLGAMH Board member **Cait Maloney** helped to ensure **John Harris’s** random act of kindness had a ripple effect. John donated 700 granola bars through the Westport Area Food Bank and Kudrinko’s Grocery Store in Westport. Some of the granola bars were distributed to LLGAMH clients in the region.

And finally, **Loaves & Fishes** and **The Pier** in Brockville deserve a salute for their ongoing support of LLGAMH clients. This dynamic team has been providing pre-bagged takeout lunches throughout the pandemic, including recent Easter dinners.

“There are so many wonderful stories like this, and we wanted to share just a few,” sums up Patricia Kyle. “Random acts of kindness truly do make a difference. Thank you to our local communities!”



Cutline: The Brockville Home Hardware raised \$2000 for LLGAMH by selling amazing 'Swag Bags'.



Cutline: The St. Lawrence Valley Correctional and Treatment Centre – Secure Treatment Unit provided a collection of items to support LLGAMH clients.

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