

2020

HELP US HELP ANNUAL REPORT



2020 Charity Information

Interim Executive Director: Krystina Waler
executivedirector@helpushelp.charity

Senior Program Coordinator: Anka Wrzesnewskyj
anka@helpushelp.charity

Communications & Development Officer: Kira Antonyshyn
kira@helpushelp.charity

Country Director in Ukraine: Tanya Bednarczyk
tanya@helpushelp.charity

Volunteer Inquiries:
volunteer@helpushelp.charity

Website: <https://helpushelp.charity>

CONTENTS

- 4** A message from our Founder and our Chair
- 6** Our Mission, Vision and Values
- 7** Introduction
- 8** Our Cornerstone Projects
- 9** Our People
 - Board of Directors, Staff & Volunteers
- 12** Programming
 - Children
 - Scholars
 - Veterans
- 17** Covid-19 Children's Relief Initiative and Humanitarian Aid Deliveries
- 20** Fundraisers
- 23** Achievements
- 25** Celebrating our donors
- 29** Financials





A MESSAGE FROM OUR FOUNDER



As *Help Us Help* approaches nearly 30 years of working in Ukraine, my heart is full. Watching the organization grow and change throughout its many chapters, and getting to know many of the people we impacted personally, has been my great honour.

As you will read throughout this report, the last year has been challenging for many. However, *Help Us Help* has persevered, pivoted and continued to do important work supporting the vulnerable in Ukraine while also growing and expanding as an organization.

I am very grateful to Dr. Marie Bountrogianni, the new Chair of the *Help Us Help* Board of Directors, for joining the organization and leading it as we embark on new challenges as a result of the COVID-19 pandemic.

Please join me in welcoming Dr. Bountrogianni to Help Us Help. Together we are stronger and will continue to grow our impact in Canada and Ukraine.

With love,
Ruslana Wrzesnewskyj



A MESSAGE FROM OUR CHAIR

The *Help Us Help* Board of Directors experienced many changes over the last year. I was honoured to be elected Chair by my fellow directors last September, building on the excellent foundation that Ruslana Wrzesnewskij laid. I'm proud to work alongside twelve incredibly talented individuals who will guide *Help Us Help* as it continues to grow and adapt in the coming years.

Please allow me to introduce myself and the journey that has led me to Chair the *Help Us Help* Board of Directors. As the Chief Psychologist for the Hamilton-Wentworth District School Board I was driven by my desire to help children. As a former Ontario Cabinet Minister, I held a number of different portfolios that allowed me to further fulfill this passion. These included:

Intergovernmental Affairs, Democratic Renewal, Children and Youth Services, and Citizenship and Immigration. While in office, I authored and oversaw the Accessibility for Ontarians with Disabilities Act from conception to royal assent, which established Ontario as a world leader in accessibility. My experiences served me well in my collaboration with the Ombudsman for Children in Ukraine at the Office of the President, Ukraine's former President's office, various disability associations, and the media in Kyiv. Together, we brought attention to the desperate need for support for children with disabilities in Ukraine, and our work culminated in laws in Ukraine changing.

As the former Dean of The G. Raymond Chang School of Continuing Education at Ryerson University, I fundraised for and supported entrepreneurial Ukrainian youth in attending Ryerson's incubator to help enhance their businesses in Ukraine. I also previously served as a member of the Democracy Study Advisory Council in Kyiv that supports European students in learning, through fellowships, about Ukraine's history. But the most humbling experience I have ever had in Ukraine was attending the anniversary of Babyn Yar in Kyiv as a guest of the Ukrainian-Jewish Encounter. Through these experiences, I continue to want to use my expertise to help children and veterans in Ukraine, and, in turn, Chair this dynamic organization.

Our Board of Directors continues to prioritize the health and safety of our community including our beneficiaries, volunteers, and staff. As such, since the announcement of the global pandemic in March 2020, *Help Us Help* has made the difficult decision to cancel all of our in-person marquee programs until it is safe, for everyone involved, to interact together once again.

Our efforts have been focused on helping vulnerable children and veterans in Ukraine navigate this difficult time of global uncertainty through the safest means possible. Alternative initiatives were designed to address both a shortage of basic life necessities and to address some of the mental health stressors that individuals are facing in isolation. These include *Help Us Help's*:

- Online Seminar Series for our past and present scholarship students;
- Online Buddy Program between our past and present scholarship students and *Help Us Help* volunteers in Canada and the USA;
- Online Support Groups and Mobile Support Services for veterans and their families;
- The COVID-19 Children's Relief Initiative in partnership with the *Canada Ukraine Foundation* and in cooperation with the *Ukrainian Canadian Congress*, *Meest Corporation Inc.* and Mykola Kuleba, the Ombudsman for Children with the President of Ukraine;
- The "Spirit of an Unusual Christmas" Winter Camp Replacement Program.

As the pandemic continues, we continue to adapt our programming to best serve the needs of vulnerable children and veterans in Ukraine. Details of all of these timely and important initiatives can be found throughout this report.

None of our work would be possible without the generosity of our *Help Us Help* community. I sincerely hope that once we are all vaccinated and this pandemic is behind us, I will have the opportunity to meet many of you in person. In the meantime, please accept my heartfelt thanks for all of your help over the years. Our work continues and we continue to ask for your support of our ongoing initiatives.

Stay safe and keep well.

With gratitude,

Dr. Marie Bountrogianni
Chair, *Help Us Help*





OUR VISION

Our organization aspires to be the trusted charity of choice for individuals in Canada and abroad who are passionate about delivering Ukraine humanitarian aid and education to ensure a prosperous future. We aim to deliver our donors consistent returns in the form of improvements in the state of Ukraine's humanitarian affairs and to build awareness in Canada. We envision a Ukraine free from institutionalized children, free from the wounds of war, and free to develop its own path to prosperity. In Canada, we envision a strong and prosperous multicultural federation that is committed to strengthening the future of a great country in need.*

OUR MISSION

We provide the tools and training that allow disadvantaged children to realize their dreams; that allow war-torn families to live their lives free of scars; that afford war-affected soldiers the opportunity to again become fully contributing members of society. Our camps for disadvantaged children and rehabilitation sessions for war-affected families and soldiers are run jointly by Canadians and Ukrainians to allow the bilateral transfer of skills, knowledge, and experience, and to strengthen the historical bonds between our nations.*

OUR VALUES

Courage and Compassion: The courage to shape a better future through compassion

Leadership and Learning: Leading assertively and respectfully, with an everlasting thirst for development

Adventure and Accountability: Seeking growth through adventure and remaining ultimately accountable.*

ABOUT HELP US HELP

Founded in 1993, *Help Us Help* (formerly known as Dopomoha Ukraini – Aid Ukraine) is a federally registered Canadian charitable organization, focused on humanitarian aid and educational projects in Ukraine and in Canada. In the 25 years since being founded, the organization has delivered more than \$25 million dollars in charitable aid to projects and organizations engaged in the areas of humanitarian aid, education, literacy, arts and culture, social work, civil society, and more.

In response to the consequences of the 2014 Ukrainian Revolution of Dignity, Euromaidan, Help Us Help expanded its charitable initiatives to include humanitarian support to the victims of the conflict. The organization is committed to raising awareness through education in Canada and in supporting Ukraine's democratic development as the country looks to rebuild a brighter future.

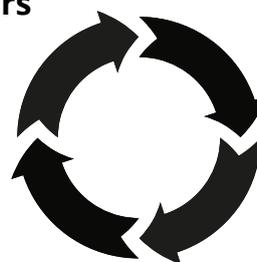
Our cornerstone projects include **Help Us Help: Children, Scholars and Veterans**

OUR PEOPLE

Help Us Help continues to rely on donors and the efforts of hundreds of volunteers, from camp counsellors to members of the Board of Directors. As the organization is poised to scale up and to expand into more areas of help for the vulnerable in Ukraine, administrative staff have been employed in Canada and in Ukraine to facilitate charitable work.

**Board of
Directors**

**Help Us Help
Staff**



**Help Us Help
Volunteers**

**Help Us Help
UA Staff**

OUR CORNERSTONE PROJECTS

CHILDREN

Help Us Help is dedicated to improving the quality of life for children living in orphanages in Ukraine, as well as children disadvantaged and displaced as a result of the ongoing military conflict in Ukraine. This project provides orphaned children and those deprived of parental care with immediate aid and ongoing support. Our mission is to improve their quality of life and health and create opportunities that allow them to realize their potential. We provide tools that can be taught and learned, but have also created a strong network of support and guidance – a notion of belonging to our extended Help Us Help family.



SCHOLARS

The Scholars Program helps orphaned children obtain post-secondary education in Ukraine. The program eases the financial burden for students and organizes leadership and life-skills workshops to assist in their development. Our selection committee nominates camp attendees based on leadership, scholastic merit, extracurricular activities, and their commitment to a positive lifestyle. During their time in the program, scholarship students annually attend Help Us Help's Summer and Winter camps and play a mentorship role to younger children on a similar life path.



VETERANS

The Return/Повернення is a project that provides reorientation, adaptation, and reintegration programs for Ukrainian combat veterans and their families. This project is aimed at mitigating the negative impact that a veteran's return from military conflict can have on the veteran and his/her family through psychological training, direct support, and post-combat humanitarian assistance. The focus of this project is not only on the returning veterans, but importantly involves the spouses and families of those veterans in Ukraine.



BOARD OF DIRECTORS

2019-2020



Ruslana Wrzesnewskij
- Founder and Honorary Chair



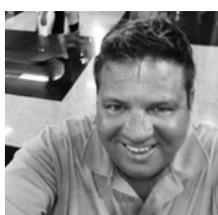
Mr. John Moskalyk



Ms. Petra
Wrzesnewskij-Cottrell



Mr. Andrew
Potichnyj



Mr. Mark Keller



Mr. Danylo Spolsky

2020-2021



Dr. Marie Bountrogianni
- Chair



Gregory Ciupka
- Treasurer



Dr. Paul Slavchenko
- Secretary



Ms. Petra
Wrzesnewskij-Cottrell



Ms. Kadie Ward



Mr. John Moskalyk



Ms. Tamara
Bolotenko



Mr. Marco Jacuta



Mr. Andrew
Potichnyj



Mr. Eugene Honcharuk



Ms. Leah Temetry-
Lord



Mr. Mark Keller



Ms. Oksana Smerechuk

OUR STAFF

HUH STAFF - CANADIAN OFFICE



Krystina Waler
Interim Executive Director,
Help Us Help

krystina@helpushelp.charity



Tanya Bednarczyk
Country Director in Ukraine,
Help Us Help

tanya@helpushelp.charity



Anka Wrzesnewskij
Senior Program Coordinator,
Help Us Help

anka@helpushelp.charity



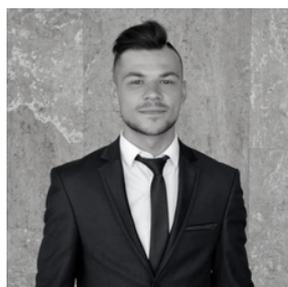
Kira Antonyshyn
*Communications &
Development Officer,*
Help Us Help

kira@helpushelp.charity

HUH UA STAFF - AGENCY IN UKRAINE*



Viacheslav Povsha
- Executive Director



Ihor Paterus
- Program Assistant

help us help **UA**

SUMMER INTERN YOUTH

In the Summer of 2020, *Help Us Help* received a grant to hire two qualified summer youth, **Taisa Mysakowec** and **Dana Salvador**, through the Canada Summer Jobs program.



Taisa Mysakowec
Volunteer Coordinator,
C.S.J.
Help Us Help



Dana Salvador
Public Relations Officer,
C.S.J.
Help Us Help

Canada
Summer Jobs

Canada 

*previously known as New Generation International Charitable Fund (Nove Pokolinnya), БО «МБФ «Нове Покоління»

2020 VOLUNTEERS

Adrian Sochaniwsky
 Adriana Erdman
 Alexa Chartchenko
 Alexa Pavliyuk
 Alina Bobovka
 Alina Hiba
 Alla Daschko
 Alyssa Martschenko
 Anastasia Kovalyova
 Anastasiya Hevko
 Anatoli Martchenko
 Andrew Blyzniuk
 Andrew Paranczuk
 Andrew Potichnyj
 Anka Wrzesnewskyj-Cottrell
 Anna Kobylansky
 Anton Ruzycy
 Anya Demyanko
 Anya Kobe
 Anya Kobylansky
 Ari Silecky
 Arika Gula
 Artem Rudyj
 Asya Shevtsova
 Ben Dunn
 Borys Brodziuk
 Cassian Soltykewych
 Dana Salvador
 Daniel Dmytriv-Stelmach
 Danusia Wysochanskyj
 Danylo Centore
 Danylo Dutka
 Danylo Grod
 Danylo Spolsky
 Daria Pavlovska
 Diana Derhak
 Diana Lysenko
 Dmitro Kolos
 Dmytro Dutka
 Emmy Lebed
 Eugene Honcharuk
 Greg Homick
 Gregory Ciupka
 Ian Ihnatowycz
 Igor Paterus
 Igor Shafran
 Iryna Hluschenko
 Jack Evans
 Jared Zamzow
 Jillian Higgins
 John Chepesiuk
 John W. Moskalyk
 Kadie Ward

Kaitlyn Dryden
 Karina Silyutina
 Kieran Quinlan
 Kira Antonyshyn
 Konstantine Zhadan
 Kristina Headington
 Kristina Horton
 Krystina Waler
 Kyla Pyndiura
 Lana Slezic
 Larisa Hayduk
 Larysa Campbell
 Lera Shmeliova
 Leah Temerty-Lord
 Lesia Potichna
 Liam Schalomon
 Lilijana Potoczny
 Liliya Ozyuma
 Lisa Komorowsky
 Luba Maslej
 Lubov Skoreska
 Luka Dacshko
 Maksym Levytsky
 Marianne Szczuryk
 Marie Bountrogianni
 Marc Marzotto
 Marco Jacuta
 Mariya Haponenko
 Mariya Stasyuk
 Mark Keller
 Markian Waler
 Marnie Howlett
 Marta Czurylowicz
 Marta Masnyj
 Marta Proctor
 Martin Lebed
 Mattay Dubczak
 Max Rabtsun
 Maxym Dubczak
 Maxym Kobylansky
 Misha Samofalov
 Misha Skrum
 Myroslava Lutski
 Myroslava Romaniuk
 Nadia Obuhivska
 Natalia Aleksyeyenko
 Natalia Hawrylak
 Natalia Kasiuk
 Nathan Pyndiura
 Naya Koby
 Nika Ruzycy
 Oksana Hrycyna
 Oksana Smerechuk

Oksana Tomaszewsky
 Oleh Gula
 Oleh Lutski
 Oleh Pawlyshyn
 Oleh Shapoval
 Oleksa Mojsiak
 Oleksandr Hnatenko
 Oresta Masnyi
 Paul Slavchenko
 Petra Wrzesnewskyj-Cottrell
 Raissa Dzulynsky
 Robert Beniak
 Roma Dubczak
 Roman Dubczak
 Roman Grod
 Roman Kalyniuk
 Ruslana Wrzysnewskyj
 Snizhana Gavryliuk
 Sofia Marushak-Love
 Sofia Semyon
 Sophia Holowaty
 Stepan Pekar
 Stepan Vovk
 Steph Turenko
 Tahir Stoyko
 Taisa Mysakowec
 Tamara Bolotenko
 Tanya Bednarczyk
 Tanya Pudlyk
 Tatianna McHardy-Metanczuk
 Tatiana Tonkovich
 Taras Mintenko
 Tereniya Kuzma
 Teresa McHardy
 Teresa Zenkovich
 Tetiana Fedchysyn
 Uliana Bilash
 Ustyna Hrytsiv
 Valeri Chobotar
 Viacheslav Povsha
 Vika Redkina
 Viktoriya Kabynets
 Vittorio Masellis
 Volodymyr Baraluk
 Volodymyr Chobotar
 Volodymyr Stepanov
 Wasyl Mudryk
 Yara Wrzesnewskyj- Cottrell
 Yulia Chek
 Yura Melko
 Yura Rafaliuk
 Yura Vasilkevych
 Zoriana Pentsak



THANK YOU!

CHILDREN

WINTER CAMP 2020

JANUARY 2 - 11

Help Us Help's 16th Annual Winter Camp "Christmas Spirit in the Carpathians" took place from January 2nd to 11th, 2020 in Vorokhta, Ivano-Frankivsk region, in Western Ukraine.

Help Us Help welcomed **92 orphaned and underprivileged children** from four corners of Ukraine. **81 children** came from **16 orphanages** and **11** were **children of ATO soldiers and veterans**. Amongst our volunteers were **8 current and 5 past scholarship students!** These students, who had once participated as children at our camps, learned the value of giving back by volunteering as camp counsellors and workshop leaders. They, along with our other staff and volunteers, provided a safe learning environment and a magical atmosphere for all the children.

Thanks to our generous sponsors, the *Bukovel Ski Resort*, the children at our Winter Camp 2020 learned to ski and snowboard in the largest state-of-the-art ski resort in Ukraine! Many of our campers experienced the following activities and traditions for the very first time: Ukrainian Christmas, carolling, skiing and snowboarding, Malanka, and a variety of traditional workshops!



CHILDREN

VIRTUAL SUMMER CAMP

32 residential institutions across Ukraine participated in HUH Online Summer Camp 2020!

The *Help Us Help* Team worked day and night to develop a fun, action-packed ten-day Online Summer Camp schedule; the theme was “**The Carpathian Dream**”. Throughout the week campers of all ages indulged in a wide variety of online activities which included morning movements, themed crafts, campfire sing-a-longs and much more.



SOCIAL MEDIA CHALLENGE



To keep our community engaged and share priceless memories with each other, *Help Us Help* held social media challenges over the course of several months. Present and past volunteers and program participants shared many of their favourite memories of *Help Us Help* with each other, making each of us feel a little less alone during quarantine.

BABY CARE INITIATIVE

Help Us Help conducted a pilot project over the last couple of years which was officially accepted as a part of *Help Us Help's* “Children” cornerstone project in 2020!

“The Baby Care Initiative” provides *Help Us Help* past and present program participants, who are now new parents, with basic and essential items for newborns and infants. Our team in Canada prepares parcels full of lightly used and new donated items that are sent to deserving families in Ukraine. The Baby Boxes are full of resources for the new arrivals and their parents, who have experienced hardship themselves. Throughout 2020, *Help Us Help* prepared and shipped **38 baby boxes**. *Help Us Help's* primary goal is to help these new families remain together by giving them basic necessities and one fewer things to worry about!

SCHOLARS

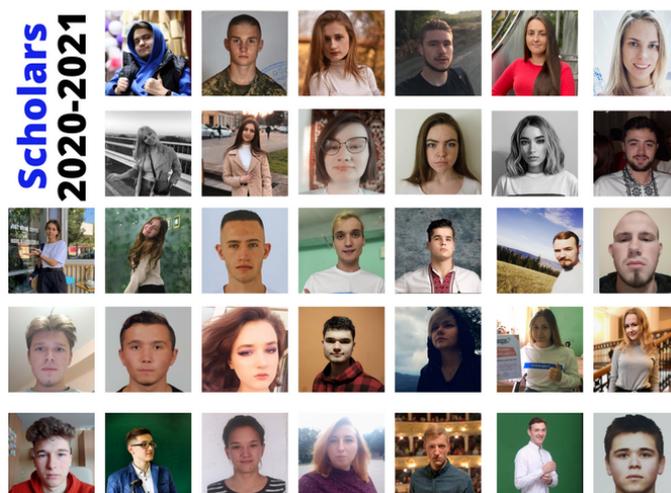
In the 2019 - 2020 school year we had the pleasure of supporting 27 students in their studies

| | | |
|--------------------|----------------------|--------------------|
| Eugene Babenko | Oleksandr Korchevsky | Dmytro Ratushnyak |
| Vladyslava Babych | Solomiya Kravets | Ruslana Roy |
| Kateryna Bakumenko | Stanislav Lavoshnyk | Mykhailo Samofalov |
| Alina Bobkova | Natalia Liutak | Volodymyr Shevchuk |
| Vlad Derelo | Dariia Lozheshnikova | Volodymyr Stepanov |
| Anastasia Hevko | Mykola Matsuta | Oleh Turkov |
| Olekandr Hlibka | Marta-Beata Papa | Ivanna Vytvytska |
| Vladyslav Hryshko | Stepan Pekar | Yevhen Yaremych |
| Alina Hiba | Yevhen Petryk | Oleksandr Zhyltsov |

In 2020, we welcomed 10 new students to join the 23 continuing:

There were a total of 33 students in the 2020 - 2021 school year

| | | |
|--------------------|---------------------|-----------------------|
| Eugene Babenko | Daryna Kovalyova | Stepan Pekar |
| Vladyslava Babych | Maryna Kovalyuk | Tetyana Pereveznetsva |
| Kateryna Bakumenko | Solomiya Kravets | Dmytro Ratushnyak |
| Alina Bobkova | Lazar Kuznetsov | Ruslana Roy |
| Vitaliy Brahanets | Gregory Kuznetzov | Misha Samofalov |
| Vlad Derelo | Stanislav Lavoshnyk | Volodymyr Shevchuk |
| Anastasia Hevko | Daria Lozheshnikova | Volodymyr Stepanov |
| Oleksandr Hlibka | Mykola Matsuta | Oleh Turkov |
| Vladyslav Hryshko | Kyrylo Nevdoha | Ivanna Vytvytska |
| Alina Hiba | Marta-Beata Papa | Tetiana Zhyvchuk |
| Tetyana Korol | Piotr Papa | Anna-Maria Kosaryeva |



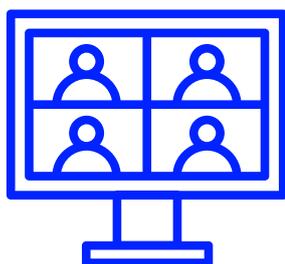
SCHOLARS ONLINE SEMINARS

In total, *Help Us Help* hosted **11 online seminars** over three weeks with participants that were enthused and engaged with the speakers. As part of leadership training, current scholarship students were given an opportunity to act as the “moderator” during the online seminar series. They introduced the topic of the seminar and speaker, as well as fielded questions from participants. Several of the online seminars were interactive and focused on **team-work** and **communication**. During these seminars, break-out rooms were created and smaller teams would discuss the question that was posed to them. The participants enjoyed the team-building and the opportunity to interact on a more personal level with each other at a time where they were feeling very isolated from the world.

SEMINAR TOPICS

- **HEALTH & WELLNESS** - staying positive in a pandemic
- **JOB SEARCHING & CAREER GUIDANCE** - "how to"
- **PSYCHOTHERAPY** - how to navigate a pandemic
- **VOLUNTEERISM** - community engagement
- **BUSINESS** - online sales, creating your own business
- **ENGLISH LANGUAGE** - importance of languages
- **CRITICAL THINKING** - in a pandemic
- **POSITIVE THINKING** - the key to being successful
- **MENTAL HEALTH** - emotional intelligence
- **WORK & TRAVEL** - experiences of a HUH alumni
- **SPEAKING** - self-expression and public speaking

Other online seminar examples include: **“What you need to know about COVID-19”** with **Dr. Fedir Lapiy** and **“Stress management and psychological support during a pandemic”** with **Tetiana Sirenko**



THE BUDDY PROGRAM

Launched May 2020, in response to the restrictions imposed because of the COVID-19 Pandemic, *Help Us Help's* Buddy Program was developed in an effort to provide a **reliable point of social connection** during “social isolation”. In 2020, the Buddy Program involved **42** of the charity's **past and present scholarship students** from Ukraine and **32 Help Us Help volunteers** from across North America.



VETERANS

MOBILE SUPPORT SERVICES FOR VETERANS

Mobile Support Services for veterans is a professional support team composed of a psychologist, a lawyer, and a case manager who travel to remote areas in the Kyiv Oblast to provide the veterans with psychological, legal, case management and employment support. This development allows support services for veterans and their families who cannot physically travel or who live in remote areas in the **Kyiv Oblast**.

In response to the Covid-19 pandemic, *Help Us Help*, in partnership with **IREX in Ukraine** and **Veteran Hub** Kyiv, started the Mobile Veteran Support Office project

Stage one: Assessing the needs and living conditions of the veterans as well as providing them with information about opportunities available through this program

Stage two: determining how to provide the identified veterans and their families with personalized support

Stage three: 8 months of consistent delivery of personalized support and community building activities.

To date, through incredible support of our donors, *Help Us Help* has been able to help fund two mobile support units.



Each program is run jointly by *Help Us Help*, the Ukrainian Public Union of Veterans, Pobratymy, and the Veteran Hub in Ukraine.



COVID-19 CHILDREN'S RELIEF

JUNE 2020 - FEBRUARY 2021

ZHYTOMYR, UKRAINE
ЖИТОМИР, УКРАЇНА

At the onset of the pandemic in 2020, in an effort to reduce the spread of the virus, thousands of children across Ukraine were sent from residential institutions and orphanages to their biological families. In the Zhytomyr region - a pilot region for DeInstitutionalization Reforms - **1,916 children returned home** to their families for quarantine. Monitoring revealed that hundreds of families were living in difficult circumstances and did not have enough food nor proper hygiene supplies for all members of their households.



To address the needs revealed by the monitoring, *Help Us Help*, the Canada-Ukraine Foundation, the Ukrainian Canadian Congress and Meest Inc., together with the Ombudsman for Children's Rights with the President of Ukraine, launched the COVID-19 Children's Relief Initiative to support the most vulnerable families in the Zhytomyr region. The purpose of this initiative was to provide the necessary support to ensure the safe transition of the children back into their biological families during the pandemic. It was our ultimate hope that these children would remain safely with their families forever.



COVID-19 CHILDREN'S RELIEF

JUNE 2020 - FEBRUARY 2021

ZHYTOMYR, UKRAINE
ЖИТОМИР, УКРАЇНА

From June 2020 to February 2021, *Meest Corporation Inc.* procured the contents of the kits through Ukrainian suppliers, assembled the kits, and completed **10 large deliveries** to the Zhytomyr Regional State Administration. We worked with the Zhytomyr Regional center of social services for families with children and youth to coordinate the distribution of the food and hygiene kits and to help oversee the social workers in their home visits. **500 food kits** and **500 hygiene kits** weighing a total of **21,500 kg** were then delivered by social workers to families in-need. The social workers provided invaluable insights into what kind of social and material support was necessary to make certain the children were properly cared for during this time. **265 families with 703 children** (including 135 with disabilities) received assistance through the COVID-19 Children's Relief Initiative. Notably, as of March 1st 2021, after the termination of the initiative, **147 children** assisted by the COVID-19 Children's Relief initiative remain at home with their biological families and out of institutional care.



A HUGE THANK YOU TO MEEST CORPORATION INC.

Throughout the years *Help Us Help* has been so fortunate to constantly be able to rely on *Meest Corporation Inc.* as a trusted partner.

The success of many of our programs would not have been possible without the reliable and steadfast support of *Meest*. Thank you!

HUMANITARIAN AID DELIVERIES

Throughout the pandemic, *Help Us Help* received many requests for aid. As we had a collection of items that had been donated before the onset of the pandemic, we were able to provide much-needed supplies to many families across Ukraine.

With the help of *Meest Corporation Inc.*, in both Canada and Ukraine, a trusted and reliable partner for many years, volunteers, as well as staff, *Help Us Help* and *Help Us Help - UA* (previously known as Nove Pokolinnya) provided humanitarian aid for vulnerable populations in Ukraine.

In total, **1,851 kilograms** of boxes were provided for **33 families** from the Sviatohirsk, Zhytomyr, Odessa, and Vorokhta regions. *Help Us Help UA* volunteers prepared **parcels of new maternity clothing** for expecting mothers living in **women and children's shelters** in Ivano-Frankivsk, Western Ukraine. **479 kilograms** were transferred to the *Cáritas-Spes*, who look after parents and families in the Ivano-Frankivsk and Zakarpattia regions. In addition, *Help Us Help* prepared and sent parcels to **15 residential institutions** and children's homes across Ukraine. *Help Us Help* was also able to prepare individualized packages that were sent to families of Ukrainian veterans.



help us help u
help us help UA

Meest



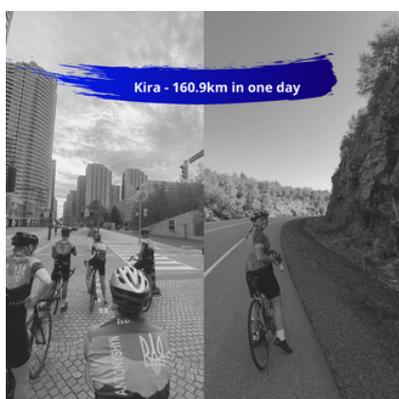
FUNDRAISERS

MOVE-A-THON 2020

AUGUST 7TH - SEPTEMBER 7TH 2020



In the Summer of 2020, *Help Us Help* hosted its first ever Independent Move-A-Thon! Twenty-two community members raised funds for various *Help Us Help* projects by participating in activities such as swimming, cycling, hiking and running. Together, the participants raised **\$40,799 in support of various Help Us Help Projects**



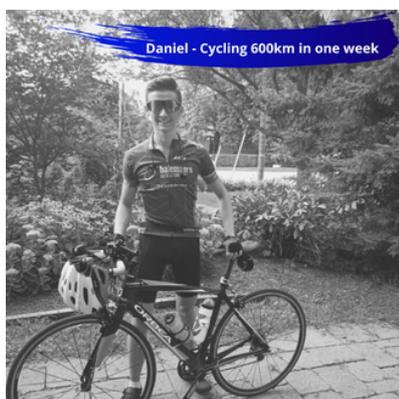
Kira - 160.9km in one day



Adriana - 160.9km in one day

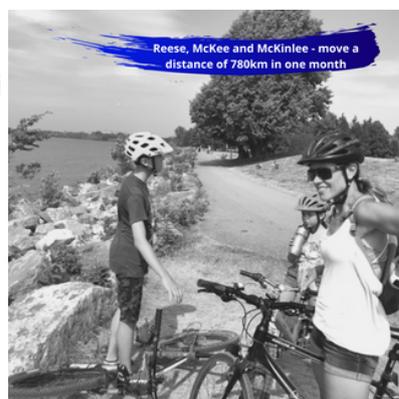


Taisa - Runnig 21km in one day

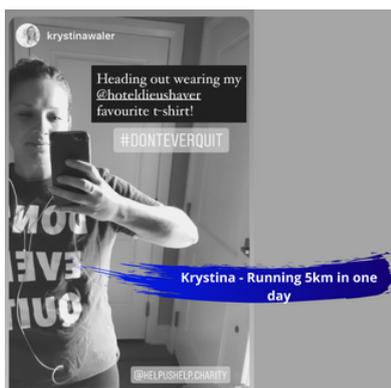


Daniel - Cycling 600km in one week

- | | |
|------------------|----------------------|
| Andrew Potichnyj | Kira Antonyshyn |
| Jack Evans | Kyla Pyndiura |
| Roman Grod | Ruslana Wrzesnewskij |
| Maxym Dubczak | Krystina Waler |
| Mattay Dubczak | Danylo Spolsky |
| Oleksa Mojsiak | Daniel Dmytriv- |
| Dmytro Dutka | Stelmach |
| Anton Ruzыcky | Lisa Komorowsky |
| Luka Dacshko | Natalia Hawrylak |
| Adriana Erdman | Jillian Higgins |
| Raissa Dzulynsky | |



Reese, McKee and McKinlee - move a distance of 780km in one month



Krystina - Running 5km in one day



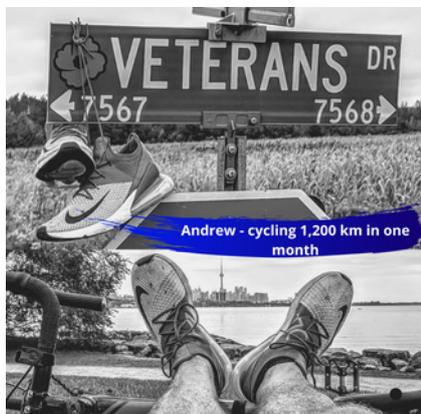
Luke - 160.9 in one day



Lida - Hiking 10km in one day

FUNDRAISERS

MOVE-A-THON 2020



THANK YOU TO ALL PARTICIPANTS!

TRIODA CONCERT

In February, Ukrainian X-Factor winners **Trioda**, generously offered to donate the proceeds of their Toronto concert to Повернення / The Return: A Psychological Re-Integration / Adaptation Program for Ukrainian Veterans and their Families. Thank you to our event organizers, partners, and sponsors: Ania Jacyniak, Zvuk Sound/Lighting, Moloko, Golden Lion Restaurant and Bar, Loud Mouse Studios, and Meest Corporation Inc..



FUNDRAISERS

CHRISTMAS CARD COMPETITION

In November, *Help Us Help* held a Christmas card design competition “**Christmas Through the Eyes of a Child**” for children who usually attend our camps. After receiving over **150** entries from children in residential institutions and our scholars, eight winning designs, displayed below, were selected and printed in North America. Winners were rewarded with Canadian apparel and a pizza party for them and their classmates.

Holiday Card Variety Pack



RUNNING ROOM - ALBERTA



In February, a team of volunteers from Edmonton, Alberta organized by Jillian Higgins, set out to run a Hypothermic Half Marathon in support of *Help Us Help*. In partnership with Running Room in Edmonton, two Hypothermic Half Marathons were held on February 2 and 16th with over 800 runners participating. Door prizes were graciously provided by Century Hospitality and High Horse Coffee Company! All proceeds raised from both runs went towards *Help us Help!*

TOQUE SALES

Profits from the "Slava Ukraini" toque sales supported our Veterans' Program in Ukraine!

**TOQUES
IN SUPPORT
OF UKRAINIAN
COMBAT VETERANS**



ACHIEVEMENTS 2020

TEMERTY ENDOWMENT FUND ANNOUNCEMENT

Help Us Help (HUH) announced that the Temerty Foundation, established by James and Louise Temerty, donated and pledged a total of \$10 million, of which \$9 million will be used for permanent investments in the Temerty Endowment Fund and \$1 million being available to provide medium-term funding to develop the organization's infrastructure. Income earned on the Endowment will be used for administering anti-human trafficking initiatives, humanitarian aid, mental health supports and life-skills development and educational workshops delivered primarily to children in Ukraine.

Children who grow up in residential institutions or orphanages in Ukraine are more likely to end up being human-trafficked or incarcerated than those raised in a traditional family setting. *Help Us Help* provides these vulnerable children with a sense of community and family within the organization.



"We have long supported *Help Us Help* and the meaningful work that they do," said Leah Temerty-Lord, Temerty Foundation Managing Director. "It is our hope that this gift will allow the organization to continue helping vulnerable populations in Ukraine for years to come."

HUH has helped over **12,000 children** from dozens of cities across Ukraine at their Summer and Winter Camps, over **400 children** have benefitted from the Scholarship Program and over **500 veterans** and their families have received support from the organization. This generous endowment will allow the organization to increase its impact and the number of individuals helped. "The generosity of the Temerty Family is awe-inspiring," said Dr. Marie Bountrogianni, HUH Chair. "On behalf of the *Help Us Help* Board of Directors, I want to express my sincere gratitude to the Temerty Foundation for this incredible gift that will help so many at-risk families and individuals who have nowhere else to turn for support and assistance."

"This gift is an exciting milestone for *Help Us Help* and is the start of a new era", said Ruslana Wrzesnewskyj, HUH Founder and Honorary Chair. "It will afford the organization the opportunity to have an even further reach and help more vulnerable people".

As *Help Us Help* continues to expand its programming, the organization will continue annual fundraising efforts.

ACHIEVEMENTS 2020

WINTER CAMP 2021 GRANT

Help Us Help's Winter Camp 2021 Replacement Program was partially funded by a \$10,000 grant from an organization that prefers to remain anonymous. The grant supported humanitarian aid delivery to residential institutions and orphanages that *Help Us Help* typically partners with for its Summer and Winter Camps. The grant additionally supported the printing and distribution of a workbook-storybook for the children living in these institutions, that was created by our *Help Us Help* Scholars. Learn more about Winter Camp 2021 Replacement Program through our website: <https://helpushelp.charity/children>



CANADA SUMMER JOBS GRANT

As mentioned previously, *Help Us Help* was thrilled to receive a Canada Summer Jobs grant in order to hire two youth for the Summer of 2020. Grants such as this allow for youth to gain real world work experience and for organizations like ours to help more vulnerable people. Thank you to the Canadian Government for this opportunity.

Canada 

CELEBRATING OUR DONORS

| | | | |
|---------------------|-------------------------|-----------------------------|--------------------------|
| A. Migus | Andy Cottrell | Borys Brodziuk | Danylo Znaczk |
| Abigail Wilson | Ania Jacyniak | Borys Lewitski | Daria Horbay |
| Abu Kamat | Ania Tucka | Brian Zenkovich | Daria Kowalyk |
| Adam Sharanewych | Anka Czudec | Bryan Chamberlan | Daria Olynyk |
| Adrian Borys | Ann Shadorsky | Callum McCreadie | Darianna Paduchak |
| Adrian Hawaleshka | Ann Szyptur | Carlos Rodriguez | David & Dorota Wilkinson |
| Adrian Sochaniwsky | Anna Antonyshyn | Carol Wereshchak | Deana Drozdowsky |
| Adrian Tarapacky | Anna Ardan-Steciw | Caroline Serjeant | Debby A Williams |
| Adrian Wodoslawsky | Anna Kempinska | Cassandra Prokopiw | Denise Chmil |
| Adriana Erdman | Anna Krupa | Cassandra Yacynowych | Devon M Sereda Goldie |
| Adriana Willson | Anna Lischak | Cassian Soltykevych | Diana Rosalen Bihun |
| Adrianna Dyczkowsky | Anna Pastuszok | Catherine Dousko | Diana Seniuk |
| Adrianna Grod | Anna Sudyk | Catherine Rudick | Diana Yandt |
| Aidan Taylor | Anne Lagoszniak | Cecile Barida | Dmytro Dutka |
| Aleksandra Kobelak | Anne Shlarp-McArthur | Centraide of Greater | Donna Ihnatowycz |
| Alex Komarnycky | Anne Turjansky | Montreal | Donna Kaufman |
| Alex Maksymec | Annychka Wasylyk | Christian Borys | Donna MacDonald |
| Alex Slywynskyj | Anthony Sanzo | Christina Diaczun | Donna Wysochanskyj |
| Alexa Chartchenko | Antin Halkevych | Christina Lydia Kudryk | Dot A. DiPrisco |
| Alexa Chopivsky | Anton Jopko | Christina Mykula-Semple | Duncan Murray Clarke |
| Alexander Daschko | Anton Ruzycky | Christina Tatarsky | Elena Ladwig |
| Alexander Potichnyj | Anya Archer | Christine Derzko | Elize Gershater |
| Alexander Subtelny | Areta Gawrachynsky | Christine Dzus | Elke Anne Sanders |
| Alexandra Bilchak | Ariadna Gula | Christine Kolody | Elsie Iwaszykiw |
| Alexandra Chyczij | Arlene Davis | Christine Kowalyk | Emilia Pasternak |
| Alexandra Kowalyk | Arnaud Insinger | Christine Laptuta | Emilia Stelmach |
| Alexandra Petrenko | Basil Kalymon | Christine Lukacko | Eric Sudman |
| Alexandra Potoczny | Benny Ambrosie | Christine Spolsky | Erica Yarmol-Matusiak |
| Alicia Topor | BENEFACTION | Christine Waler | Estate of A. Czykalo |
| Allison Romano | Foundation | Christine Zwozdesky | Estelle Rulton |
| Alysia Pyndiura | Beverly Firchuk | Chrystia Bilyk | Esther Doss |
| Andre Jakubow | Bill and Adrienne Geady | Chrystyna Bidiak | Eugene Czolij |
| Andre Lebed | Bill Fulton | Chrystyna Kolos | Eugene Masney |
| Andre Sochaniwsky | Binita Kurmi | Chrystyna Tymczyszyn | Eugene Roman |
| Andrew Erdman | Blair McCreadie | Clara Moskalyk | Eugeniusz Ladna |
| Andrew Kowalsky | Bob Zariczniak | Con DiNino | Families Wynnyckyj |
| Consulting Ltd. | Bohdan Chodan | Courtney Tower | and Barrila |
| Andrew Javni | Bohdan Chorny | Crystal Mak | Far Zod |
| Andrew Matys | Bohdan Dolban | D. Rohowskyj | Galyna Choumylo |
| Andrew Mikitchook | Bohdan Dyczkowsky | Dania Potoczny | Genya Pastuszok |
| Andrew Ostapchuk | Bohdan Hrynczyszyn | Daniel Bodnaruk | George A. Jaciw |
| Andrew Potichnyj | Bohdan Klid | Daniel Centore | George Babiy |
| Andrew Stasiw | Bohdan Kolos | Daniel Ciccone | George Brykowych |
| Andrew Ukrainec | Bohdan Krawchuk | Daniel Matys | George Huculak |
| Andrey Cybulsky | Bohdan Kuchmij | Danielle Katherine Jaworsky | George Kolos |
| Andrij Bablak | Bohdan Workun | Danylo Klufas | George Kos |
| Andriy and Ann | Bohdanna Monczak | Danylo Kostecki | George Kuritza |
| Semotiuk | Boris Boychuk | Danylo Pastuszak | George Lysyk |
| Andrzej Potoczny | Boris Kaminskyj | Danylo Spolsky | George Mikituk |

DONORS

George Serhijczuk
 Georgii Lelisiiev
 Gerald Fedchun
 Gerald Zenchuk
 Gerard Kennedy
 Gerry Lagoszniak
 Gloria Hrabowy
 Gloria Jean Ross
 Halya Kuchmij
 Halyna Buba
 Halyna V Kis
 Hannah Nadler
 Hannah Wrzesnewskyj-Cottrell
 Hanya Kohut
 Harold Holloway
 Harry Ewaschuk
 Helen Arsenault
 Helen Brykowych
 Helen Feniuk
 Helen Joan Miles
 Helen Kudla
 Helen Spendick
 Helen Yurcan
 Hussein Bhanji
 Ian Ihnatowycz
 Ihor Bardyn
 Ihor Diakunchak
 Ihor Kuryliw
 Ihor Kuzma
 Ihor Michalchyshyn
 Ihor Rudensky
 Ihor Tomkiw
 Inna Tuka
 Irena Dounets
 Irena Gogus
 Irena L Bell
 Irena Pawliw
 Irene Boyko
 Irene L Lillico
 Irene Mercuri
 Irene Nazarevich
 Irene Newton
 Irene Papernick
 Irene Petluch
 Irene Ruszczak
 Irene Shlapak
 Irene Shust
 Irene Solomon, Ms
 Irene Soltys
 Irene Tkachenko

Irene Volinets
 Irene Worthington
 Irina Marusiak
 Iris Baxter
 Irka Dyczok
 Iryna Shvydchenko
 Ivanka O Fuke
 Jace Davis
 Jan Iwaniuura
 Jan Ozubko
 Jane Erdman
 Jane Myhal
 Jaroslaw Balan
 Jason Tao
 Jean Pezuk
 Jean-Pierre Semeniuk
 Jeneta Ljutic
 Jerry Pekaruk
 Jessy Zita
 Jimmy Zborowsky
 Joan Coulter
 JoAnne Gludish
 Joanne Gruszecki-Owens
 John Barszczyk
 John E Firchuk
 John Huczysken
 John Kansas
 John M Zeoli
 John Nytschyk
 John Paul Grizzaffi
 John Prokop
 John Smorhun
 John Wowk
 Joseph Homick
 Julia Husakiwsky
 Julia Metelitsa
 Julia Syrko
 Julian Krywonis
 Julian Ladwig
 Julian Wysochanskyj
 Julie Moroch
 Jurij Darewych
 Justin Evans
 Justin Gilmour
 KJ Chan
 Kailey Peckford
 Kaitlyn Dryden
 Karen Dalton
 Karen Yarmol-Franko
 Karl Pidzamecky

Cassandra Kobelak
 Katherine Guzylak
 Katherine Kohut
 Katherine Tanchak
 Kathie Doliszny
 Kathy Gordon
 Kathy Hrabowy
 Katie Longo
 Katrusia Balan
 Katya Zaraska
 Kelsey Sawitsky
 Kevin Warner
 Kim Dutchak
 Kira Antonyshyn
 Kira Dzulynsky
 Krissy Geley
 Krystina Waler
 Kyla Pyndiura
 Kylie Johnston
 Lada Hirnyj
 Lana Berestyuk
 Lara Ladwig
 Larisa Capar
 Larisa Hemon
 Larissa and Ivan Bombak
 Larissa Bilchak
 Larissa Blavatska
 Larissa Derzko-Dzulynsky
 Larissa Komarnycky
 Larysa Czoli
 Larysa Gorodnicha
 Larysa Hwozdulych
 Larysa Ihnatowycz
 Larysa Stech
 Laryssa Hetmanczuk
 Laryssa Pichocki
 Laryssa Wynnyckyj
 Lasha Szczuryk
 Laura Champion
 Leonard Puhacz
 Leonid Lishchyna
 Lesa Semcesen
 Lesia Babiak
 Lesia Castellano
 Lesia Demkowicz
 Lesia Krywonis
 Lesia Perritt
 Leslie Youngson
 Lida & Nestor Voronka
 Lilijana Potoczny

Lillian Lapczak
 Lily Hordienko
 Linda Javni-Moroz
 Linda Stollery
 Lori Moore
 Luba Eshenko
 Luba Kelebay
 Luba Petlura
 Luba Tarapacky
 Luba Trutiak
 Lubomyr Belej
 Lubomyr Domashevsky
 Lubomyr Markevych
 Lucie Sawchenko
 Luda Pawliw
 Lukas J Moroch
 Lukian Pejko
 Lydia Glavin
 Lydia Matiaszek
 Lydia Skirko
 Lydia Whistance-Smith
 Lyubov Bobrovysky
 M Bandera
 Mackenzie Kosseim
 Maddy Charlton
 Madeleine Miconi
 Magda Fis
 Maksym Wasyluk
 Mancini Associates LLP
 Marc Darmohraj
 Marc Marzotto
 Marcella Papasodaro
 Margo Montgomerie
 Margrit Meyer
 Maria Anne Hohol
 Maria Arts
 Maria Boyko-Diakonow
 Maria Czobit
 Maria Diakunyk
 Maria Harasym
 Maria Hrycyna
 Maria Judson
 Maria Komarnycky
 Maria Lima
 Maria Shevchuk
 Maria Tesla
 Marianna Karpova
 Marianna Szczuryk
 Marie Bountrogianni
 Marie Brazeau

DONORS

| | | | |
|----------------------|---------------------------|-------------------------|--------------------------------|
| Marijka Hurko | Michael Pawlowsky | Nazariy Tivirikin | Olga Woroniuk |
| Marika C. Szkwarek | Michael Trisch | Nestor Maslej | Olha Mandyuk |
| Marika Hare | Michael Wawryshyn | Nick Freskiw | Olya Grod |
| Marika Melnychuk | Michel Sidlar | Nicole Stennett | Orest Diakiw |
| Marina Pisanjuk | Michelle Atkins | Nina Kachura | Orest Dzulynsky |
| Marion Pearl Glasko | Mike Carnegie | Nina Romas | Orest Kobylansky |
| Mark Baker | Mike Derzko | Nina Sakun | Orest Prociw |
| Mark Fruitman | Mike Hominsky | Nykolai Bilaniuk | Orest Stoyanovskyy |
| Mark Ihnatowycz | Mila Nahirny | O.Antonyshyn | Orest Tkaczuk |
| Mark Keller | Mira Kasiuk | Medicine | Orest Turczyn |
| Mark Lee | Miroslaw Myron Figol | Professional | Orysia Oliynyk |
| Mark Leschishin | Mirosława Czuryłowicz | Corporation | Orysia Sozanski |
| Mark Ruzycky | Mitchell, Bardyn, Zalucky | Odarka Masciuch | Orysia Swyszcz |
| Markian Silecky | LLP | Oksana Bratkov | Ostap Skrypnyk |
| Marko Roslycky | Morie Chen | Oksana Chuyko | P. Powalinsky |
| Marlon Bass | Motria Ilnycky-Reive | Oksana Demchyshyn | Patricia Kasij |
| Marta Bruchkowsky | Motria Mielnik | Oksana Luchka | Patricia Latyshko |
| Marta Chyczij | Murray Puhacz | Oksana Maksymiw | Patricia Washchyshyn |
| Marta Hnatiw | Mykola Bilash | Oksana Mikouliak | Paul McHardy |
| Marta Korbutiak | Myron Boltman | Oksana Pastuszak | Paul Slavchenko |
| Marta Pidhirsky | Myron Dzulynsky | Oksana Smerechuk | Paula Maksym |
| Marta Yurcan | Myron Haluk | Oksana Yarosh | Pauline Halipchak |
| Martha Aksim | Myron Pyskir | Ola I Osadchuk-Syniura | Pauline Semeniuk |
| Martha Jejna | Myroslava Bojeczko | Ola Kozopas | Peter Badiwsky |
| Martha Kryvonis | Myroslava Horich | Oleh Antonyshyn | Peter Bihun |
| Martha Mayer | Myroslawa Cap | Oleh Hankivsky | Peter Elyjiw |
| Martha Wilk | Na Latyshko | Oleh Hutzuliak | Peter Jacyk |
| Martin Chepesiuk | Nadia & Myroslav Chuyko | Oleh Ilnytzkyj | Petra Wrzesnewskyj-Cottrell |
| Marusia Spolsky | Nadia Borys | Oleh Iwanusiw | Petro Dowhal |
| Mary Ann Tkachenko | Nadia Luciw | Oleh Komorowsky | Philip Bury |
| Mary Kohut | Nadia Murchison | Oleh Waler | Pizzeria Defina / Maksym Corp. |
| Mary McCreadie | Nadia Tkaczuk | Oleksa Mojsik | Plast Ukrainian Youth Ass'n |
| Mary Orlick | Natalia Hawrylak | Olena Hartsula | Manitoba |
| Mason Dipierdomenico | Natalia Kasiuk | Olena Kobelak | Plast Ukrainian Youth Ass'n |
| Mat Siscoe | Natalia M Hibbert | Olena Sokolova | Manitoba |
| Matthew Bruchkowsky | Natalia Mysakowex | Olena Tovstiuik | Plast Upn Toronto |
| Matthew Pisichko | Natalia Oliveira | Olena Veryha | Power to Give Foundation |
| Matthew Samulewski | Natalia Pankiv | Hanushevsky-Galadza | Raisa Lishchyna |
| Max Atlas | Natalia Radyo | Olenka Matsialko | Raya Juchymenko |
| Max Chartchenko | Natalia Skrypnyk | Olenka Wasley | Raymond Buciak |
| Maxim Kobylansky | Natalie Gerster | Olesja & Uljana Zadarko | Rayyan Khan |
| Maxym Dubczak | Natalie Jaresko | Olexiy Jace Davis | Reid Lobson |
| Meest Corporation | Natalie Kolos | Olga Antonyshyn | Renata Roman |
| Melanie Chwyl | Natalie Lalka | Olga Baldin | Rita Di Cesare |
| Melanie Melnyk | Natalie Maksymiw Kalifa | Olga Hul | Roksoliana Slywynskyj |
| Melanie Ornstein | Natalie Pusateri | Olga Kuzyk | Roma Dubczak |
| Michael Burdz | Natalie Tershakowec | Olga Kuzyk | Roma Hankivsky |
| Michael Gaughan | Natalie Wildon | Olga Nahirnyj | Roma Ihnatowycz |
| Michael Martyniuk | Nataliya Danylkova | Olga Szklar | Roma Kachmarsky |
| Michael Panczenko | Nathan Pyndiura | Olga Weres | |

DONORS

| | | | |
|--------------------------|-----------------------------|-----------------------------|-------------------------|
| Roma and Roman Kulyk | Stephanie Babij | Vadym Poberezhnyy | Zenon Fedorowycz |
| Roma Lydia Huculak | Stephanie Galt | Vandhana Lischak | Zenon Kowalyk |
| Roman Bruchkowsky | Stephanie Wychowanec | Vanessa Mickevicius | Zenon Lebed |
| Roman Bukata | Stephen Harris | Vasyl Holub | Zenon Potoczny |
| Roman Darewych | Stephen Trutiak | Vera Kostecki | Zenon Woychyshyn |
| Roman Grod | Stephen Werbowyj | Vera Kostiuk | Zhdania Wawruch |
| Roman Gula | Steve Kuziw | Vera Osidacz | Zirka Pyndiura |
| Roman Jakubow | Steven Akman | Vera Romaniuk | Zorianna and Eugene |
| Roman Kolos | Steven Lebed | Vera Sluzar-MacIntyre | Hyworon Foundation Inc. |
| Roman Konowka | Strategic Charitable giving | Vera Sokolowski | 1175765 Ontario Ltd. |
| Roman Kulyk | foundation | Victor & Olha Lischyna | |
| Roman Petryshyn | St. Sofia School | Victor Elia Glasko | |
| Roman Sharanewych | Summer Miller | Victoria Drozdowsky | |
| Roman Trutiak | Susan Olijnyk | Victoria Karpiak | |
| Roman Winnicki | Suzanne Bury | Victoria Mok, (on behalf of | |
| Roman Z Chyczij | Sviatoslav Kavetskyi | the Courtneypark Work | |
| Roman Zakaluzny | Tailer Tailer | Family) | |
| Romana Labrosse | Taisa Mysakowec | Viktor Ilchuk | |
| Ron Handziuk | Tamara Martin | Viktoriya Mykhaylychenko | |
| Rosaleen Fedak | Tania Baldin | Vira Kalinova | |
| Roseanna Natalia Guimond | Tanya Bednarczyk | Volodia Petlura | |
| Rosemary Leksen | Tanya Melnyk | Volodymyr Kostetskyy | |
| Running Room CA | Tanya Tycholis | Wai Yin Wong | |
| Ruslan Tracz | Taras and Natalia Lischyna | Walentyna Masliwec | |
| Ruslana Wrzesnewskyj | Taras Figol | Walter & Emilia Kachor | |
| Russel D. Shulsky | Taras Hetmanczuk | Walter Bilchak | |
| Rycia Manastyrski | Taras Zalusky | Walter Bilous | |
| Sachin Santoshkumar | Tatiana Vanderheyden | Walter Dedio | |
| Samantha Perrin-Dakin | Tatianna McHardy | Walter Hontar | |
| Sarah Watling | Temerty Foundation | Walter Kuplowsky | |
| Serhiy Shchybyvolok | Teresa Masliwec | Walter Maxymiw | |
| Slava Skrypnyk | Terry Kostiw | Walter Poprawa | |
| Slavko Galuga | Terry Lubinski | Walter Usyk | |
| Sofia Berezowsky | Terry Tonkovich | Wiktor Moskaliuk | |
| Sofia Pastuszok | The George Kostiuk Family | William G Ciupka | |
| Sonia Masciuch | Private Foundation | William Kostyniuk | |
| Sonia Potichnyj | Thomas Disyak | William Worobec | |
| Sonia Prokopetz | Thomas Farran | Wolodymyr J Brechun | |
| Sonia Solomon | Thor Ihor Choptiany | Ya Bartko | |
| Sonya Lovell | Thuan Truong | Yarolsav Baran | |
| Sophia Berezowsky | Ting Lim | Yaroslav Zajac | |
| Sophia Holowaty | Todd W Bradley | Yuliya Mykhaylychenko | |
| Sophia Lovell | Tony Cocciardi | Yuri Chuyko | |
| Stacey Papernick | Trevor Thompson | Yuri Daschko | |
| Stefan Bianchi | Troy Havelock | Yuri Perel | |
| Stefan Bojeczko | Tyn Soltys | Yvan Baker | |
| Stefan Merena | Ulana Mysakowec | Z Fedchun | |
| Stefan Schudlo | Uliana Tomiuk | Zac Kotowycg | |
| Stefani Arts | United Way | Zak Kry | |
| Stephan Luciw | University of Ottawa-Ukr | Zenia Kushpeta | |
| Stephan Sidorenko | Students' Club | Zenon & Zenya Mamalyga | |

FINANCIALS

Complete audited financial statements for 2020 may be viewed on our website at:

www.helpushelp.charity/audited-financials

help us help u

THANK YOU

*for your continued support during difficult and
uncertain times!*

help us help **UA**





Mailing Address:
PO Box 84600 RPO BLOOR WEST
TORONTO, ONTARIO
M6S 9Z9

Office: 2445 Bloor St W #201
Toronto, Ontario
M6S 1P7

Phone: 1 (647) 406-4228
Email: info@helpushelp.charity



@helpushelp.charity



@helpushelp.charity



@helpushelp.charity

Website: helpushelp.charity