



North York
Women's Shelter

Unit #2 - 1140 Sheppard Avenue West
Toronto, ON M3K 2A2
www.nyws.ca
Shelter Admin: 416-635-9427
Fax: 416-635-9571
Head Office: 416-633-7335
Fax: 416-633-9557

July 7, 2015

Darren Mankasingh
Centre for Conscious Awareness - Canada
10 Milner Business Court, Suite 400
Scarborough ON, M1B 3C6

Dear Darren and Colleagues,

On behalf of North York Women's Shelter, I would like to thank you for volunteering on Thursday, July 2nd. We would not be able to provide hope to women and children who are survivors of violence and abuse without the help of volunteers.

We are extremely thankful that we had the opportunity to engage your team in our important work. Your contributions of time and effort go beyond the meditation demonstration but have enabled us to better serve our residents. Thank you for the donation of books and CDs, we are sure they will be useful to our current and future residents.

Violence against women and children is an issue that can only be eradicated when members of the community come together. Your volunteerism reflects your support and commitment to standing with North York Women's Shelter to empower women to live a life free of violence.

Thank you again for donating your time. Your contributions of skills and kindness reflect the generosity of the Centre for Conscious Awareness - Canada. We look forward to our future collaborations.

Best regards,

Abby Wong
Volunteer & Fundraising Coordinator