

# **TIPS ON HOW YOU CAN HELP THE HOMELESS**

**Did you know that many Canadians are only a pay cheque, an illness or an accident away from becoming homeless? Listed below are ways you can help make life a little better for homeless people in your community.**

- **Recognize the value of a person no matter what they may look like.**
- **Realize that many people that are homeless do look like everyone else.**
- **Treat the homeless with respect and respond to them with kindness. Be willing to stop, rather than pass them by.**
- **Greet a homeless person as you would family members. Remember, a homeless person is someone's family too.**
- **It is usually better to hand out practical items, rather than cash, such as band-aids, socks, gloves, and snack food. They will appreciate it!**
- **Do not talk down to a homeless person or give them pity. Remember they may already feel bad enough about themselves.**
- **Spend some time listening, let someone know you care. Encouragement will help restore hope.**
- **Remember it is scary to be on the streets and not know where you will sleep at night.**

- **Some homeless people will be very appreciative, others will be so broken and empty they may not be able to treat others kindly. Even if this is the case, know that you have shown compassion to someone in need.**
- **Make donations to organizations that help homeless people. (Food Banks, Drop in Centers, Shelters, Places of Worship)**
- **Buy or donate food to local food banks.**
- **Volunteer and support local shelters.**
- **Support food and clothing drives.**
- **Speak with or mail letters to your local provincial and federal government about providing an affordable housing program.**
- **Know that it takes time to heal the emotional wounds.**
- **Give a homeless person your patience and whatever you do not give up!**

**For more information on homelessness and poverty please visit [www.phat-co.ca](http://www.phat-co.ca)**

**For information on the Homelessness Partnering Strategy please visit [www.homelessness.gc.ca](http://www.homelessness.gc.ca)**

“People who are homeless are not socially inadequate. They are people without homes”

- Sheila McKechnie