



Spectrum Mothers Support Society Membership

Our Members understand Spectrum's purpose: to compassionately support new mothers as they courageously continue to care for their children in difficult and challenging situations. You may know a young woman who has become a mother and may also be dealing with mental health issues, depression, an abusive relationship, or drug and alcohol dependency, or a mother who is struggling just to make it through the day when hit with challenging situations with little or no support.

To provide support for these mothers, Spectrum provides trained and experienced Caregivers who spend just a few hours a week, caring for the children and allowing their mothers to take a shower, rest, grocery shop, complete homework or attend a support group. Spectrum can also provide a doula to connect with the mother prenatally, stay through labour/ delivery and assist during the first few months after the baby's birth. The support Spectrum provides free to a new mom, is made available through donations and community grants. These women are our neighbours, they live on our street, shop at the same grocery store and visit the same malls – we can become involved in making a difference in their lives.

You will want to know what Spectrum expects from you as a voting member so that you can make an informed decision about undertaking this responsibility and accepting this invitation; the following list provides both the criteria for membership and the associated duties of a Spectrum voting member:

Criteria for Membership:

- Complete the attached application form for Membership in Spectrum Mothers Support Society
- Pay the \$25.00 Annual Membership fee, which is not tax deductible.

Duties of a Voting Member:

- Attend the Annual General Meeting, which is held each year in late February.
- Keep up to date on the work that Spectrum is doing in the community by attending Information Evenings, signing up for our monthly newsletter, sitting on subcommittees, consider serving on the Board, or taking part in other volunteer activities.

Further information can be found on the Spectrum website at www.spectrummothers.ca. You will find testimonials that capture the success that Spectrum is having in assisting mothers to care for their young children.

To become more acquainted with Spectrum, you are invited to attend the Annual General Meeting of Spectrum each year in February. At this meeting you will learn about ways you can continue to support Spectrum. Please invite others that you think might be interested in our work. We will require your email address in order to send you a zoom invitation.

If you would like to become a Member, please use this link: <https://www.spectrummothers.ca/how-to-support-and-help-us/voting-member> to pay the \$25 Membership fee, and also complete the Membership Application Form. You can also complete the form and send it along with a cheque made payable to Spectrum Mothers Support Society, and mail them to PO Box 16132 Lynn Valley, North Vancouver, BC V7J 3S9. If you have further questions please email us at info@spectrummothers.ca.

Spectrum shines a light into the lives of mothers. Please help us make a difference. I look forward to seeing you at the Annual General Meeting.

Yours sincerely,

Sally Livingstone

Founder and Program Director