

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada (MBC), have been or continue to be a member of MBC. Don't forget to add [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

April 11th, 2013 - Issue #1

## E-NEWS From Multiple Births Canada



*Supporting  
Multiple Births  
Together*

Welcome to Multiple Births Canada E-NEWS!

Dear Kim,

### THEME FOR 2013 NATIONAL MULTIPLE BIRTHS AWARENESS DAY ANNOUNCED

Multiple Births Canada (MBC) is pleased to announce that the theme for this year's National Multiple Births Awareness Day is: ***You're not alone! Canada's multiple-birth community is here to support you.***

This theme allows us to recognize the strength of belonging to an MBC Affiliate Organization (Chapter) or other multiple-birth group. The fundamental message is that we help lighten the load for multiple-birth families by providing them with experienced mentors who understand the unique challenges faced by our community. By sharing our knowledge, gathering to network, and being there for one another, we strengthen each other's ability to make informed decisions and be effective multiple-birth parents.

Multiple Births Canada encourages multiple-birth groups and MBC Affiliate Organizations, and the agencies that support them to begin planning for this year's event. While the actual date for National Multiple Births Awareness Day is May 28th, the Board recommends choosing any day within the week of May 25 to June 2 to celebrate; this will ensure your event



#### In This Issue

[Theme for the 2013 National Multiple Births Awareness Day Announced](#)

[National Volunteer Week](#)

[MBC's Newest Affiliate Fundraising Program](#)

#### Website Links

[Become a Member](#)

[Publications](#)

[Support Networks](#)

[Find a Chapter Near You](#)

[Contact Us!](#)



**[Make a Donation!](#)**

can be well attended.

National Multiple Births Awareness Day materials will be posted on the MBC website in the upcoming weeks to provide guidance on key messages to deliver, outreach materials to produce, and communication documents to share with local media. Nationally, MBC is encouraging multiple-birth parents to register for one more of its national Support Networks. These networks provide opportunities for multiple-birth families in the same or similar situations to share concerns and areas of expertise with one another. MBC currently hosts the following Support Networks: Preterm Birth, Breastfeeding, Special Needs, Father, Lone Parent, Higher Order Multiples, Loss, LGBTQ+, and Francophone. These networks allow parents in every province/territory and in every size community to be there for each other, providing strength in knowing that ***You're not alone! Canada's multiple-birth community is here to support you.***

**For more information please contact:**

Gail Moore, Advocacy and Awareness Coordinator:

[gail.moore@multiplebirthscanada.org](mailto:gail.moore@multiplebirthscanada.org) or

Kimberley Weatherall,

Acting Executive Director:

[kimberley.weatherall@multiplebirthscanada.org](mailto:kimberley.weatherall@multiplebirthscanada.org)

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## National Volunteer Week



**NATIONAL VOLUNTEER WEEK**  
APRIL 21-27, 2013  
[NationalVolunteerWeek.ca](http://NationalVolunteerWeek.ca)

[Click here](#) to thank  
Canada's 13.3 million  
volunteers.

National Volunteer Week will be celebrated this year from April 21st to 27th and is one of the biggest celebrations of volunteers and volunteerism in our country - led by Volunteer Canada.

This year's theme: ***Volunteers: Passion. Action. Impact.*** *recognizes the individual volunteers across Canada who dedicate themselves to improving their communities. Volunteers have a passion for getting involved. They take action to support the causes and organizations that matter to them. And they make an impact in our communities.*

This year's theme clearly recognizes the many dedicated volunteers within MBC, its Chapters and the multiple-birth community in general. It is the passion and compassion of many moms, dads, grandparents, and other supporters of

multiple-birth individuals and their families, that compels them to spring into action to make an impact on the life of another.

National Volunteer Week is one way for MBC to celebrate our wonderfully dedicated volunteers. But there is another way for you to participate which will bring the importance of celebrating volunteers closer to your own community. You can nominate someone for one of MBC's [Making a Difference Awards](#). Express your appreciation for someone special who has made a difference in your life or your community. Not only will that person receive the recognition for their efforts through your nomination, but their story will likely inspire others to continue volunteering and others to begin for the very first time.

For more information or to nominate a someone please email Theresa at [makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org).

On behalf of the MBC Board of Directors, I would like to thank all of you for your commitment to making a difference in your communities. Whether it is in support of a local MBC Chapter, another multiple-birth organization, Multiple Births Canada itself, or the many individuals and families your life has touched, your willingness to volunteer on behalf of the multiple-birth community is always appreciated.

With heartfelt appreciation,

Kimberley Weatherall  
Acting Executive Director, Multiple Births Canada  
[kimberley.weatherall@multiplebirthscanada.org](mailto:kimberley.weatherall@multiplebirthscanada.org)

*"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others." DeAnn Hollis*

### Multiple Births Canada's Newest Affiliate Fundraising Program



Multiple Births Canada has signed up with [Well.ca](#) as an affiliate fundraising program. For every purchase completed through the [MBC / Well.ca link](#), MBC will receive 5% of the sale. The site has thousands of useful and well priced

products for multiple-birth families - especially for those who may find it difficult to shop outside of the home.

**Other benefits include:**

- Free shipping over \$25.00
- [Baby Products](#) and Baby Club Program
- Weekly [specials and promotions](#)
- Foods including specialty foods for gluten, dairy and sugar free diets
- Green and natural products
- Items for pets, medicine, home care, beauty & skin care and a whole lot more!

Join the [Well.ca](#) store, save money and time, and help raise funds in support of Multiple Births Canada!

For more information please visit our [Affiliated Website](#).

*In our 35th year of supporting Canada's Multiple Birth Community!*

**[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)**

**Multiple Births Canada**

**Email: [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)**

**Phone: (613) 834-TWIN (8946) or Toll Free: 1(866)228-8824**

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