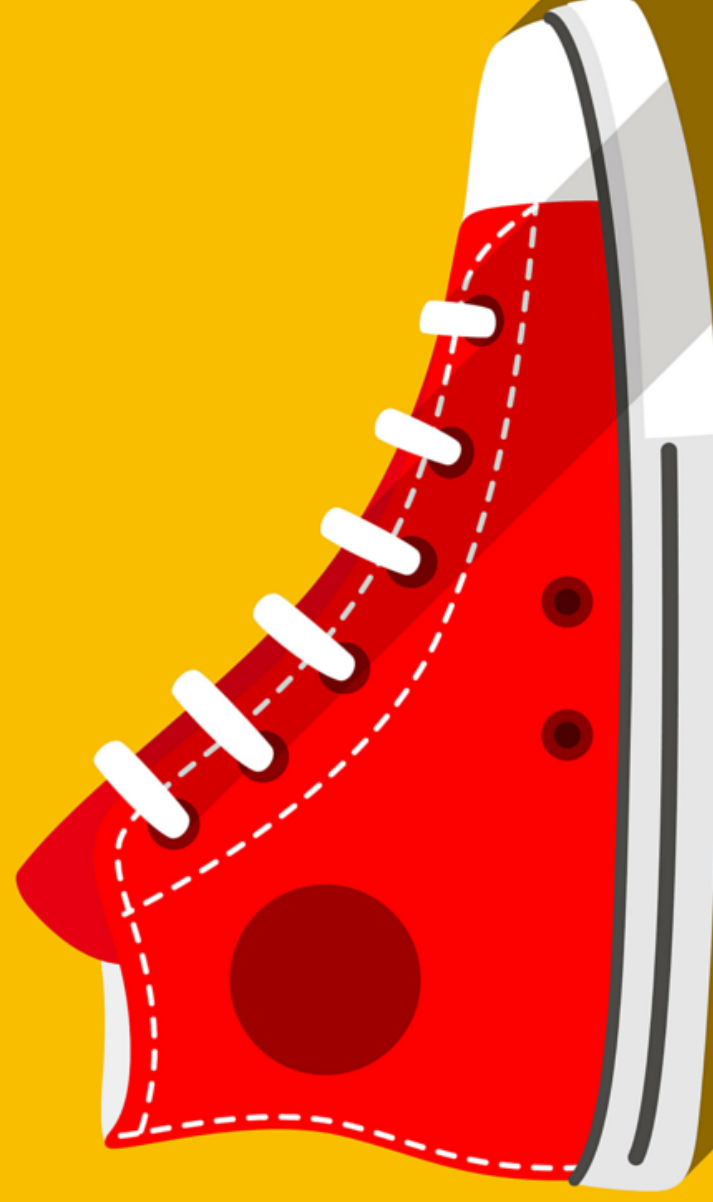


Hornsby
Kuringgai

 **Women's Shelter**



The Sun-Herald

CITY  **SURF**

PRESENTED BY



Run for us

Sunday 14 August 2016

Register now and start fundraising!

Visit

www.hkws.com.au/c2s

The Hornsby Ku-ring-gai Women's Shelter offers crisis accommodation to 10 women at a time, who are escaping domestic violence and/or homelessness.

Clients can stay for 3 months and are assisted by a professional case worker to help work through the issues they face and get them back on their feet. 85% of our clients move to sustainable housing at the end of their stay.

Since opening our doors in Feb 2015, we have been full. Sadly we have had to turn away on average about 5 women per week.

While we have 24/7 professional care at the shelter, the rest of the organisation is run entirely by unpaid volunteers.

We receive no government funding and are entirely dependent on community donations and events like the City 2 Surf. Every penny we receive goes back into the shelter!

All donations over \$2 are tax deductible.

How can you help?

We would LOVE your support in the City2Surf: Sign up, set up a fundraising page on Everyday Hero and get going! Choose one of the following options:

1. Sign up as a **Gold Charity Runner!** You get a **free entry**, a starting spot ahead of the pack, running shirt and a few other perks but in return you must commit to raising at least \$1,000 for us.
2. Sign up as an **individual (adult or child), team or family**. You can run or walk, you can dress up, dress down, take a pram: have fun with it!!
Note: Standard entry prices finish **3 August!**
3. **Just fundraise** for us via Everyday Hero. If you don't want to run, you can just set up a page on Everyday Hero and still support us.

Sign up now: hkws.com.au/c2s



**For more info,
please visit:**

www.hkws.com.au

www.city2surf.com.au

www.everydayhero.com.au

**or contact our
City 2 Surf team**

c2s@hkws.com.au

**Hornsby Ku-ring-gai
Women's Shelter**

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