



Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.

—NORMAN MACÉWAN

Help keep the spirit of sharing alive...

About Holidays are for Sharing

Holidays are for Sharing (HAFS) has two goals:

- * To provide help during the holiday season to the children, adults and families with special needs in our community who would otherwise not have the means to celebrate the holidays, such as in the form of a new children's toy or enough money for a holiday meal.
- * To raise money for the Lanterman Help Fund that provides emergency food, shelter, clothing and other necessities throughout the year.

How to Support HAFS

- * Donate online safely and securely with your credit card at https://www.lanterman.org/index.php/donate_online.
- * Return the form on the reverse side along with your tax-deductible contribution in the form of cash, check, money order or credit card.
- * Donate quality, age-appropriate new gifts, art supplies, personal care items, baby products or food/gift certificates.
- * Adopt-a-Family and provide them with food and gifts for the holidays.
- * Give through your company's United Way program.
- * Participate in "Matching Dollars" if your company has a matching fund program.
- * Publicize HAFS at your business, club, church or service organization.

We rely on the generosity of donors in our community to help us meet the critical needs of the individuals we serve. Your contribution is tax deductible to the extent allowed by law, and 100 percent of all donations go directly to the recipients. HAFS benefits over 1,000 clients and their families annually.

More Information

For questions and more information about HAFS e-mail hafs@lanterman.org or call 213.383.1300, x. 4924 or x. 4926.



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FRANK D. LANTERMAN REGIONAL CENTER

Serving people with developmental disabilities since 1966



Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Telephone _____

Enclosed is my donation of \$ _____ Cash Check Money Order Food/Gift Certificate

Checks should be made payable to: FDLRC Holidays are for Sharing

Charge \$ _____ to my: VISA MC Account Number: _____

Signature (as it appears on credit card) _____ Exp. Date _____

CVV2 (three-digit number on back of card) _____

I am also interested in the Adopt-a-Family program.

Mail this card to: HAFS, Lanterman Regional Center, 3303 Wilshire Boulevard, Suite 700, Los Angeles, CA 90010.

Thank you for supporting children and adults with developmental disabilities.