A Good Night's Sleep

“I never thought I would get a new bed!”

Program Impact Report

TrueNorthAid
About the Program

In many First Nations, hamlets, and towns across northern Canada, people sleep on the floor, on thin pieces of foam, or on hand-me-down mattresses that are over 15 years old. Living in a remote community means that shipping costs are exorbitant, and new mattresses are hard to come by.

Fulfilling these bed requests will help to ensure that children, parents, Elders, and other individuals living in remote communities across northern Canada have a good night’s sleep – contributing not only to their physical and mental health, but also a sense of hope.

“The people that received the bed sets were so very thankful. There were a couple with tears when saying thank you to us. This opportunity has greatly impacted community members positively.”
- Fisher River

Over 500 Bed Sets Delivered!

Each Bed Set Includes:
- Hybrid foam/coil mattress
- Platform bed
- Pillows
- Sheet set with pillow cases
- Mattress protector
- Duvet
- Duvet cover
The support we received from True North Aid was beyond my expectations! The mattress sets included everything needed to maintain your mattress, individuals would have a good night's rest the moment they set up.

A Good Night's Sleep was definitely had by many after the delivery of beds in the community. Thank you!

"Thank you from the bottom of our hearts." One lady is happy she got the bed, "I slept like a baby! They are so comfortable!"

"These beds are so comfortable, we do not want to get out of bed!"

"...working with True North Aid empowers us to meet our community's needs in the way we like best to operate: nimble, direct, simple, and loving."

"Some students came to school late the morning after having received a mattress, and when asked why they were late they replied that their new bed was so comfy that they did not want to get out of it."

One child was very excited to have his own bed and the first night he slept on it he told his dad "I had a good sleep, it's like sleeping on a hotel bed!"

"We have not had such a good sleep in 20 years!"

"Thank you from the bottom of our hearts."

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"A Good Night's Sleep was definitely had by many after the delivery of beds in the community. Thank you!"
A very special thank you to our partners at Silk & Snow who helped make this dream a reality!

Contact us to learn more about this program:

- https://truenorthaid.ca/contact/
- info@truenorthaid.ca
- (226) 444-3385

Donate Now

- $50 provides a pillow
- $100 provides a sheet set
- $300 provides a platform bed
- $700 provides a mattress
- $1,500 provides a full bed set

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