

The Ladies Auxiliary of "PRONIA" is one of the most dynamic and actively engaged departments within the Greek Community of Toronto (GCT).

Since its establishment in January 2015, the Ladies of "PRONIA" have consistently demonstrated a strong commitment to serving the needs of the four GCT Churches, making significant contributions to support individuals in need, and organizing impactful community events.

"PRONIA" actively supports individuals and families in need during the holiday season by organizing annual food drives for Christmas and Easter. These initiatives provide non-perishable food items and essential resources (food assistance, vouchers etc.), ensuring that those facing hardship have access to the support they need during these festive times.

"PRONIA" collaborates with a range of charitable organizations, contributing to the efforts of local charities such as the Old Age Home, Hellenic Hope Centre, St. John's Mission, and various local hospitals.

On top of the above the ladies of "PRONIA" are actively involved in the following activities:

- **Church and Community Support:** Providing memorial services, and after church services to parishioners and various associations.
- **Active Participation in Cultural Programs:** Engaging in community cultural events such as parades, the Summer Festival etc.
- **Hospital Visits:** Visiting patients in local hospitals to offer support and companionship.
- **Scholarships for Students with Disabilities:** Awarding scholarships to students from families with financial difficulties within the Greek Community of Toronto schools.
- **Support for Greek Education:** Providing funding for the Greek educational program "Paideia"
- **Assistance for Travel Needs:** Covering travel expenses for members who need to return to Greece on short notice.
- **Healthcare Support:** Distributing free medications to patients without medical coverage.
- **Catechism Support:** Actively assisting in catechism-related events and activities.
- **Annual Fundraising Events:** Organizing and executing major fundraising events to support the community and charitable causes.

Through these ongoing efforts, "PRONIA" continues to play a vital role in fostering community, support, and compassion both locally and abroad.





**Vasiliki Katerinios**

*Chair of the Ladies of Pronia*

*"When we give cheerfully and accept gratefully, everyone is blessed."*

PRONIA's mission is to stand in solidarity with those facing hardship, and we are working tirelessly to fulfill this commitment. As Chair of the Ladies of PRONIA I have encountered several challenges in coordinating the efforts of the four PRONIA departments to ensure we provide the best possible service to our parishioners and support those in need, especially during these challenging times. PRONIA's charitable efforts not only bless those they serve but also enrich the lives of those who serve.





**Theodora Koutsoubou**

*Chair of Pronia St Demetrios Greek Orthodox Church*

*"The best way to find yourself is to lose yourself in the service of others."*

I work tirelessly, fueled by a deep sense of purpose, alongside my fellow Ladies of St. Demetrios PRONIA to support those in need. I am truly grateful to be part of such a dynamic and dedicated team, one that is deeply committed to responsibly assisting the less fortunate, particularly during these uncertain times.

**Ladies of Pronia St. Demetrios Church**





**Christina Lampiris**

*Chair of Pronia St John's the Baptist Greek Orthodox Church*

*"It's not how much we give, but how much love we put into giving."*

At St. John's Church, our primary goal is to provide love, and charitable assistance to those in need, offering them a sense of comfort and solidarity during difficult times. I am truly honored to contribute to such a noble and meaningful cause.

**Ladies of Pronia St. John's Church**





**Toula Diakos**

*Chair of Pronia St Irene's Chrysovalantou Greek Orthodox Church*

*"Alone, we can do so little; together, we can do so much."*

At St. Irene Church, we believe in the power of collaboration, reflecting the collective impact that the Ladies of PRONIA make in the community through teamwork and shared dedication. Helping those in need inspires us to become better individuals, and we are deeply committed to offering as much support as we can.

### Ladies of Pronia St. Irene Chrysovalantou Church





**Helen Spyridis**

*Chair of Pronia of the Annunciation of the Virgin Mary Cathedral*

*"The smallest act of kindness is worth more than the grandest intention."*

I have had the privilege of serving the needs of our church for over 20 years with love, dedication, and commitment. My passion for helping others and my deep concern for the well-being of our community continue to drive me to work tirelessly toward this goal.

**Ladies of Pronia of the Annunciation of the Virgin Mary Cathedral**

