ORGANIZE A FUNDRAISER

Do you want to restore hope to teenagers in distress?

You can help in a concrete way by organizing a fundraiser on our behalf.



WHY?

Your donations make it possible to:

- Raise awareness among our teenagers with our mental health workshops.
- Equip teachers and parents to build a caring community.
- Increase our scope of action and ensure the sustainability of the foundation.
- Along with helping young people, giving feels good!
- You'll receive a tax credit for your donation!

INTERESTED?

Here's how to organize a **fundraiser** in 5 steps :

- Define your idea
- (type, target audience, financial goal).
- Submit it to us:
- fill out this online form as soon as possible.
- Make some noise! Spread the word about your event (social media, etc.)
- so your loved ones and acquaintances will join in.
- Transfer your donation to us. You will receive a tax receipt.

Say thank you!

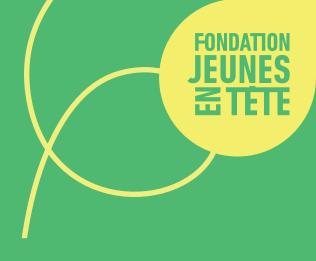
Now's the time to thank everyone who joined the cause (volunteers, sponsors and participants); this will encourage them to join you again next time!

Do you have a project in mind? Questions?

Contact Marguerite Trudel-Poitras

Project Manager, Ambassador Events **514 529-1000**, ext. 103 mtrudel-poitras@fondationjeunesentete.org

Thank you for participating in mental health prevention for teenagers.
Your support makes a huge difference to them



TAKE PART IN SOMETHING VERY BIG

Organize a fundraiser to prevent psychological distress in young people.

For nearly 25 years, Fondation Jeunes en Tête's mission has been to prevent psychological distress in young people aged 11 to 18 in Quebec,

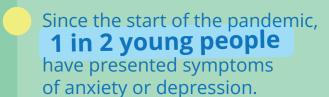
especially by leading awareness-raising workshops in high schools in every region and by providing online toolkits for young people, their parents and school staff.



DESTIGMATIZE, RAISE AWARENESS AND EQUIP

Here are the concrete **actions** we take every day to help future generations face life's challenges.

FACTS AND FIGURES



50 % of mental health problems appear before the age of 14, 75 % before the age of 22.

Depression is reversible. Nearly **90 %** of people treated for clinical depression will heal.

OUR IMPACT

- Each year, our team of facilitators meets around 50,000 young people in high schools throughout Quebec's 17 regions.
- Our workshops help young people take care of their mental health and deal with psychological distress.
- For nearly 25 years, our initiatives have raised awareness among more than 1.3 million young people!



FIND US ON













fondationjeunesentete.org/en/