



**Proudly supporting
Youth Mental Health**

SPONSORSHIP OPPORTUNITY

**CFSSC's Holy Rowers Dragon Boat Team is paddling to support
community-based YOUTH MENTAL HEALTH!**

We invite you to join us.

In 2019, our Dragon Boat goal is to raise \$5,000 to support mental health initiatives in high schools across Simcoe Muskoka. Through these programs, young people gain:

- a greater awareness of personal triggers for anxiety and depression
- increased coping skills
- expanded knowledge of school and community services & resources
- decreased social isolation
- stronger life skills and resiliency

Please see additional information about CFSSC's community-based youth work.

Our team sponsors are essential in covering the costs associated with participation in this event so all donations can support youth across Simcoe Muskoka.

Levels of support

Please see sponsorship benefits on next page

Team Patron (1 available)

\$2,000

Your support covers the costs of primary expenses of team participation – including team registration, practices and coaching.

Base Camp Champ (2 available)

\$500

Your support helps us appreciate & encourage our volunteer paddlers and fundraisers – including event day lunch/ snacks, water, participant care & gift bag and prizes.

Future Booster (6 available)

\$100

Your support helps us promote the important work being supported by our Dragon Boat team – including our team t-shirts, banner, website and social media coverage.



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Sponsorship benefits

	Booster	Champ	Patron
Certificate of Appreciation	✓	✓	✓
Quarterly reports about the community impact of your support	✓	✓	✓
Social media shout-outs (minimum four mentions per channel*)	✓	✓	✓
Event poster – logo (until Aug 15)	✓	✓	✓
Event t-shirt – logo (until July 30)	✓	✓	✓
Event banner – logo (until Aug 15)	✓	✓	✓
CFSSC event webpage – logo inclusion	✓	✓	✓
Corporate recognition on event fundraising webpages		✓	✓
CFSSC website logo (with link)		✓	✓
Option to include material in gift bag		✓	✓
Participant care & gift bag		✓	✓
Corporate recognition in thank you media		✓	✓
Logo and thank you recognition on CFSSC website home page			✓
Company name linked to CFSSC's participation in Dragon Boat on all media			✓
Logo in Annual Report			✓
Podium acknowledgement at AGM			✓
2 complimentary tickets to all CFSSC events in 2020			✓
Invitation to Annual General Meeting			✓

*CFSSC participates on Facebook, Twitter and Instagram. Sponsors who provide CFSSC with their social media handles will be tagged in relevant CFSSC posts.

RE: In-kind donations supporting our Dragon Boat to offset expenses are welcomed. Donors will be recognized with a certificate and on our digital platforms.

Some examples of in-kind donations include (but are not limited to):

- Box lunches
- Fundraising incentive prizes
- Items for care/gift bag (e.g. sunscreen, lip balm, gift items, etc.)
- Water bottles
- Snacks

Please contact Michele Lawson (705-796-2004 / mlawson@cfssc.ca) for details.



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Supporting youth mental health and resilience

CFSSC recognizes the need for preventative mental-health education and professional early-intervention for youth to prevent at-risk symptoms from escalating into crisis.

In 2019, our Community Programs team delivered 47 in-class workshops to 947 students in six high schools across our region. Workshop topics included Social Media & Our Mental Health, Self-care Strategies for Youth, and Female Empowerment & Self-esteem. An additional 609 students attended three mental health symposiums at three different high schools, with 76% (or 463 students) saying their symposium made a positive impact in their lives.

We are working to bring these and other mental-health programs to area youth. While our work this year brought much-needed supports to nine local high schools, we had requests from nine others that we could not accommodate because of limited organizational capacity. Our participation in Barrie's Dragon Boat Festival is a strategic investment in our youth. **Your participation will help us change/save more young lives.**

CFSSC celebrates 40 years of community service in 2019

Catholic Family Services of Simcoe County (CFSSC) is an accredited registered Canadian charity providing counselling and psychotherapy, and one of 44 Family Service Ontario (FSO) member agencies. Together, FSO agencies serve more than 250,000 Ontarians with mental health, trauma and addiction challenges each year. In Simcoe Muskoka, CFSSC services more than 3,000 individuals annually through our free walk-in counselling clinics in seven locations across the region; and through individual, couple and family counselling.

CFSSC clinicians are professional counsellors and psychotherapists with minimum Master's-level credentials and multiple years of clinical experience.

Our programs are available to everyone living or working in Simcoe Muskoka.

We recognize the importance of the family context and strive to be inclusive of persons of all abilities, religions, cultures, sexual orientation or gender identity.

QUESTIONS? Michele Lawson, CFSSC Business Development Manager
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