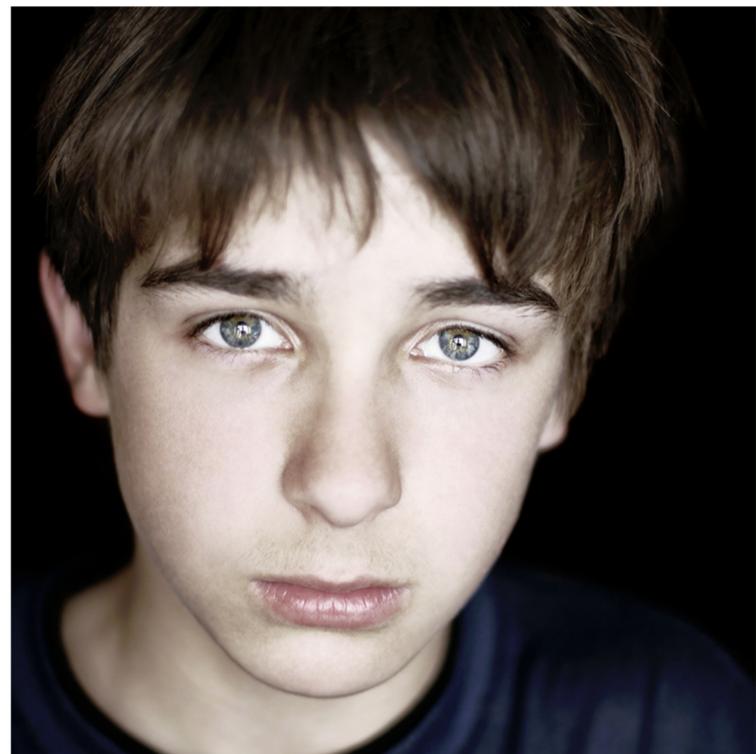


Thank You OGI Hockey Tournament friends for being part of the community supporting children's mental health!

Through your generosity...

- You provide youth a warm bed and safe place to stay at Safe Haven Youth Shelter
- You give children with complex mental health needs specialized treatment at Lutherwood's mental health centre
- You ensure that children, youth and families get the care they need, when and where they need it
- You give children and families hope and help through Front Door's walk-in counselling services
- You ensure that kids struggling with their mental health have the tools to cope, the skills to heal and a path towards a brighter future



Mental Health Facts

1 in 5 kids struggle with their mental health

A mental health challenge is nothing to be ashamed of. Talk about it. Ask for help.

Mental health challenges can affect anyone.


Caring people. Strengthening lives.

Serving our community for over 47 years, Lutherwood has an unwavering dedication to improving the lives of those in need. Thank you for helping us build communities where all children, youth and adults experience mental wellness, financial stability and a safe place to live.

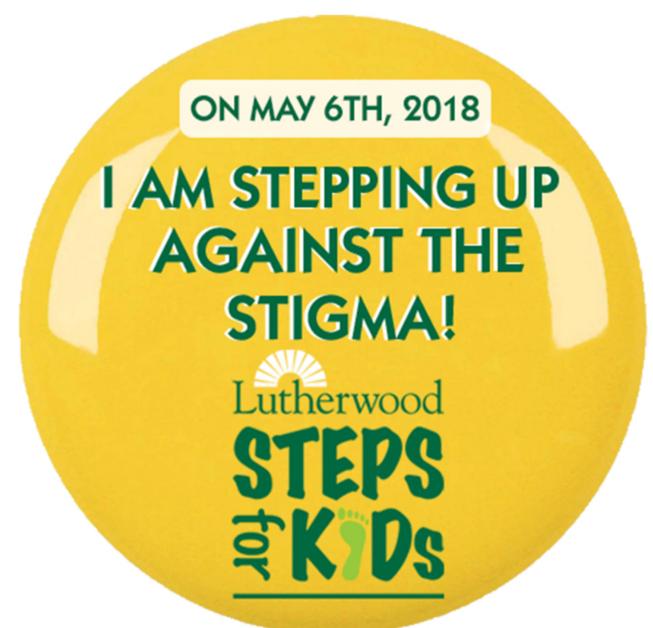
www.lutherwood.ca

What can you do to help kids and families who are struggling with mental health?

- Get involved in a community that supports mental wellness for all
- Invite us to come to your workplace to talk about kids mental health and how we can support kids better
- On Sunday, May 6th, take part in **Steps for Kids**, Lutherwood's 3-5 km walk/fun run raising funds and awareness for youth mental health. Steps for Kids provides encouragement, create hope and reduces the stigma for youth who are struggling with mental health challenges

Sunday, May 6th, 2018, 8:00am – 12:00pm
Lutherwood Children's Mental Health Centre
285 Benjamin Rd, Waterloo

www.lutherwoodstepsforkids.ca



1 IN **5** STRUGGLE WITH MENTAL HEALTH
LIFT THE STIGMA. LIFT LIVES.



For more information, please contact us at
519-884-1470 or foundation@lutherwood.ca


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