



## How to Give

### Donation

Donate online, by mail, or in person – in your own name, in memoriam, or even as an annual donation. For your convenience, a donation form has been included as part of this brochure.

### Planned Giving

Planned giving provides a legacy of health, hope, education and empowerment to individuals for generations to come. Considering a planned contribution reflects your support for worthy community programs and continues your hopes for others. Planned giving may include monetary bequeathment by will or trust, securities/mutual funds, life insurance policies, endowment funds, etc. Please consult your financial planner, tax advisor or estate planner to determine which option is best for you.

## CONNECT WITH US



cmha.tbay/



@CMHATbay



Cmha-tbOnCa

## About CMHA Thunder Bay

### Our Vision

An inclusive community that promotes emotional wellbeing, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.

### Our Mission

We are committed to supporting individual recovery and promoting mental wellness within families and communities.

### Our Values

Client Centred Approach  
Commitment to Recovery  
Excellence Innovation and Creativity

Canadian Mental Health Association  
200 Van Norman Street  
Thunder Bay ON P7A 4B8

Phone: 807-345-5564  
Email: cmhatb@cmha-tb.on.ca  
[www.cmha-tb.on.ca](http://www.cmha-tb.on.ca)

Charitable Reg. No. 13029 3327 RR 001



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## GET INVOLVED

How your donation improves mental health in our community.



Canadian Mental Health Association  
Thunder Bay  
*Mental health for all*

## Why donate?

Because one in five people in Canada experience a mental health problem or illness in any given year... Someone you know may need our services: your child, friend, neighbour or maybe even yourself. Invest in the mental well-being of your loved one and consider donating to the Canadian Mental Health Association (CMHA) Thunder Bay today.

## Your Donations at Work

Donations to CMHA Thunder Bay are used locally to fund our Education & Training Program. Your donations make it possible for us to implement public awareness campaigns, provide training and workshops, and deliver 10-week family education and support groups. Through your donations, we are able to offer subsidies for family members and students to attend family groups and workshops at no charge.

For more information, visit: [thunderbay.cmha.ca/programs-services/education-and-training-program/](http://thunderbay.cmha.ca/programs-services/education-and-training-program/)



## Make a Donation

I would like to help CMHA Thunder Bay enhance and promote the optimal mental health of everyone in our community through education, prevention, advocacy and support services.

### DONOR INFORMATION:

Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

### TYPE OF DONATION: Check all that apply.

\$20     \$40     \$100     Other donation amount \$ \_\_\_\_\_

I would like to make this a monthly donation:

On the 1<sup>st</sup>     On the 15<sup>th</sup>     For # \_\_\_\_\_ months

This donation is in memory of: \_\_\_\_\_

### METHOD OF PAYMENT:

Cheque (enclosed: payable to CMHA Thunder Bay)

Credit Card #: \_\_\_\_\_ Expiry (MM/YY): \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Tax receipts will be issued for all donations in excess of \$10. Your donation stays locally in Thunder Bay.

Please note that CMHA does not exchange mailing lists. All personal information is confidential. However, this information may be used in the future to contact you about CMHA events, programs and services.

I do not wish to receive information from CMHA.

I grant permission for my name to appear publicly, in recognition of my contribution.

Donor Privacy – We value your trust and are committed to protecting the privacy of your personal information. The information you provide will only be used to assist in the administration and acknowledgement of your gift, to issue tax receipts, or to respond to any information requests you may have, with your expressed consent.

### PLEASE MAIL OR FAX COMPLETED FORM TO:

CMHA Thunder Bay  
200 Van Norman Street, Thunder Bay ON P7A 4B8  
Fax: 807 -345-4458

### FOR MORE INFORMATION, PLEASE CONTACT:

Phone: 807-345-5564  
Email: [cmhatb@cmha-tb.on.ca](mailto:cmhatb@cmha-tb.on.ca)  
Web: [www.cmha-tb.on.ca](http://www.cmha-tb.on.ca)