



The Huron Perth Centre plays a critical role in the health of children, youth and families by providing timely access to a range of assessment and treatment services.

Gimme 5! Help us in these key areas...

1. **INVESTING IN QUALITY** - Give us a hand in assisting with the cost of training and ongoing service improvements that cultivate Leaders in the provision of children's mental health services

2. **PROGRAMS** - Provide a hand in the healing process through therapeutic tools. This helps us cover costs for program supplies not covered by regular funding/provides tools for counselling and therapy

3. **MENTAL HEALTH PROMOTION** - Be a hand in reducing stigma and ending discrimination. This provides educational materials that help families know when help is needed/promotes healthy coping strategies/assists with early identification and treatment

4 - **MENTAL HEALTH MOBILITY** - A hand in creating wider accessibility. This enables HPC to be where the need is in those situations or scenarios where service would not otherwise be available

5 - **YOUTH ENGAGEMENT** - A hand in supporting and applauding our youth. Helping us to support our 'youth supporting youth' in a wide array of youth initiated projects because they're really, really, really, amazing in the work they do!

If you would like to assist us in an on-going effort to support children and families surviving and meeting the challenges of mental health issues please consider joining our family of contributors through the Gimme 5 campaign!

Yes! I would like to give...

\$5 \$25 \$55 Other \$ _____

Name:

Tel:

Email: