



Sponsor a Day of Zach's Journey

Please consider sponsoring a day during Zach's journey to Ottawa to raise funds and awareness for the Youth Mental Health program at RVH.

- Zach will depart from RVH on **Sunday, August 13th** during a public celebratory send-off event with our Mayor.
- Zach will run, walk, bike and scooter 20-25 kms a day, five days a week, taking a two day break in-between. Zach is only 13, so his health and safety are our TOP priorities. We will also be very flexible according to his mental and physical health.
- Zach will arrive in Ottawa on **Sunday, September 10th** (accompanied by Alex Nuttall, MP, Barrie-Springwater-Oro Medonte) on Parliament Hill during a welcome event organized by CHEO and YouthNet.
- Zach has been busy attending events, visiting schools and speaking to people about youth mental health and how youth CAN make a difference in our community. He's doing a GREAT job connecting with our youth.
- By sponsoring, you will be helping Zach support the new 8-bed in-patient YOUTH mental health unit and programs.

YOUR BENEFITS ON DAY OF SPONSORSHIP

Logo on Zach's website above route map for day sponsored	•	•
Video shoutout 'Today is brought to you by ...' posted on social media	•	•
Social media mentions/tagging all day (Zach has a great following already!)	•	•

Please contact Shelley Hofer at 705-733-6965 or shelleyhofer@live.ca
If you're looking for a different sponsorship or donation opportunity, please let me know!



