

## Fundraising Tips

### Getting started

1. **Log in:** Visit [rbcaceforthekids.ca](http://rbcaceforthekids.ca) and click “Login to fundraise” to access your account.
2. **Send emails:** Click on “My Fundraising” to update your personal fundraising page and send emails to your family, friends, and colleagues asking them to sponsor you.
3. **Thank your sponsors:** Click “Manage Sponsors” and then “Thank Sponsors” to send thank you emails.

#### Set a goal

We ask each individual to raise \$100, but you can always set a higher goal for yourself! Track and share your progress with current and potential donors. Once you reach your goal, be sure to update it.

#### Take the first step

Start by donating to yourself. It’s an easy way to show your passion for youth mental health and to inspire family, friends and colleagues to also donate generously. Remember, every step is a step forward for youth mental health.

#### Don’t be shy

Reach out to everyone in your networks to ask for donations. Youth mental illness is an important issue that affects all of us, and this is our opportunity to come together to support youth in our community.

### Getting creative

Sending emails and starting conversations is a great start, but the sky is the limit when it comes to ways you can fundraise! Here are some unique ideas:

- Fill a jar at your office with jellybeans and have your colleagues pay to guess how many there are in the jar. The winner gets to keep the jellybeans, and the proceeds are donated.
- Host a summer BBQ and ask guests to make a donation in exchange for a burger hot off the grill.
- If you’re celebrating a birthday or anniversary, ask for donations in lieu of gifts.
- Clear out your closets and hold a garage sale or a used book sale, with all proceeds donated.

Coordinate a ‘dress down’ day at work where your colleagues get to wear their favourite jeans into the office in exchange for a donation.

## How to raise \$300 in one week

| Day          | Action   | Total                    |
|--------------|--|--------------------------|
| Day 1        | Self-donate  | \$20                     |
| Day 2        | Use your personal fundraising hub to email 10 out of town friends or relatives asking them each to donate \$10 | $\$10 \times 10 = \$100$ |
| Day 3        | Ask 4 family members to donate \$20 each   | $\$20 \times 4 = \$80$   |
| Day 4        | Ask your boss for a company donation of \$50   | \$50                     |
| Day 5        | Ask 5 coworkers to each donate \$5   | $\$5 \times 5 = \$25$    |
| Day 6        | Ask 5 friends to donate \$5 each   | $\$5 \times 5 = \$25$    |
| Day 7        | Send out thank you emails to all friends and family who donated!   | Priceless!               |
| <b>Total</b> |  | <b>\$300</b>             |

Your fundraising will help families with mental health needs in the GTA navigate the mental health care system by connecting their youth in need with the right treatment at the right time. Thank you for reaching out to make a difference for this important cause!