

Create your own special fundraising event or activity

There are many different activities you can do to support youth living with mental illness! One is sure to be a fit for your group of family and friends.

- ✦ Host a dinner party, cocktail party or barbeque and ask your guests to bring a donation for Laing House in lieu of host/hostess gifts
- ✦ Organize a sports tournament
- ✦ Form a team to participate in the Blue Nose Marathon in support of Laing House
- ✦ Organize a yard sale
- ✦ Show off your baking skills with a bake sale for Laing House
- ✦ Create your own giving page on CanadaHelps.ca and collect pledges
- ✦ Collect donations in lieu of birthday, anniversary, holiday or wedding gifts
- ✦ Donate the proceeds from returned recyclable bottles
- ✦ Ask your company if they have an Employee Match program and match your donation to Laing House
- ✦ Save and donate your spare change
- ✦ Share how and why you support Laing House with your friends, encourage their support as well.



Come as you are

Laing House is a peer support organization empowering youth, aged 16-29, living with mental illness. Here members can embrace their unique gifts and find their way in a caring and supportive environment.

Now in its eleventh year, Laing House has assisted hundreds of youth on their path to recovery. Laing House programs include education & employment, healthy living, outreach, creative arts, and family support. These programs utilize a unique peer support model to help youth recognize and develop their strengths, talents and resources in a welcoming and respectful atmosphere. Laing House is the first of its kind in Canada.

A few facts about mental health in Canada...

- ✈️ 1 in 5 will experience mental illness.
- ✈️ Suicide accounts for 24% of all deaths among 15-24 year olds.
- ✈️ 1 in 3 affected by mental illness do not receive the care they need, either because they are afraid to ask or it is not available.
- ✈️ Everyday 500,000 Canadians miss work due to mental illness.
- ✈️ Mental illness is the number one cause of workplace disability.

**To learn more about third party fundraising, contact Laing House
(902) 425-9018 or Robin at
rlevy@lainghouse.org**