
















# EACH DOLLAR = EXTRAORDINARY IMPACT

When you donate to Jack.org, you're providing youth in Canada with the tools and resources they need to talk about their mental health – and encourage their peers to do the same. You're helping us show countless young people they're not alone in their struggles.

Your gift will keep Jack.org's vital programs running in schools and communities across the country. Thank you for your support!

 \$25	transports a trained Jack Talk youth speaker to a high school so they can address their peers and spark positive conversations about mental health.	
 \$50	purchases supplies for a Jack Chapter meeting to break down barriers to mental health within a school in Canada.	
 \$100	supports five youth in their journey to complete the Be There Certificate, equipping them to have supportive conversations with peers struggling with mental health.	
 \$150	supports the translation of the Be There Certificate into an Indigenous language, tailoring the program offering to Indigenous Youth and their unique experiences	
 \$250	funds an overnight stay for a Jack Talks youth speaker to deliver multiple talks in another community.	
 \$300	provides an honourarium for a Jack Talk youth speaker, to acknowledge the preparation and time involved to prepare for their talk.	
 \$500	funds one Chapter's activities for an entire year.	
 \$1,000	funds travel for a youth speaker to deliver an in-person Jack Talk to a remote community, so our programs can reach even more youth across the country.	