



Canadian Mental  
Health Association  
York and South Simcoe  
*Mental health for all*



Presented by:  
**staples**

### **Facebook and LinkedIn Post:**

This is an extremely difficult time for many of us, especially our youth. That's why I'm raising money and participating in Mental Health in Motion. It is the Canadian Mental Health Association York Region and South Simcoe's biggest fundraising event of the year. This year the event has gone virtual! Funds raised will support mental health services for people 12 to 25 years old in York Region and South Simcoe. To donate or register visit [link to your Mental Health in Motion fundraising page](#). #cmhainmotion @cmhayork

### **Instagram Post:**

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### **Twitter post:**

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