

HOW YOUR DONATION CAN CHANGE A YOUTH'S STORY



Canadian Mental
Health Association
Across Manitoba
Mental health for all



Support a young person's
path from survival to stability —
one step at a time

\$5

A Warm Welcome



What it does: Provides a warm drink, a snack, and a safe place for a youth to rest and feel welcome.
How they feel: Seen and a little less alone — their first step toward trusting someone.

\$10

A Moment to Talk



What it does: Helps cover part of a counselling session with a mental health clinician.
How they feel: Heard — someone listens and helps them start to make sense of things.

\$15

Community & Connection



What it does: Covers attendance at a mental health or social connections group (peer group).
How they feel: Less isolated — they meet others who understand and begin to belong.

\$25

Support in Recovery



What it does: Funds SMART Recovery meetings or one-on-one addiction check-ins.
How they feel: More hopeful — they learn tools to manage cravings and build control.

\$50

Health & Healing



What it does: Pays for a visit with the Nurse Practitioner and helps access medical referrals.
How they feel: Cared for — their health matters and they can finally take action.

\$100

Guidance & Growth



What it does: Supports meetings with a peer facilitator, mental health clinician or partner agency for housing, employment, or education referrals. How they feel: Encouraged — they begin to plan and feel capable of change.

\$500

A Stronger Foundation



What it does: Funds participation in skill-building programs, life-skills workshops, or employment readiness training. How they feel: Proud — they're gaining real skills and confidence to work and live independently.

\$1000

Cultural Connection & Belonging



What it does: Supports Indigenous cultural programming — smudging, sharing circles, Elders/teachings, and ceremonial supports.
How they feel: Grounded and proud reconnected to identity and community.

\$2000

Hope & Purpose



What it does: Provides sustained counselling and clinical support (multiple sessions), plus wraparound casework for housing and benefits applications. How they feel: Stable — they have consistent support and can start to rebuild their life.

\$5000

A Whole Journey of Change



What it does: Funds a full wraparound pathway: housing supports, sustained clinical care, employment supports, and education or training opportunities. How they feel: Empowered and ready — fully supported to re-enter community, work, and school.

Every donation helps a youth move from surviving to thriving.

Your gift today helps make housing, healing, culture and connection possible for young people across Manitoba.