

Growth *Gala*

Celebrating
50
YEARS



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UNDER \$50,000



50
YEARS

Growth *Gala*

5:30 PM Cocktail Reception

6:30 PM Welcome and Acknowledgements

7:30 PM Feature Presentation

8:30 PM Closing Remarks

8:45 PM Live Entertainment

10:00 PM Event Ends



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Minister of Education and Early Childhood Learning

Legislative Building, Winnipeg, Manitoba R3C 0V8 CANADA

SEP 18 2024

Anne Lovegrove
President and Executive Director
Strong Minds Strong Kids – Psychology Canada
anne.lovegrove@strongmindsstrongkids.org

Dear Anne Lovegrove:

Congratulations to you and the team at Strong Minds Strong Kids on your 50th anniversary! Thank you for the decades of service and commitment to improving the mental health of Canadian youth. Fifty years of supporting Canada's children and youth is a remarkable milestone that you and your team can be immensely proud of.

The work of Strong Minds Strong Kids is appreciated in Manitoba. I wish you all the best as you celebrate your anniversary at your Growing Strong Minds Conference and Growth Gala. Keep up the excellent work you are doing for youth in Manitoba and in the rest of Canada.

Sincerely,

Nello Altomare



MESSAGE FROM THE MAYOR

A warm welcome to everyone attending the 50th Anniversary Growth Gala hosted by Strong Minds Strong Kids, Psychology Canada.

This fundraising gala is a wonderful opportunity to celebrate your organization's important work fostering children and youth's resilience and coping mechanisms by providing them with the tools and skills they desire to thrive. I am very pleased that this event will help support mental health promotion programs for 500,000 youth.

Thank you to Strong Minds Strong Kids, Psychology Canada for contributing to the well-being of Toronto residents by helping young people to navigate adversity and build a strong foundation of mental health.

On behalf of Toronto City Council, I thank the organizers and wish everyone an enjoyable and memorable event.

Yours truly,

Olivia Chow
Mayor of Toronto

City Hall, 100 Queen Street West, 2nd Floor, Toronto, Ontario M5H 2N2
416-397-CITY (2489) mayor_chow@toronto.ca



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Dear Friends,

Fifty years ago, we embarked
on a journey with a bold
vision: to harness the power of
psychological science to make a
meaningful impact in the lives
of Canadians.

What started as a small initiative has since grown into a nationwide movement, with our resilience-building programs now touching the lives of millions of children across the country.

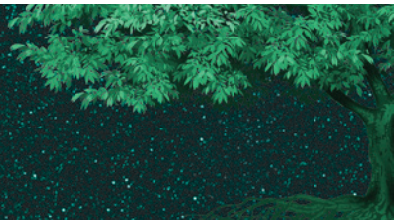
Psychological health is at the heart of our organization's growth, driving the creation and delivery of evidence-based programs that empower young people to build resilience and face today's challenges with confidence.

Thank you for helping us to make Canada the healthiest country in the world. Your continued support will play a pivotal role in growing our reach and nurturing lasting change in the lives of Canadian youth.

Warm regards,

Dr. Eric Jackman

C.M., O.Ont., Ph.D., LL.D., D.Sc
Founding Chair



Dear Friends and Supporters,

As we celebrate the 50th Anniversary of our organization, we look to the future with excitement and determination.

Today, we stand at a pivotal moment. The world our youth navigate is vastly different—shaped by rapid technological advances, evolving family structures, new educational models, and rising environmental concerns. These changes have given rise to both unprecedented opportunities and significant mental health challenges for young people across Canada.

As we chart our path forward, our commitment is stronger than ever. We aim to lead the charge in promoting mental wellness for youth in the years to come, evolving alongside them. Our focus is on equipping the next generation with proactive mental health tools, fostering resilience, emotional intelligence, and coping strategies through our evidence-based psychology programs. We envision a future where mental wellness is not just a goal but a reality for all youth.

Thank you for your unwavering support as we move forward together. With your partnership, we look forward to shaping a future that champions mental health for the next 50 years and beyond.

With gratitude,

Jessica Goldberg

B.A., M.A., MBA

Chair of the Board



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Your Dollars Benefit Children, Youth and their Families Across Canada

"I have more strategies to help me cope with stress with more ease and calmness. I usually freak out under stress **but now I'm calmer** and can think of strategies first."

- Andie, Child

"Definitely will remember the box breathing, that really helped"

- Carter, Child



“My kids have learned some amazing tools to help them cope with stress through this program.

We can continue to practice these tools and reinforce what we have learned that will help them well into adulthood. Thank you Strong Minds Strong Kids for this opportunity. I truly can't thank you enough.”

-Cindy, Parent

“Your program really did help our child learn some effective strategies and feel more confident in dealing with their stress. The inclusive and supportive environment worked wonders for her. Thank you Strong Minds Strong Kids!”

-Erica , Parent



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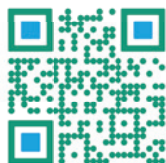


When you contribute to Strong Minds Strong Kids,
you're making a vital investment in the mental
well-being of children and youth across Canada.

**Your support enables us to continue developing and delivering
essential skills in resilience and stress management to children,
young people, and their families.**

Donate today to empower Canada's youth.

Scan here:



About us

Strong Minds Strong Kids, Psychology Canada from The Psychology Foundation of Canada is a registered charity celebrating 50 years of nurturing resilience in children by equipping infants, children, and youth with the psychological well-being they need to thrive emotionally.

For five decades, our programs have supported the foundational pillars of healthy child development, starting with a focus on attachment, helping parents and caregivers build strong emotional connections with their newborns. We also offer stress management programs for children and teens, giving them essential coping skills to carry through life.

Our mission is to provide children with a solid foundation of mental health, proactively supporting them before challenges arise.



Key Programs

Make the Connection: Developed using psychological science, this program promotes secure attachment, supports brain development, and provides tools to foster emotional growth and healthy parent-child relationships.

Kids Have Stress Tool: Provides a comprehensive introduction to key aspects of early childhood and brain development, as well as the crucial role caregivers and educators play in helping children learn effective stress-management strategies.

Stress Busters: Students will engage and connect with each other learning stress management concepts and strategies as they practice their new skills, nurture resilience, and support each other in a fun, engaging, and safe space.

Stress Lessons 7-12: Full of psychologically-sound strategies and tools, SL provides educators with a student-centred inquiry-based approach to teach stress-management strategies and skills and build emotional resilience in their students and themselves.

ThriveLandia: An engaging online game designed to empower kids and teens (ages 10-17) with interactive learning activities that make resilience-building fun and accessible. Through games, challenges, and guided exercises, ThriveLandia helps young people develop the skills to thrive academically, socially, and emotionally.



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We extend our heartfelt gratitude to
our top 50 donors—your support has been the
cornerstone of our mission and vision.

You've not only believed in our goals but have laid the foundation upon which our organization thrives today. Your generosity and commitment inspire us daily, and we're honored to have you as part of our roots. **Thank you for making a lasting impact and for helping us grow toward a brighter future.**

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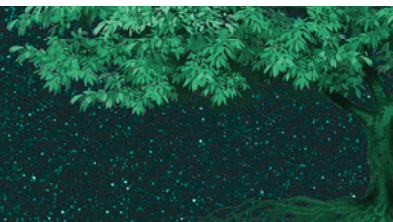
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of leveraging psychology to
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Global Recognition: We are home to an award-winning laboratory school.

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Innovative Research: Our R.G.N. Laidlaw Research Centre serves as the hub for faculty research at JICS, supporting multidisciplinary research in child study, human development, and education that shapes educational practices world wide.

University Setting: Our connection to U of T shapes our high academic standards and our strong culture of inquiry.

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