**Social Media - CAPTION**

**For Gala Committee Members:**

As a committed member of the committee for the 2025 Strong Minds Gala, I'm reaching out to my network to help elevate support for Strong Minds Strong Kids Psychology Canada.

For 50 years, Strong Minds Strong Kids has been dedicated to leveraging psychological science to help children and youth build the superpower of resilience. Their programs and resources impact over 800,000 Canadian children and youth a year.

We are currently seeking sponsors to help make this event a success, and I wanted to personally extend an invitation to you or your organization to consider joining us as a sponsor.

If you're interested or have any questions, please feel free to reach out to me directly or email katherine.ihl@strongmindsstrongkids.org.

Hope to see you on November 20th!

**For Board or other committee members:**

As a committed board or committee member of Strong Minds Strong Kids Psychology Canada, I'm reaching out to my network to help elevate support for the foundation at their annual fundraising event, the Strong Minds Gala.

For 50 years, Strong Minds Strong Kids has been dedicated to leveraging psychological science to help children and youth build the superpower of resilience. Their programs and resources impact over 800,000 Canadian children and youth a year.

We are currently seeking sponsors to help make this event a success, and I wanted to personally extend an invitation to you or your organization to consider joining us as a sponsor.

If you're interested or have any questions, please feel free to reach out to me directly or email katherine.ihl@strongmindsstrongkids.org.

Hope to see you on November 20th!