1.  
🏃‍♀️ I'm running in the RBC Race for the Kids to support youth mental health! Help me raise funds for Sunnybrook’s Family Navigation Project and ensure more youth and their families are supported on their mental health journey and a brighter future.

🔗 Link in bio to donate. #RBCRaceForTheKids #YouthMentalHealth

2.  
I’m lacing up for a cause that matters 💛Support me in this year’s #RBCRaceForTheKids and help youth get the mental health and addictions care they need, when they need it.

👉 Every dollar counts! Link in bio to donate.

3.  
This year, I’m running for more than just a finish line. I’m running for the thousands of youth across Canada facing mental health and addiction challenges.

Sunnybrook’s Family Navigation Project helps youth and their families find the mental health and addictions care they need, when they need it. I’m proud to support this work through RBC Race for the Kids —and I’d be so grateful for your support.

💛 Donate through the link in my bio. #RBCRaceForTheKids