



1st Annual MDO Walk-A-Thon Pledge Form

11am – 2pm Sunday, September 21, 2025 Andrew Haydon Park

WALKER'S NAME:

Dear Potential Sponsor,

I promise to honour your pledge by participating in the 1st annual MDO Walk-A-Thon with the goal of joining peers along the 1km loop around both park ponds at a comfortable pace and distance that ultimately shows my support in raising funds towards making a difference in the lives of those who rely on MDO's beneficial mental health services.

Thank you very much for contributing!

	First & Last Name	Address (for tax receipt over \$20)	Donation Amount	Method of Payment (cash, e-transfer or cheque)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
	Total Donations Collected			

MDO Charitable Registration Number 88821 2594 RR 0001



1st Annual MDO Walk-A-Thon

11am – 2pm Sunday, September 21, 2025 Andrew Haydon Park

WHEN: Last day of summer!

WHERE: Andrew Haydon Park

GOAL: Raise \$5000 towards MDO's services including helping to provide:

- Additional evidence based recovery programs
- A virtual platform for peer support groups
- Fun seasonal activities that foster connections

All positively affecting mental wellbeing!

EVENT: Participants will meet under the gazebo at Andrew Haydon Park before the challenge of walking along the 1km pathway that loops around the ponds. Everyone can set their own pace and distance with the aim of being active and supportive.

CONTRIBUTE: By being a walker or cheerleading donor!

HOW TO DONATE OR SPONSOR A WALKER:

- 1) For secure credit card transactions and immediate tax receipt, visit MDO's fundraiser page at <https://www.canadahelps.org/en/charities/depression-and-manic-depression-mutual-support-group/p2p/2025WalkAThon>
Click **DONATE NOW** and choose a walker using 'assign to a participant'
- 2) Fill out the pledge form on the back of this page & provide cash, or a note indicating "WalkAthon" with either an etransfer to info@mooddisordersottawa.ca or cheque to Mood Disorders Ottawa

***** All pledge forms & donations must be completed & submitted on or before the day of the walk. THANK YOU ALL!!!**