



How to Contribute without Walking

Not able to walk on May 2nd? No problem!

You can still contribute to the success of the Walk, earn great incentive prizes and have your own fun-filled event at your office, call centre, theatre, plant or factory.

Here's how:

Step 1 – Choose an Event:

- Choose one of the options below or come up with your own fun idea. You don't have to walk on May 2nd to support Kids Help Phone!

Step 2 – Register:

- Log on to walkforkidshelpphone.ca or grab a pledge form from your local Kids Help Phone representative. Register as though you are walking in the Walk for Kids Help Phone – form teams, set up your own personal pledge page, and set fundraising goals. The only difference is that you will be participating in a different event.

Step 3 – Get Pledges:

- Ask friends, co-workers and relatives to pledge you for your event and explain that you're raising money as part of the Walk for Kids Help Phone.

Step 4 – Have Fun!

- You can participate in any way that works for you and your team! Here are some great ideas:
 - Set up your own mini-walk at lunch
 - Host a mini-Olympics (indoors or out)
 - Host a bake sale or bbq lunch
 - Host a book or garage sale
 - Have a raffle with donated items from local businesses
 - Encourage everyone to bring their lunch a few days and donate the money they save to your team
 - Host a games, poker or trivia night
 - Host a potluck lunch
 - Put on a bingo game in your office and sell cards

Step 5 – Send in your Pledge Forms and Online Summary Reports:

- When your fundraising event is complete, compile all of your pledge forms, online summary reports and cash pledges and mail them to Kids Help Phone (no cash please). You can also deposit cash and cheques at any BMO Bank of Montreal branch from March 1st to May 28th.