

**CAVES**  
for kids

**JOIN  
FORCES  
WITH US!**

**MARCH 7 - 13**





## *WHAT IS “GIVE IT UP”?*

You and your family agree to give up on an indulgence (For example coffee) and put that money aside for Caves for Kids



## *GETTING YOUR EVENT STARTED!*

1. Gather a group of friends/family who would be interested in participating
2. Think about things that you spend on money quite frequently and how long your going to compete for
  - a. Coffee, Uber Eats, Going out to Restaurants etc.
3. Confirm both the indulgence and the time period and you are ready to start!
4. Every time you do one of these things, you put aside a certain amount of money in the jar
  - a. For example, every cup of coffee you buy that month, you have to put \$2 in the jar
5. At the end of the period see how much was raised and donate to Capes for Kids
  - a. You can also discuss with friends, your spending habits may surprise you



*THE JOURNEY TO A  
**BRIGHTER FUTURE**  
WILL NOT BE POSSIBLE  
WITHOUT YOUR SUPPORT*



# Resources

- Click [here](#) if you would like to download some super cool, social graphics! These include Facebook, Twitter, LinkedIn, and email banners, zoom backgrounds and template posts.
- Click [here](#) if you would like to watch Holland Bloorview's impact video for Capes for Kids!
- Click [here](#) to read Holland Bloorview's Impact Stories!



# FAQs

## *WHAT IS CAPES FOR KIDS?*

Capes for Kids is a fun, family friendly event where we encourage everyone to wear their cape and raise money to support kids with disabilities at Holland Bloorview Kids Rehabilitation Hospital. Register online, set a fundraising goal and decide what your action will be and then start fundraising! Wear your cape March 7-13, 2022!



## *HOW DO I REGISTER?*

You may register as an individual, create your own fundraising team or join an existing fundraising team. Registration takes 5 minutes, and when you're done, you'll have your own personal fundraising page and link that you can send to your network and community.



# FAQs

## *DO I HAVE TO RAISE A MINIMUM AMOUNT TO PARTICIPATE?*

No. There is no fundraising minimum. But you'd be surprised how people will support you when they understand why you're wearing a cape, and where their money will go.

## *HOW WILL THE DONATIONS BE USED?*

All money raised through Capes for Kids supports Holland Bloorview's innovative programs and services and cutting-edge research that help kids with disabilities move, speak, play, learn and grow.



# Capes Contact Info

Have a question or want to learn more about Capes for Kids? We'd love to hear from you.

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