

# TOSS THE BOSS

Monthly  
NEWSLETTER



ISSUE FOUR | SEPT 2025

## It's the FINAL COUNTDOWN!

With four weeks to go until the big day, teams are gearing up for the final stretch of fundraising.

### Looking for a team to support?

Visit [tosstheboss.ca](https://tosstheboss.ca) to see all the great teams fundraising for brain injury survivors! Keep an eye on our socials to learn more about all the brave bosses who are taking the leap.

If donating isn't in the cards; following, liking and sharing our posts on social media is a meaningful way to show your support for brain injury survivors on Vancouver Island!

**Have a boss you'd like to toss on  
October 3<sup>rd</sup>?**

**Visit [tosstheboss.ca/sign-up](https://tosstheboss.ca/sign-up)**



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**THIS COULD BE YOUR BOSS!** ↗  
Or you, if you're brave 😊

## NBIS Program Highlight: Social Program

Since 2021, Toss the Boss has raised over \$240,000 for brain injury services on Vancouver Island. While NBIS offers a variety of 1:1 and group services, the Thursday Social Program is an essential space for clients to meet, connect and share their experiences.



## Fundraising tips & tricks

- Use a “round up” for every transaction
- Host a BBQ by donation
- Choose a specific “Toss the Boss” product, and donate something from every sale
- Connect with business partners; their corporate donations will receive tax receipts!

Team to watch!



**VIU** Harm Reduction Alliance

Nurse and professor, Sarah Lovegrove, is bravely taking on the bungy for the Vancouver Island University Harm Reduction Alliance.

Support their team at  
[tosstheboss.ca](https://tosstheboss.ca)

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