

Solstice Recreation Group

2019 Emergency and Allied Health Services Central Coast Expedition for PTSD Awareness Campaign

Donations Sheet

Thank you for assisting with the PTSD Awareness Expeditions Fundraising efforts. The participant that you are supporting will be enduring 10 days of consecutive activity. Moving from high atop the Chilcotin Plateau at over 5000 feet backpacking through vast sections of Tweedsmuir Provincial Park, working their way down to the Bella Coola Valley. From there they will River Raft the length of the Bella Coola River (over 60 kms). The third and final stage will have participants Ocean Canoe for over 60 kms to their final destination. Their efforts will help raise awareness for PTSD. They will train hard over the next several months for this expedition that they will embark on. We appreciate you supporting this PTSD awareness event – it is greatly appreciated. You are helping support PTSD programming in your local community. Through your donation you will receive an immediate Tax-Deductible return as you register your donation online. The expedition participant that you are supporting will walk you through the online donation process. Once you make your donation you will be emailed your Tax-Deductible Receipt. Once again thank you for your support.

Canada Helps Emergency and Allied Services Fundraiser link: **Please make your donation to this link:**

<https://www.canadahelps.org/en/pages/2019-emergency-and-allied-health-services-central/>

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