

One in five Canadians will experience a mental health illness in their lifetime. Hong Fook offers a continuum of services supporting from illness to wellness for Asian communities in the past 35 years.



Now let's TAKE THE MENTAL HEALTH JOURNEY TOGETHER!



"I started to find my hands involuntarily shaking, my heart rate beating extremely fast. I couldn't sleep and focusing on work was impossible—I was losing control of myself, my life."

Hily's journey began with the loss of her brother and, shortly after, her father, which caused strong anxiety and depression. Symptoms started to form and she could no longer hide her pain and mental illness.

Under Hong Fook's **Prevention and Promotion Program**, she has learned mental health first aid skills and strategies that built self-esteem, positive thinking, self-rejuvenation, and self-love. Today, she recognizes her emotions, communicates them to others, and assesses her needs.

Hong Fook delivers mental health first aid training three times a year across GTA. With \$3000 of your donation, a two-day training will be delivered to a group of 40 participants.

Ivy lost her father at a young age. She started to skip school and disconnect from the world, pushing her teachers, friends, and family away. Loneliness crept up and thoughts of suicide became prominent in her mind; she attempted to take her life a few times, like drowning herself.

At Hong Fook, she joins the **Youth Drop-In Program** where she feels connected; together, youth work on expressing and managing their emotions. Ivy's journey continues today; she can proudly say she is now attending school again, talking to others, and thinking less about hurting herself.

With \$3000 of your donation, 30 youth will have the access to the biweekly Drop-In Program for a year.



"Suicide was always on my mind; I attempted the task a couple of times, like starving myself. I was thinking if nobody could understand me then what is the point?"

Mr. Gu's work-related stresses contributed to an unhealthy breakdown. He prided himself on a strong work ethic, striving to establish a career, but suddenly everything came crashing down when he was hospitalized for a week.

With Hong Fook, he attended **Self Help Programs**, empowered himself and learned how to overcome these pressures. For the past six years, he has a better understanding of mental health wellness, and now assist others with their mental health recovery.

Hong Fook runs a leaders-in-training program for clients with mental illness to practice the employable skills. With \$3000 of your donation, 30 Hong Fook clients will be subsidized for a month to experience job-related tasks.



"I was hospitalized. One day everything just came to an abrupt halt, including my health and I could no longer function the same way as before. The treatment process was horrible, painfully memorable...I lost confidence in myself."

Exclusive EVENT SPONSOR - SOLD

\$12,000

Includes:

1. 20 VIP Gala tickets
2. Sponsorship profile in all external media materials
3. Opportunity to deliver a speech at the gala
4. Plaque recognition at the gala
5. Banner display at the venue foyer
6. Display booth (maximum 6 ft. x 3 ft.) at the venue foyer
7. Logo display on screen during Gala dinner program in rotation with other Gala programming
8. Company name display on VIP tables
9. Sponsorship level recognition in Gala Anniversary Book and on our website
10. Full page colour advertisement (outside back) in the Gala Anniversary Book (1,000 copies)
11. Corporate profile (logo and link back to corporate site) on Hong Fook website

Exclusive ENTERTAINMENT SPONSOR - SOLD

\$10,000

Includes:

1. 20 VIP Gala tickets
2. Sponsorship profile in all external media materials
3. Plaque recognition at the gala
4. Banner display at the venue foyer
5. Logo display on screen during Gala dinner program in rotation with other Gala programming
6. Company name display on VIP tables
7. Sponsorship level recognition in Gala Anniversary Book and on our website
8. Full page colour advertisement (inside front) in the Gala Anniversary Book (1,000 copies)
9. Corporate profile (logo and link back to corporate site) on Hong Fook website

PLATINUM SPONSOR

\$6,000

Includes:

1. 10 VIP Gala tickets
2. Sponsorship profile in all external media materials
3. Plaque recognition at the gala
4. Banner display at the venue foyer
5. Logo display on screen during Gala dinner program in rotation with other Gala programming
6. Company name display on VIP table
7. Sponsorship level recognition in Gala Anniversary Book and on our website
8. Full page colour advertisement in the Gala Anniversary Book (1,000 copies)
9. Corporate profile (logo and link back to corporate site) on Hong Fook website

GOLD SPONSOR

\$3,000

Includes:

1. 10 VIP Gala tickets
2. Sponsorship profile in all external media materials
3. Plaque recognition at the gala
4. Logo display on screen during Gala dinner program in rotation with other Gala programming
5. Company name display on VIP table
6. Sponsorship level recognition in Gala Anniversary Book and on our website
7. Half page colour advertisement in the Gala Anniversary Book (1,000 copies)
8. Corporate profile (logo and link back to corporate site) on Hong Fook website

CORPORATE SPONSOR

\$2,000

Includes:

1. 10 VIP Gala tickets
2. Logo display on screen during Gala dinner program in rotation with other Gala programming
3. Company name display on VIP table
4. Sponsorship level recognition in Gala Anniversary Book and on our website

Exclusive TICKET PRINTING SPONSOR - SOLD

\$1,200

Includes:

1. Logo and sponsorship level display on event tickets (500 copies)
2. Logo display on screen during Gala dinner program in rotation with other Gala programming
3. Sponsorship level recognition in Gala Anniversary Book and on our website

Please complete this form to indicate how you or your company would like to support the 2017 Hong Fook Gala.

A. Sponsorship preference

- Exclusive* Event Sponsor - SOLD \$12,000 \$ _____
- Exclusive* Entertainment Sponsor - SOLD \$10,000 \$ _____
- Platinum Sponsor \$6,000 \$ _____
- Gold Sponsor \$3,000 \$ _____
- Corporate Sponsor \$2,000 \$ _____
- Exclusive* Ticket Printing Sponsor - SOLD \$1,200 \$ _____

B. Additional Gala tickets

_____ tickets at \$180/each \$ _____

C. We would like to make a donation to Hong Fook

\$ _____

Total \$ _____

To become our sponsor, please complete this form and send with cheque (payable to Hong Fook Mental Health Foundation) to **Hong Fook Mental Health Foundation, 3320 Midland Avenue, Suite 201, Scarborough, ON, M1V 5E6**

Corporation: _____

Contact Person: _____

Address: _____

Email: _____

Phone #: _____ Signature: _____

Please email the logo no later than **April 1, 2017** and advertisement no later than **April 15, 2017** to [fundraising@hongfook.ca](mailto:fundraing@hongfook.ca) or jle@hongfook.ca. All graphic should be .pdf, .jpeg, minimum 300 dpi. Microsoft Word file is acceptable for plain-text advertisement. All image will be printed as it, no revision will be provided.

For further information, please contact Jenny Le at 416-493-4242 ext. 2277, email at jle@hongfook.ca



ADVERTISEMENT IN GALA ANNIVERSARY BOOK

Publication Date: June 10, 2017

Distribution: 1,000 copies to be distributed to guests at the 2017 Hong Fook Gala on June 10, 2017 and throughout 2017.

Advertising Rates:	<input type="radio"/> Inside Cover (Front or Back)	6.5" W x 9.0" H colour	\$1,000
	<input type="radio"/> Full Page	6.5" W x 9.0" H colour	\$800
	<input type="radio"/> Half Page	6.5" W x 4.5" H colour	\$400
	<input type="radio"/> Quarter Page	3.25" W x 4.5" H colour	\$200

To place an advertisement in the Gala Anniversary Book, please complete this form and send with cheque (payable to Hong Fook Mental Health Foundation) to: **Hong Fook Mental Health Foundation, 3320 Midland Avenue, Suite 201, Scarborough, ON, M1V 5E6**

Corporation: _____

Contact Person: _____

Address: _____

Email: _____

Phone #: _____ Signature: _____

Please email the artwork no later than **April 15, 2017** to [fundraising@hongfook.ca](mailto:fundraing@hongfook.ca) or jle@hongfook.ca. All graphic should be .pdf, .jpeg, minimum 300 dpi. Microsoft Word file is acceptable for plain-text advertisement. All image will be printed as it, no revision will be provided.

For further information, please contact Jenny Le at 416-493-4242 ext. 2277, email at jle@hongfook.ca