
Queen's Health Outreach

Youth | Education | Health

ANNUAL REPORT 2018-19



MISSION/ *Collaborating with local and international communities to work towards sustainable opportunities for youth engagement, leadership, and health education.*

VISION/ *Engaging youth through health education.*

MESSAGE

From the Co-Directors

Queen's Health Outreach (QHO) is proud to share its accomplishments from the past year in our 2019 Annual Report. Our names are Cadence Harris and Jenna Hickey, and we have had the absolute privilege of serving as the General Co-Directors for the 2018-2019 academic year.

And wow! What a busy and wonderful year it has been! Over the past year, QHO has experienced an incredible period of growth and exciting changes! This year, we hired 40 Peer Educators, 6 interns and 30 Executive Team members. It has been so amazing to watch everyone grow in their roles, whether it be their third year on the organization, or their first time preparing for initiatives in Belize, Guyana, Northern Canada or Kingston.

We are thrilled to report the success of last year's pilot initiative in Fort Good Hope, and we look forward to continuing to foster our partnership with this community. We have also been very excited to see an increased organizational presence on campus with the introduction of health promotion initiatives such as Snack Attack – a program designed to give out healthy snacks and recipes to students on campus and encourage them to take time to eat healthy and live well.

We could not be more impressed with the team that we had this year. Each and every person put in an enormous amount of work to make this year the success that it was, and it has truly been so inspiring to work with such a gifted team. As a direct result of said hard work, QHO is proud to have launched a working draft of an Evaluation Framework and Needs Assessment tool that will help Peer Educators evaluate the sustainability of initiatives and empower youth leaders in the communities with whom we partner. These documents will be integral in guiding QHO towards achieving its mission and vision in the coming years.

QHO is also in the works of developing a Health, Safety and Emergency Manual for each initiative which [among its emergency protocols], gives special consideration to the maintenance of our Peer Educator's mental, physical and social well-being whilst on initiative. We are so excited to see this implemented in the years to come! QHO is also continuing to develop its Strategic Plan in an iterative process to guide us in planning for our future. We have received a lot of great feedback from our team this year, and we will continue to watch excitedly as QHO continues to grow and better itself as an organization in the years to come!

We would also like to take this wonderful opportunity to thank our many generous donors and sponsors for their continued support. QHO owes everything to the amazing individuals, businesses, and organizations that contribute every year; we truly would not be able to do the work that we do without your support. We would also like to thank our team for putting in the time to fundraise every last dollar! We are so proud of the passion that each and every Peer Educator, Intern and Executive member exudes. It is because of this passion that we know without a doubt, that QHO is being left in the hands of the best and brightest at Queen's, and we cannot wait to see the amazing things that both they and QHO will accomplish in the future.

Sincerely, CADENCE HARRIS AND JENNA HICKEY

OUR *Locations*

**BELIZE, GUYANA, KINGSTON,
NORTHERN CANADA**



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BELIZE *Initiative*



In 2019, eight peer educators will travel to Belize for a six-week long initiative to promote health education. Once in Belize, the peer educators split into two sub-initiative groups. One group was made of four peer educators and the other group was made of six peer educators.

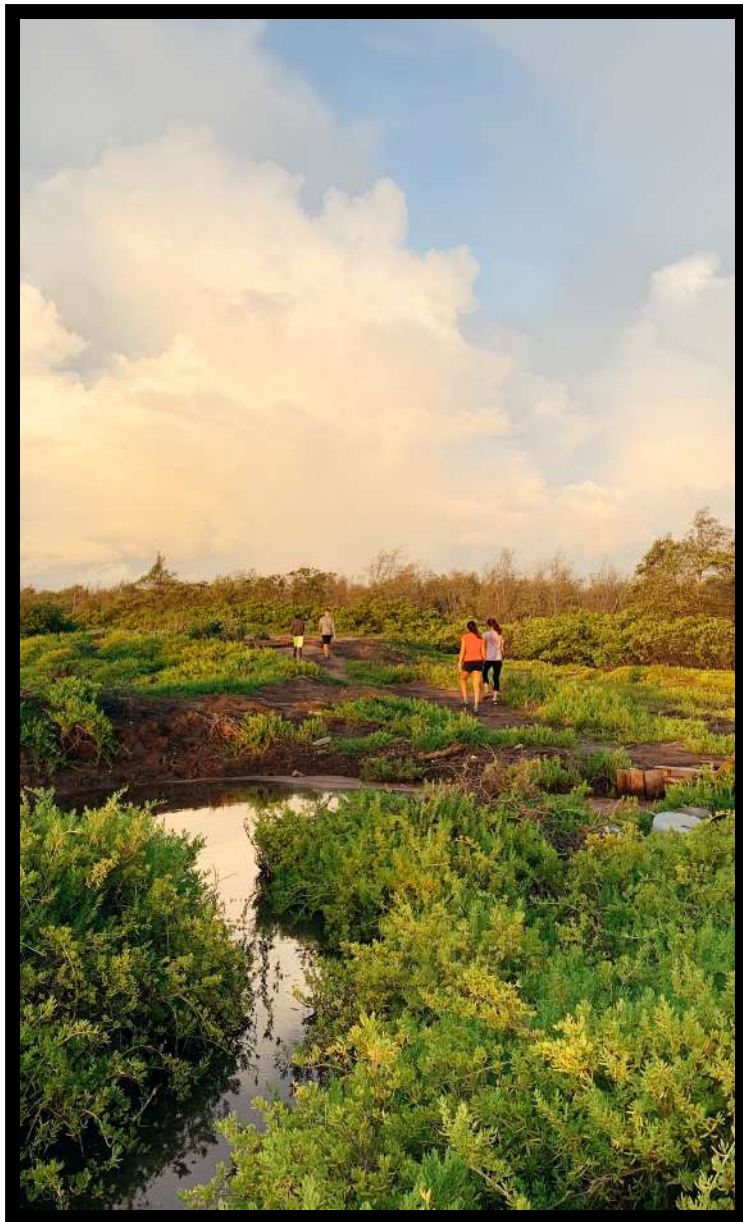
The group of four peer educators began their initiative in Dangriga for the first three weeks, teaching in one high school to 12 classrooms. They then made their way to Belize City for the second three weeks teaching in three primary schools and reaching 15 classrooms. This group of peer educators facilitated lunch time activity workshops that included self care, goal setting and mental health topics.

The group of six peer educators began their initiative in Belize City, teaching in five schools and over 20 classrooms of both primary and secondary students. They then made their way to Belmopan teaching in five schools and again over 20 classrooms. They also partnered with the Belmopan youth centre where they were able to run activities and discussions surrounding sexual and mental health topics.

Compared with previous years, both the primary and secondary teams spent three weeks in each school and district, as compared to two weeks the year before and only one week the year before that. This allowed the Peer Educators to form deeper bonds with their students and teach more material in each of their classrooms. The longer duration also improved the initiatives sustainability as the peer educators had time to teach the students how to be peer educators themselves in the community. The peer educators also had the opportunity to participate in school events, school trips and attend cultural celebrations.

The Belize Initiative is collaborated with the Ministry of Education and have a meeting each year with the representatives from each of the six districts in Belize. At this meeting, the Peer Educators and District Representatives reflect on the year, voice concerns or suggestions and make plans for future years. This helps to improve the initiative's sustainability.

GUYANA *Initiative*



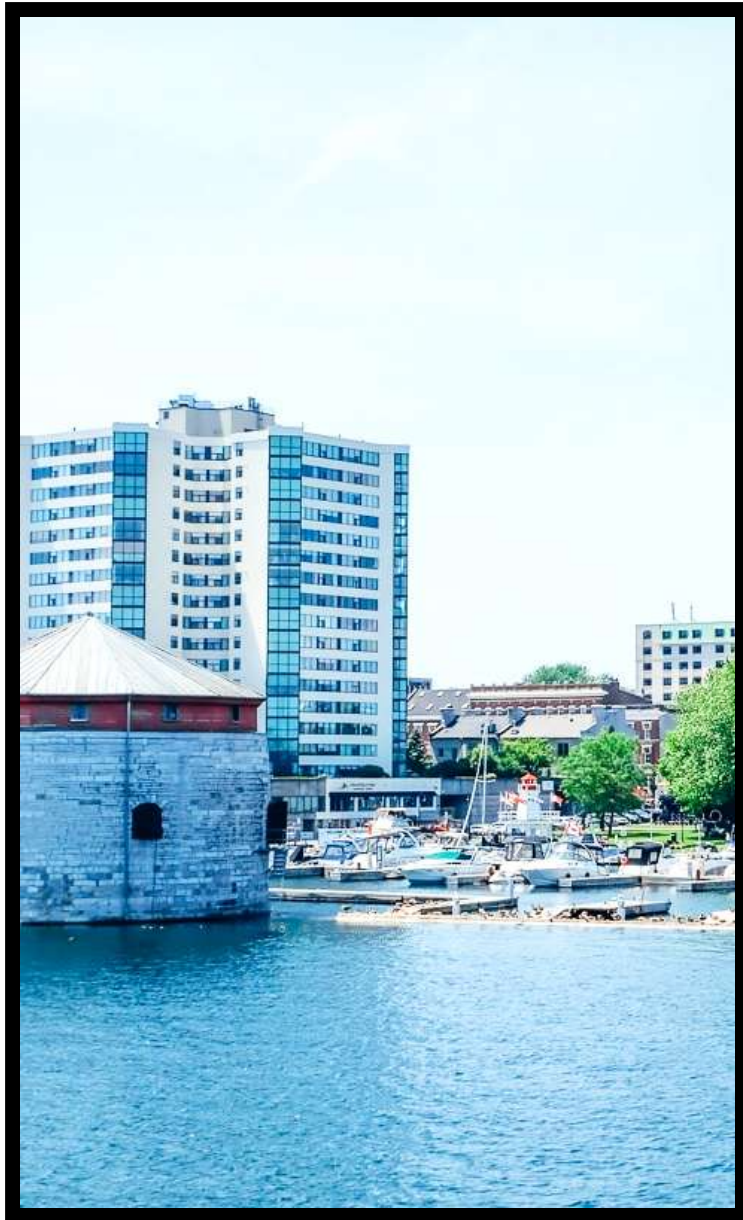
In 2019, a team of eight Peer Educators went to Guyana for seven weeks to promote health in primary, secondary and training schools. Guyana has one of the highest suicide rates per capita in the world, making the mental health and suicide lessons especially important. The main focuses of the Guyana Initiative are to enhance the accessibility of resources for Guyanese youth, start discussions around mental health topics and break down the stigmas surrounding mental health through interactive learning experiences with students. Four members of the team were in Georgetown, the capital city, while the other four were in Letter Kenny, in the East-Corentyne Berbice region.

The Peer Educators in Georgetown taught in 9 schools with multiple classes in each, including primary and secondary schools. A key goal of the Peer Educators in Georgetown this year was to involve themselves in lower level schools. The school system in Georgetown goes from A-D, where A schools have the best resources, teaching standards, and top students according to standardized testing. The Georgetown Peer Educators taught primarily in B, C, and D schools to attempt to target where QHO's program is needed the most.

Peer Educators also had the opportunity to promote health education with weekly TV segments on the National Television Network (NTN This Morning) with host Reyaz Husein. Additionally, the Georgetown Peer Educators were able to travel to Bartica in the Essequibo region to facilitate expansion opportunities for future years. They also attempted to work with more community organizations in Georgetown, including with the U13-17 boys cricket teams at the Everest Cricket Club to provide lessons in a more casual format.

Meanwhile, the Berbice Peer Educators taught in 13 schools, including primary, secondary and training schools. In addition to promoting health education in the schools, the Berbice team spoke at many after school parent-teacher sessions to discuss mental health and mental illness with the parents and faculty at the schools. Outside of the classroom the Peer Educators spent time at the Letter Kenny Youth Space, where they spent time engaging with community members, and learning more about the Guyanese culture. Lastly, the Berbice team made connections with the University of Guyana, Berbice campus with the objective of collaborating with the University in future years.

KINGSTON *Initiative*



In the 2018-2019 year, the Kingston initiative collaborated with 10 classes over 5 months and we had 12 peer educators! Our partners include Molly Brant Public School, Winston Churchill Public School, Limestone Continuing Education Services, Loyalist Collegiate and Vocational Institute, School to Community, and the Kingston Youth Shelters. Our peer educators underwent training during October, began teaching in November, and will teach until April. Our new classes received resource manuals that were created by the previous year's Initiative Directors and updated this year.

In order to maintain QHO's and the Kingston Initiative's mandate of needs-based and sustainable education, it was decided that one class would be discontinued and one class would not be continued for the following year.

The goals for Kingston Initiative this year were to expand our initiative by hiring more peer educators, fostering our relationships within the community by making new partnerships, and implementing an assembly-style initiative with the Outreach Directors. Each of these goals were met with the help of the peer educators, community members, and executive committee.

NORTHERN CANADA

Initiative



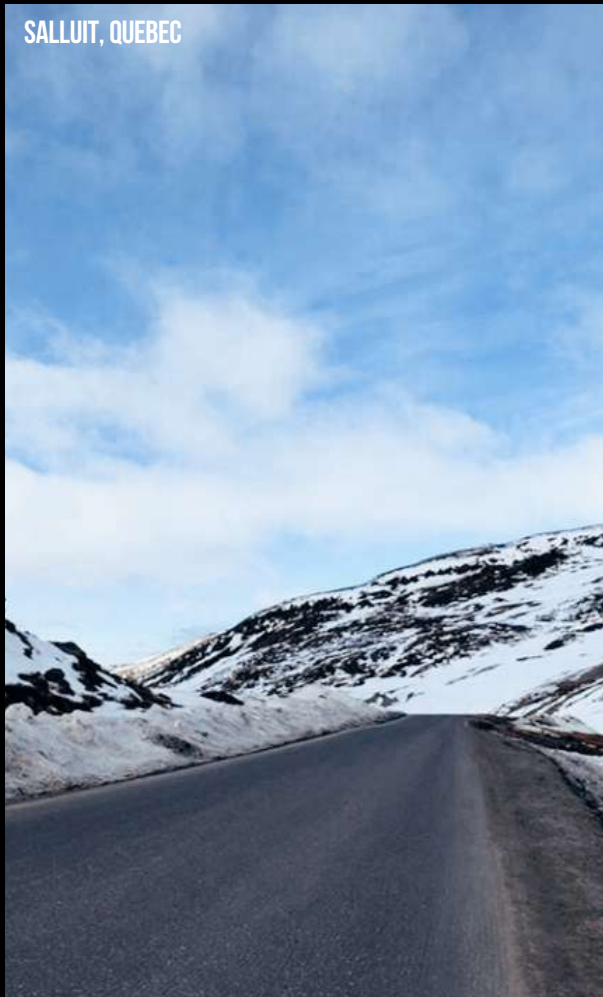
**FORT GOOD HOPE, NORTHWEST TERRITORIES // FORT PROVIDENCE,
NORTHWEST TERRITORIES // SALLUIT, QUEBEC // WEBEQUIE, ONTARIO**



FORT PROVIDENCE, NORTHWEST TERRITORIES



FORT GOOD HOPE, NORTHWEST TERRITORIES



SALLUIT, QUEBEC



WEBEQUIE, ONTARIO

FORT GOOD HOPE, NWT

A couple years ago, a high school in Fort Good Hope, Northwest Territories reached out to QHO to see if we would consider partnering with their community. After last year's expansion, we are proud to say that QHO's first initiative in Fort Good Hope was very successful! Fort Good Hope is a Sahtu Dene and Métis community in the Sahtu Region of the Northwest Territories, Canada. The Peer Educators worked in Chief T'Selehye School to facilitate health discussions with students in kindergarten to grade 12. Outside of the classroom, the Peer Educators ran a significant amount of programming, including starting a run club, making friendship bracelets, girls and boys nights, and facilitating a parent/student cooking class. This allowed the Peer Educators to form greater connections with the youth. The Peer Educators were also grateful to attend a Cultural Camp that was run by the school and community members. At the Cultural Camp, Peer Educators experienced traditional land-based activities and made greater connections with Elders and youth. We are so grateful for our experience with this community. Máhsi, Fort Good Hope!

FORT PROVIDENCE, NWT

Fort Providence is a blissful, historic town on the banks of the big Mackenzie river and 315 km North East of Yellowknife. We began our partnership with the community of Fort Providence in

2014, and the past 2019 initiative continued to strengthen connections with the school and community. In addition to working with the students and staff of Deh Gáh Elementary and Secondary School, QHO also runs after school activities such as crafts and sports clubs; in addition, QHO works with local mental health counsellors and community outreach coordinators to ensure that the health topics discussed in the classroom are pertinent to the communities wants and needs. One highlight of this past year's initiative included collaborating with Fort Providence's new youth center, where the peer educators spent time playing games with students, answering questions about healthy choices, and helping to cook weekly community dinners. The peer educators also had the incredible opportunity to participate in Outdoor Education camps, local art events and the Northwest Territories annual track and field event held in Hay River. The close relationship that QHO has with the community allows for us to cover a diverse range of teaching topics, including sexual health, healthy relationships, puberty, physical health and gender identity. Máhsi, Fort Providence!

SALLUIT, QU

Salluit is the second most northern Inuit community in Nunavik (the northernmost third of Quebec). Two Peer Educators were in the community for 5 weeks during the spring of 2019. While in the community the Peer Educators worked

alongside two schools, Pigurivik and Ikusik as well as the Sapummiviq Rehabilitation Centre. In the classroom the Peer Educators ran lessons with a focus on healthy relationships, nutrition, substances and self-esteem. Outside of the classroom the two Peer Educators ran after school programming with activities such as hiking, cooking and arts and crafts. A highlight for the Peer Educators was being on the ice with students and connecting through the language of hockey. Hockey plays an important role in the community and through sport the Peer Educators were able to relate to students and in doing so enhance the effectiveness of health centered discussions. The Peer Educators are so grateful to have been immersed in such a beautiful culture. Nakurmiik, Salluit!

SJMEC, the peer educators worked with youth across all grades in primary and secondary classrooms, focusing on health topics such as nutrition, bullying, mental health, emotions, substance use, and healthy relationships. This year, the Peer Educators were successful in establishing a new relationship with the community-based organization Jordan's Principle, which focuses on youth engagement and healthy living. The Peer Educators were grateful to engage in community activities such as Culture Week, sweat lodges, beading nights, and drumming ceremonies throughout their initiative. Miigwetch to the community of Webequie!

WEBEQUIE, ON

Webequie First Nation is a growing Ojibway community located on the northern peninsula of Eastwood Island on Winisk Lake, 540 km north of the city of Thunder Bay. The community is home to over 850 people who originate from all over Northwestern Ontario. QHO began its partnership with the community of Webequie in 2011, which has continued to grow with each annual initiative. In 2019, two Northern Peer Educators collaborated with the community and Simon Jacob Memorial Education Centre (SJMEC) to facilitate peer-to-peer health discussions and youth leadership both within the classroom and after school. At



EXECUTIVE *Report*

EDUCATION

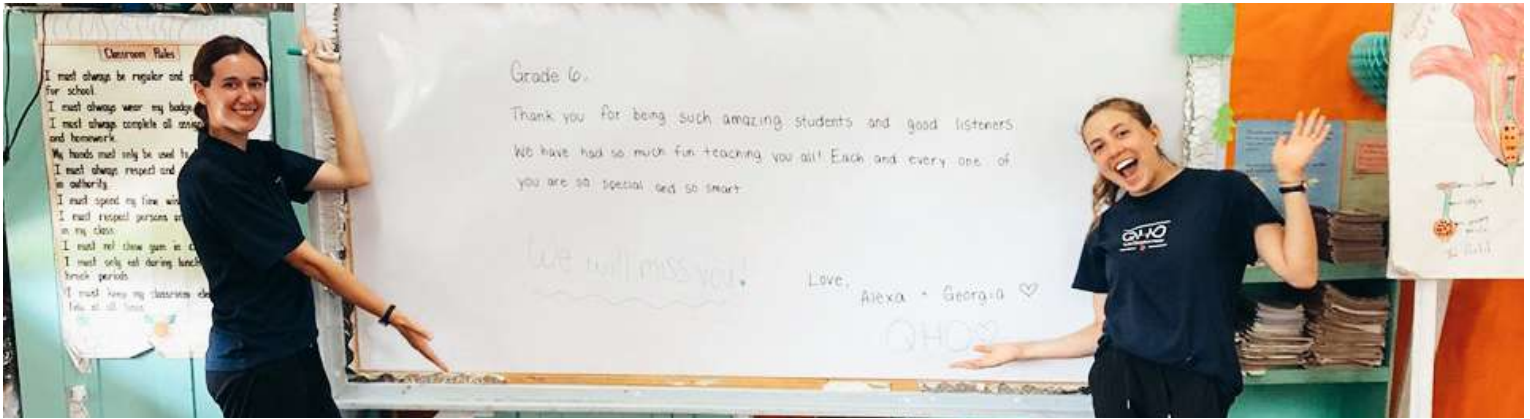
The Education Directors work together to ensure peer educators have the resources and skills to teach a health curriculum to students and community members, both locally and internationally. The Education Directors organize relevant and effective education sessions throughout the school year for the peer educators. The goals of these sessions, of which the topics range from puberty and self-esteem to peer educator mental health and ethical development, are to facilitate confidence in teaching abilities and techniques, to enable Peer Educators to develop personal teaching styles and to facilitate preparedness for problems/issues that may arise during Initiative implementation.

SOCIAL

The Social Committee includes the Public Relations Directors, Fundraising Directors, and the Campus Outreach Directors. These executive positions work together to promote and create events so the Kingston community as well as students at Queen's University are aware of QHO and have a presence on campus through events. The Fundraising Director is responsible for planning and organizing all QHO wide fundraising events. They provide guidance and ideas to QHO Initiatives and individuals with their fundraising. Campus Outreach Directors organize outreach initiatives within the Queen's campus. In October, the team ran an inaugural Snack Attack event through which they provided the Queen's community with free, healthy snacks, along with information about healthy eating and about QHO. This event gained a lot of positive feedback and was run biweekly throughout the remainder of the fall and winter terms. In November, the Outreach team put on a Puppy Yoga session in the John Deutsch University Centre (JDUC) with a good turnout, and participated in a Kinesiology event at the Grizzly Grill to promote Queen's clubs focused on health. In the winter term, the Outreach team was able to facilitate a teaching session in a Kingston school for each of the summer initiatives. This allowed Peer Educators on the Belize, Guyana and Northern Canada Initiatives to gain some practical experience in the classroom before travelling to their respective Initiative locations. The Public Relations Directors will promote Queen's Health Outreach by informing students about QHO's goals, initiatives, activities, and fundraisers. PR is also active in the recruitment process by organizing information sessions and contacting different faculties and participating in Orientation Week activities. These three executive positions work together to promote the social side of Queen's Health Outreach.

FISCAL

The Fiscal Committee is the collaboration of Sponsorship Directors and Financial Director, and together organize and control the incoming and outgoing expenses of Queen's Health Outreach. The role of the Sponsorship Directors is to seek out and apply for grants and sponsorships from organizations within the Queen's and Kingston community, and from larger corporate companies. The Financial Director of Queen's



Health Outreach is an integral and important role within the organization. The responsibilities include accurate hard and soft copy records of all monetary transactions of QHO, depositing all cash and cheque donations to the QHO account, and giving periodic financial updates to the Exec, among other important roles. These directors work together to ensure an up to date budget for QHO, ensuring the cheques are received from successful grant applications are appropriately logged.

EVALUATIONS

In 2018-2019, the Policy team used the recent Peer Educators' (PEs) Policy Reflections to assess each initiative and inform the organizational changes to be undertaken in that upcoming year. The team worked throughout the year to develop several documents that would ultimately allow QHO to better fulfill its vision and mission statements. Among these was a Needs Assessment, which is a detailed environmental scan that is completed by PEs in each location, where information on current population characteristics, other non-governmental organizations currently in place, health services available, and the health status and priorities of the community is documented and ideally updated every year. An Evaluation Framework was also created; this is an 8-phase plan for the creation of sustainable, locally-run health initiatives, which can be maintained after QHO theoretically departs at the end of the last stage. Finally, the team worked together with other executive members to establish a Strategic Plan, in which broad organizational goals for the upcoming 4 years were determined and agreed upon. The Monitoring and Evaluations Directors work together to critically evaluate QHO effectiveness and sustainability as a fully student-run organization. In order to facilitate this and fulfill the goals towards sustainability, the Directors collect feedback through discussions, surveys, and one-on-one meetings. The Directors work hard towards facilitating discussions and explore global development concepts with the Peer Educators in various education sessions throughout the year. The Directors had many key duties including but not all: the summer debrief calls, Summerhill debrief, retreat sessions, reviewing policy reflections and the evaluations packages. The evaluations team uses a lot of critical thinking, is self-guided, facilitates lots of conversations, and is collaborative when working towards strengthening Queen's Health Outreach as a whole.

INITIATIVE DIRECTORS

Initiative Directors. Implement and plan weekly initiative meetings, organize Initiative fundraisers, and oversee practice teaching while acting as a liaison between Peer Educators and the Executive team. Initiative Directors are also responsible for peer educators progression throughout the year therefore they must monitor team dynamics, facilitate practice teaching and editing of teaching manuals, work to inspire Peer Educators to fundraise and apply for grants. They critically assess all aspects of the program and implement changes to improve the sustainability and effectiveness of the Initiative.

FINANCIAL

Report

Queen's Health Outreach is an entirely student-run registered charity that raises money through fundraisers, general donations, and grants to run four domestic, and international health initiatives per year. This money enables 38 Peer Educators and 12 Initiative Directors to deliver needs-based education to the varying communities through funding of their travel, living, and teaching expenses. Overhead costs for the organization are 9.50% of QHO's \$111,446.94 budget. This is notable as an average charity's overhead costs typically range from 10-15% of its respective budget.

The greatest income stream for QHO in 2018 was the Student Activity Fee (SAF) raised by a \$3.75 Opt-Out student fee from the Alma Mater Society (AMS). Popular fundraisers included: Purdy's Chocolate Fundraiser, QHOchella, Trick or Funding, Bond Night, Holiday Carolling and St. Patrick's Day Bottle Drive. All QHO members support and attend these organization wide fundraisers, as well as have personal fundraising goals that are calculated based on their initiative's need. The cost of travel, living, and teaching supplies varies greatly depending on geographic location. Due to this, the initiatives with the highest fundraising goals are Northern Canada and Guyana, while the initiative with the lowest fundraising goal is Kingston. QHO works as a team, regardless, and all members continue to fundraise until the organization's budget is 100% funded. Extra money raised is added towards QHO's contingency fund in case of emergencies, or used as a base for the next year's initiative fundraising.

GRANTS

Northern

JACK.ORG QUEEN'S	\$ 1,800
PRINCIPLE STUDENT INITIATIVE FUND	\$ 1,000
QUEEN'S PLAYERS GRANT	\$ 1,000
JACK.ORG QUEEN'S	\$ 1,500

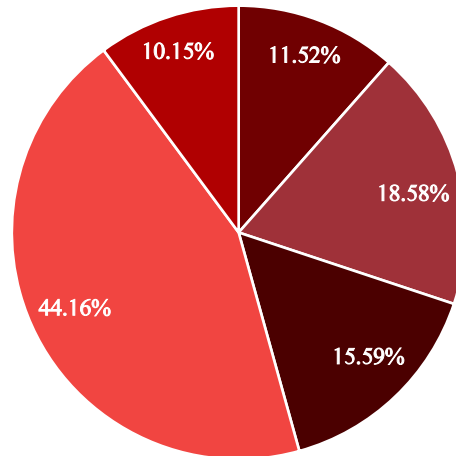
Kingston

TELUS COMMUNITY GRANTS	\$ 1,000
DAVIES FOUNDATION	\$ 2,000
ROTARY CLUB OF KINGSTON - COMMUNITY OUTREACH GRANT	\$ 750
JACK.ORG QUEEN'S	\$ 500

Belize

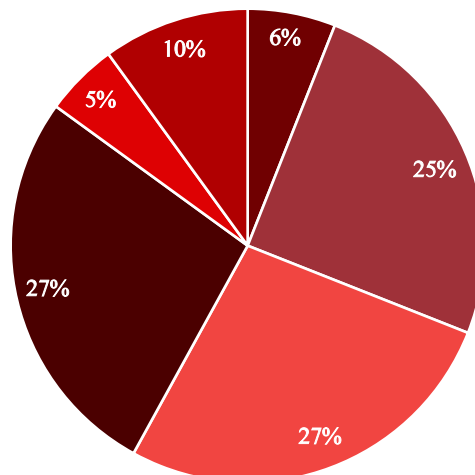
THE JOHN C. AND SALLY HORSFALL EATON FOUNDATION	\$ 2,000
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REVENUE BREAKDOWN



■ QHO Wide Fundraising ■ Grants ■ Other ■ Student Activity Fund ■ PE Fundraising

BUDGETED INITIATIVE EXPENSES



■ Kingston ■ Guyana ■ Belize ■ Northern ■ Admin ■ Kenya

QHO Wide FUNDRAISERS

OCTOBER

QHOCHELLA / *We invited various bands including the Blue Junction, Kiss the Fish, and the Tales for a night at the Brooklyn. Tickets were 10\$ each, and we raised a total of \$1420!* // TRICK OR FUNDING / *All of QHO was invited to dress up, help fundraise door to door! We raised a total of \$1295.*

NOVEMBER

PURDY'S / *This fundraiser collaborates with Purdy's chocolate, in which a portion of the sales made through our page goes to QHO and its initiatives. Each QHO member is invited to make an order or share our fundraising page with friends and family. We raised a total of \$1689!* // BOND NIGHT / *Each year we host our annual Bond Night at Stages. Lineskip and cover tickets are sold at 5\$ each.*

DECEMBER

CARROLING / *All QHO members are invited to carol door to door, share what QHO does, and help fundraise!*

FEBRUARY

APRÈS SKI / *This is usually our last QHO wide fundraiser each year, and is held at Ale House. Lineskip and cover tickets are sold at 5\$ each.*

OUR *donors*

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BELIZE // *Mark Mazurek, Frank Bradley
Hicks, Tammy Sokolowski*

GUYANA // *Carol Banks, Elizabeth Pettrsev,
Stanley Wine, Carol Stipek, Rhonda Boers*

NORTHERN CANADA // *Norma Milligan,
Marle Andree Latour, Sahron Basha,
Peter & Helen Dubeau*

OUR TEAM 2018-2019

ABBY BRANDON	<i>Sponsorship Director</i>	GEENA DENNO	<i>Sponsorship Director</i>
ABBY NICHOLSON	<i>Belize Peer Educator</i>	GEORGIA FRAULIN	<i>Guyana Peer Educator</i>
ABHISHEK SHASTRY	<i>Kingston Peer Educator</i>	HAILEY BERGMAN	<i>PR Director</i>
AJ HANNA	<i>Kingston Peer Educator</i>	HAILEY CORBETT	<i>Northern Initiative Director</i>
ALEXA FRANCO	<i>Guyana Peer Educator</i>	HALLE PURTHER	<i>Fundraising Director</i>
AMANJIT DHADWAR	<i>Sponsorship Director</i>	HANNAH MIKAIL	<i>Guyana Peer Educator</i>
ANNELISE PERRON	<i>Northern Peer Educator</i>	HANNAH REHMAN	<i>Guyana Initiative Director</i>
ANYA DE BEER	<i>Kingston Peer Educator</i>	HAYLEY BEAN	<i>Fundraising Intern</i>
ARIANNE PETCH	<i>Education Intern</i>	HOLLY LOGAN	<i>Belize Peer Educator</i>
ASHLEY IWEBGU	<i>IT Director</i>	ISABELLE STRANG	<i>Guyana Peer Educator</i>
AVERY JOHNSTONE	<i>Guyana Peer Educator</i>	JACK WASYLENKO	<i>Outreach Director</i>
BEATRICE CHOREMIS	<i>Kingston Initiative Director</i>	JENNA HICKEY	<i>Co-Director</i>
CADENCE HARRIS	<i>Co-Director</i>	JESSEE VAUGHN	<i>Belize Peer Educator</i>
CAITLIN NEAPOLE	<i>Guyana Peer Educator</i>	JULIA MARSHALL	<i>Belize Peer Educator</i>
CARLY MACHUM	<i>M/E Director</i>	KALI ROBINSON	<i>Education Director</i>
CASSIE ZUMWALT	<i>Belize Peer Educator</i>	KARA PASSI	<i>Belize Peer Educator</i>
CLAIRE SAVAS	<i>Sponsorship Director</i>	KATE MILLAR	<i>Northern Peer Educator</i>
CORA NITERT BROWN	<i>Education Director</i>	KATELYN HOCHGENSCHURZ	<i>Belize Peer Educator</i>
DARIEN AHOLA	<i>Kingston Peer Educator</i>	KATHRYN LESLIE	<i>Northern Peer Educator</i>
DREW BARDEN	<i>Finance Intern</i>	KATRINA STREEF	<i>Belize Initiative Director</i>
ELIZABETH STANTON	<i>Outreach Intern</i>	KAYLA MOODIE	<i>Finance Director</i>
EMILY STODDART	<i>Northern Peer Educator</i>	KIERAN GREKUL-SOMERVILLE	<i>Outreach Director</i>
EMMA MORTIMORE	<i>PR Director</i>	LEAH DUBEAU	<i>Northern Initiative Director</i>
EMMA PATERSON	<i>Kingston Peer Educator</i>	LIAM BARDEN	<i>M/E Director</i>
GABBY RIPSTEIN	<i>Kingston Peer Educator</i>	LILY HELMER-SMITH	<i>Policy Director</i>
GABE FERREIRA	<i>Belize Peer Educator</i>	LISA WIGHT	<i>Education Intern</i>
GABRIELLA GIDDEY	<i>Northern Peer Educator</i>	LOGAN DISCOMBE	<i>Guyana Peer Educator</i>
		MADISON GILLILAND	<i>Kingston Initiative Director</i>
		MEGAN BUTLER	<i>Policy Director</i>
		MEGAN ELLIOT	<i>Northern Initiative Director</i>

MYFANWY BROWN-ROBINSON *M/E Director*
NAOMI GAZENDAM *Northern Peer Educator*
NATALIE DIMAIO *Kingston Peer Educator*
NATHALIE GARDINER *Northern Peer Educator*
NICK STRATFORD *Guyana Initiative Director*
PAIGE BLANCHARD *Kingston Peer Educator*
RYAN SIEG *Belize Peer Educator*
SARAH LATIMER *Logistics Director*
SARAH MALLEN *Guyana Peer Educator*
SIENNA BROWN *Kingston Peer Educator*

SIOBHAN WILSON *Policy Intern*
SOPHIE BLACKMORE *Fundraising Director*
SOPHIE CAMPBELL *Kingston Peer Educator*
SOPHIE LEADBETTER *Kingston Peer Educator*
SOPHIE WOLFMAN *Northern Peer Educator*
SYDNEY FLATT *Kingston Peer Educator*
SYDNEY VAN SICKLE *Kingston Initiative Director*
TYRA MORTON *Belize Peer Educator*
VIVIAN FU *Belize Initiative Director*



donate

IF YOU WOULD LIKE TO DONATE, HERE ARE SOME OPTIONS FOR YOU TO CONSIDER:

OPTION 1: ONLINE DONATION // *Visit our website*
www.gho.ca/donate.

OPTION 2: CHEQUE // *Send a cheque payable to:*
QUEEN'S HEALTH OUTREACH
REGISTERED CHARITABLE ORGANIZATION #889124798
P.O. BOX 2045
KINGSTON, ON
K7L 5J8

OPTION 3: CONTACT // *Please contact the sponsorship director at*
sponsorship@gho.ca for more information on how you can donate to a specific initiative.

THANK YOU FOR YOUR SUPPORT!



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