

# TEAM BUILDING OPPORTUNITIES

Get your organization and teams involved  
for a good cause!



Montreal  
General Hospital  
Foundation

# MISSION

Our mission is to inspire the philanthropic community to invest in transformative initiatives, conceived and guided by our medical leaders, that have a significant impact on patient lives.

In doing so, we advance the pioneering spirit of the Montreal General Hospital, which joined forces with McGill University to form Canada's first teaching hospital.



## **Here are four ways to do it:**

- 1. Assemble Comfort Kits (P.5)**
- 2. Run the 21K de Montréal Charity Challenge to benefit the department of your choice (P.7)**
- 3. Participate in Pharmaprix Run for Women (P.9)**
- 4. Run the Marathon Beneva de Montréal (P.11)**
- 5. Create your custom fundraising event (P.13)**



By participating in one or more of these activities, you join our generous philanthropic community, our partners, and medical leaders to find sustainable solutions to the healthcare challenges we all face.

**Let's transform healthcare together.**



# 1. ASSEMBLE COMFORT KITS

**Organize a team activity to assemble hygiene or activity kits to be distributed to patients in need at the Montreal General Hospital.**

Facing surgery, an injury, or treatment at the hospital is a challenging ordeal. Unfortunately, some individuals find themselves in this situation without the essentials for their hygiene and comfort.

Getting involved by putting together Comfort Kits helps address this situation by providing essential items to those who need them the most.

We'll take care of the distribution!



Gather your teams and work together to assemble these kits. You will receive:

- All the necessary supplies for assembling the kits, according to your budget.
- A point-person from the Montreal General Hospital Foundation to answer all your questions regarding the activity.
- A mention on our social media platforms to thank you. (To be discussed with the MGHF representative)



## 2. THE 21K DE MONTRÉAL CHARITY CHALLENGE



The 21K de Montréal kicks off the spring running season. Come and run with us on Parc Jean-Drapeau's scenic paths.

Come and run the 1K (for children), 5K, 10K, or 21K to raise funds to transform healthcare together!

Run and fundraise for the department of your choice.



## Create your own team while enjoying:

- An exceptional opportunity to take part in an outdoor activity, strengthening your team spirit and contributing to support transformative projects championed by the Montreal General Hospital Foundation.
- A personalized fundraising page to encourage the participation of your colleagues and personal connections.
- A medal for each participant.



# 3. THE PHARMAPRIX RUN FOR WOMEN



Everyone can join the Pharmaprix Run for Women, the largest series of events dedicated to women's mental health in Canada. Run the 1K (Little Steps for children), 5K or 10K.

Funds raised during the Montreal edition of this pan-Canadian event are donated to the Montreal General Hospital Foundation to improve access to mental health services and resources for women and the entire community.



Join the Corporate Challenge and build your team's strength and your commitment to mental health while enjoying:

- A unique opportunity to engage in an outdoor activity, strengthening teamwork and contributing to an essential cause in our community.
- A corporate sponsor tool-kit with promotion and fundraising tools.
- Free registration links for all team members (each team member must raise a minimum of \$125).
- A shirt and a gift bag containing over \$100 worth of products.



# 3. MARATHON BENEVA DE MONTRÉAL



Take part in the Marathon's Run with Heart charity program, start a team and raise money for the Montreal General Hospital Foundation.

The Marathon Beneva de Montréal takes you on an urban adventure. Come and run with us through Montreal's unique neighborhoods on the last weekend of summer. Come and run the 1K (for children), 5K, 10K, half-marathon or marathon to raise funds to transform healthcare together!



Run with your team, run with heart,  
while experiencing:

- A unique opportunity for an urban adventure, seeing Montreal's diverse neighborhoods while building team connections for a good cause.
- A personalized fundraising page to encourage the participation of your colleagues and share motivational stories.
- A bib number with integrated timing chip, live tracking on the official app and a finisher's medal.



## 4. YOUR CUSTOM FUNDRAISING EVENT

Organize your own fundraising event (bowl-a-thon, comedy night, etc.) with your colleagues to raise awareness for the cause that matters most to you.

You can choose to donate the funds to priority needs or to one of the transformative projects championed by the Montreal General Hospital Foundation. Help improve quality of care, research innovation, cancer care, trauma care, mental health and much more!



## Mobilize your teams around an event while benefiting from:

- A tailor-made event reflecting your brand and team image.
- Support from the Foundation to guide you at every step of your event planning.
- A fundraising guide designed to support your event.
- A personalized page dedicated to your fundraising accessible via the Foundation's website.
- A mention on Facebook to thank you.



To learn more about the projects supported by the generosity of our community, please consult our priorities:

- The Future of Surgery.
- Personalized Cancer Care
- Healthy Living
- Brain & Mental Health
- Trauma Care
- Research & Innovation



Have you made your choice?

Please contact Elizabeth, the Communications and Community Engagement Coordinator at the Montreal General Hospital Foundation. She will be happy to guide you through the next steps.

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**Elizabeth Bono**

Coordinator, Communications and  
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# THE MONTREAL GENERAL HOSPITAL FOUNDATION



Montreal  
General Hospital  
Foundation

In partnership with:



Marathon  
Beneva  
de Montréal