



## WHY WE ARE WALKING

**Obsessive Compulsive Disorder (OCD)** is a mental health disorder that affects people of all ages and walks of life, and occurs when a person gets caught in a cycle of obsessions and compulsions. Left untreated, OCD can escalate and severely impact one's quality of life. Did you know that:

- OCD will affect up to 2.5% of the population.
- 70% of people with OCD go undiagnosed.
- Employees struggling with OCD often do so in silence until it is too late and their livelihood is at risk.
- Currently, people who need intensive treatment may wait over a year for help.

### OCD WALK TORONTO

The funds raised by the walk directly support programs and services at the **Frederick W. Thompson Anxiety Disorders Centre**, a program of Sunnybrook Health Sciences Centre. The Centre's groundbreaking research and education work is funded by philanthropic gifts—making every dollar raised critically important.

In addition to funds, your participation in the OCD Walk helps to reduce stigma while raising awareness about an often misunderstood mental health issue. The OCD Walk builds community among people living with OCD, their family and friends.

### WHO WE ARE

Our mission is to improve the health and well-being of people with Obsessive Compulsive Disorder (OCD). We deliver state of the art clinical care and are innovators in research and education.

Our program was created in 2013, made possible by a generous donation from Fred W. Thompson whose goal was to make a difference in the lives of those with OCD. With Fred's help and that of so many others, we have made great strides but there is still much further to go.

We know what treatment works. Our goal now is to ensure that people can get access to the services they need. With your support, we are hopeful we can make that happen!

*For more information on our research, education or clinical services, please visit our website: [www.sunnybrook.ca/thompsoncentre](http://www.sunnybrook.ca/thompsoncentre)*



In support of



FREDERICK W. THOMPSON  
ANXIETY DISORDERS CENTRE

**Saturday, June 8, 2024**

**9am - 1pm**

**Sunnybrook Park**

[www.ocdwalktoronto.com](http://www.ocdwalktoronto.com)



## HOW YOU CAN GET INVOLVED

### Sponsorship

Picnic Sponsor	Welcome Sponsor	Route Sponsor
<b>\$10,000</b>	<b>\$5,000</b>	<b>\$2,500</b>
Prominent logo placement on event website	Logo on event website	Name on event website
Special recognition at the community picnic	Recognition at the community picnic	Recognition at the community picnic
Prominent logo on participant registration and thank you emails (700)	Logo on participant registration and thank you emails (700)	Name on participant registration and thank you emails (700)
Opportunity to supply collateral/product to the event participants (200)	Opportunity to supply collateral/product to the event participants (200)	Opportunity to supply collateral/product to the event participants (200)
Signage at the event	Signage at the event	
Option to place booth, tent or banner at post-walk community picnic	Option to place booth, tent or banner at marshalling area	

### Donations In-kind

Consider providing donations of goods or services that contribute to the event, such as marketing, ad space, items for a silent auction or prizing.

### Form a Team

Sign up as a captain and recruit your co-workers, family and friends to walk with you. There are incentives for teams and walkers as well as draws on walk day for all registrants who collect pledges.

Fundraise in support of this important event! Our team can help you with great ideas to raise funds to help your team meet its goal.

Make a pledge to the event! Your tax receiptable donation supports important programs and services for those living with OCD.

### CONTACT

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