

# STAND UP & MOVE FAMILY CHALLENGE



It's time to Stand Up and Move for Kids! This October, take on a family challenge to help raise critical funds for children and youth involved in child welfare who have been disproportionately affected by the pandemic.

Run, jump, climb, ride, walk your pandemic pet, whatever you want! [Choose your own challenge](#) or choose a [Foundation Family Activity](#). Then share your fundraising page and ask your friends and family to keep you motivated to reach your goal to help children and youth overcome barriers to well-being and success.

We'll be with you every step of the way.

**[CLICK HERE TO REGISTER](#)**

**How It Works:** Get creative with your [own challenge](#), or select a fun [Foundation Family Activity](#) to engage the whole family. The Foundation has equipped you with [playlists](#) an [activity tracking calendar](#), and fun challenges like [Fitness Tic Tac Toe](#), [Scavenger Hunts](#), [Fitness Spinner](#), and more! Once you register, you can share your personal fundraising page and ask friends and family to keep you motivated and support youth involved in the child welfare system.



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## Get Moving

**Step 1:** [CLICK HERE TO REGISTER!](#)

**Step 2:** [Choose Your Own Challenge](#) OR [Choose a Foundation Family Activity](#)

**Step 3:** Customize your fundraising page and ask your friends and family to support children and youth in care while you move

**Step 4:** Share photos of your family's challenge on social media with #standupforkidscanada

## Fundraising

There is no minimum fundraising requirement – we encourage participants to raise what they can to help create brighter futures for kids who have experienced or are at risk of abuse and neglect. As you work through your challenge, be sure your friends and families are keeping you motivated and supporting the cause you deeply care about!

## The Impact Of Your Support

[Children's Aid Foundation of Canada](#) is our country's leading charity dedicated to standing up for children and families involved in the child welfare system and standing alongside youth with lived experience. We raise and grant funds and deliver a wide range of high-impact programs and services in partnership with 104 child- and youth-serving agencies across the country. Last year, we supported over 46,500 children and youth and 12,300 families. To learn more, visit [www.cafdn.org](http://www.cafdn.org)

**Questions:** Please contact Heli at [hvanaselja@cafdn.org](mailto:hvanaselja@cafdn.org)

# Every dollar helps.

Show your support for local charities and sign up for the Scotiabank Charity Challenge.

 Scotiabank TORONTO WATERFRONT MARATHON



For a bigger challenge, Stand Up for Kids by running for Children's Aid Foundation of Canada in the Scotiabank Toronto Waterfront Marathon! [Register here.](#)