

## Defeat Depression

Our biggest fundraising priority through the rest of April and May will be the Defeat Depression Virtual Walk/Run!

Participate in the following ways:

1. Decide on a personal activity that you can do to help #defeatdepression on 29 May 2021
2. Join the Resolve Board fundraising team and invite friends, family, and social media followers to make a donation to your page before 29 May 2021.
3. Invite keenly interested friends, family and others to create their own team or sign up as an individual to fundraise through their own networks.
4. Make a donation to the Resolve team.
5. Take on the #defeatdepression social media challenge by participating in solo activities (or with household members) and sharing them on social media between now and 29 May 2021.
6. Invite others to take on their own #defeatdepression challenge on social media

## How to Use the Defeat Depression Platform

Please do not let these steps deter you from participation. If you are daunted by using the website, there are other ways to fundraise and to participate. I'm happy to meet individually with anyone who would like help navigating this process!

**Step 1:** Visit [Kingston.defeatdepression.ca](http://Kingston.defeatdepression.ca)

The screenshot shows the website interface for the Kingston Virtual Walk/Run event. At the top, there is a navigation menu with links for ABOUT, FUNDRAISE, SPONSORSHIP, and CONTACT US. A red circle highlights the DONATE, REGISTER, LOGIN, and FR buttons. Below the navigation is a banner image of a person walking on a path overlooking a lake, with the text "KINGSTON VIRTUAL WALK / RUN" and "Kingston, Ontario May 29, 2021". A "Register Now" button is visible in the banner. To the right of the banner is a "DONATE NOW" button. Below the banner, there are four statistics: 1 TEAMS, 5 PARTICIPANTS, 4 DONATIONS, and \$25 BIGGEST DONATION. A red circle highlights the "REGISTER NOW" button. To the right of these statistics is a progress bar showing "ACHIEVED \$460.00" (5%) and "GOAL \$10,000.00". Below the progress bar is a "TOP TEAMS" section.

**Step 2:** Register

Select Location: Kingston Virtual Walk/Run

Select: Join a Team Search and Select: Resolve Board of Directors (as part of the team, your personal fundraising success contributes to our team total)

OR

Register as an Individual

Note: If you created a login last year, you may use that or you login as a New User (if you did have a login last year, your email address may prompt the system to ask you to reset your password)

The registration fee is \$25.

Once you've registered as a member of the team or Individual, you can edit your personal page to customize your personal goal, add a photo, write a personal note. Edit buttons hover over the various areas of the customizable pages.

### Step 3: Start asking for donations!

a) You can do this either through the Email tab with the Defeat Depression website

OR

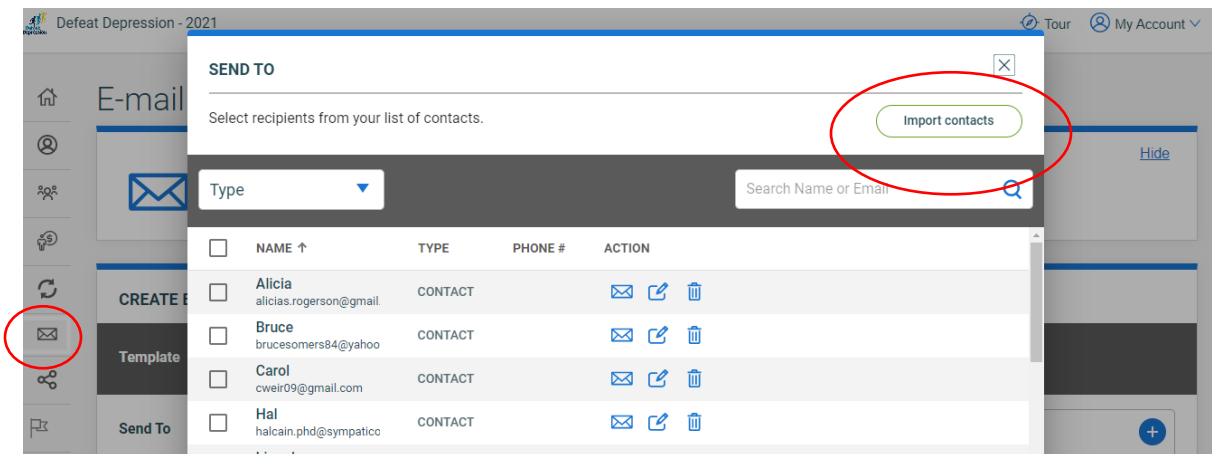
b) Using your own personal email and sending the link to your Personal Page (I find this easier)

### To email contacts through the Defeat Depression site:

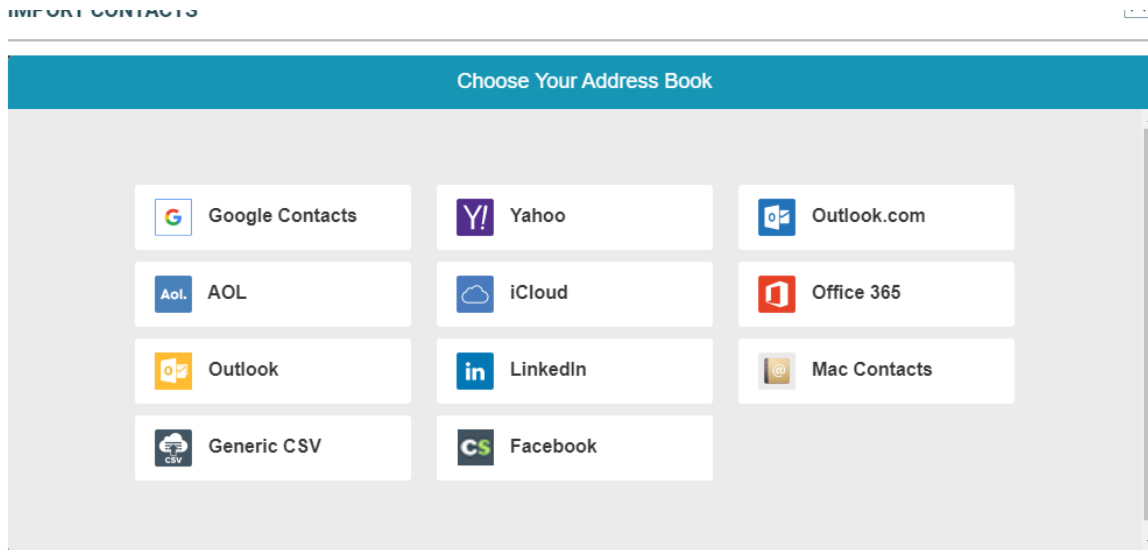
Select the Email Tab

Click +Recipients

Import Contacts

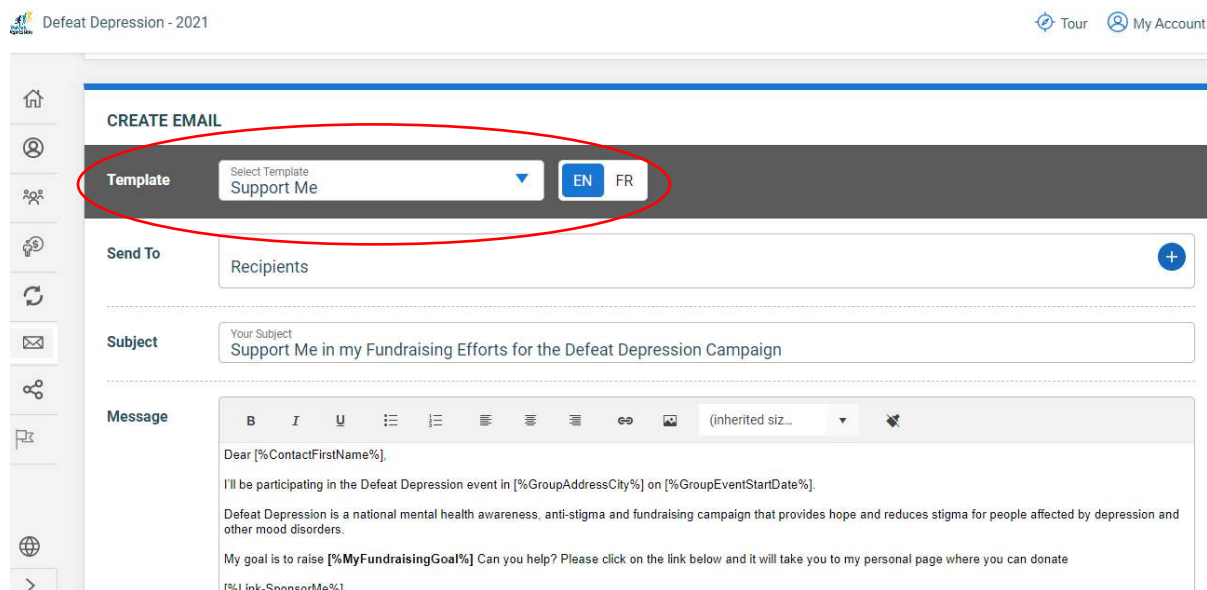


Select your platform for contacts:



Your contact list will populate; select the contacts you wish to import by checking the box beside their name and select Import.

Select which Template you'd like to use from the drop down menu:



Click the + to add your recipients  
Send your email—the names, your fundraising goal, city, etc. will autopopulate.

You will be notified via email when donations are received to your page.  
You can then send a thank you email following the process and selecting the appropriate template from the dropdown.

**Using your personal email:**

In your personal email account (Gmail, Outlook, etc), write a personal email to whoever you wish to invite to donate.

Add the link to your Personal Page

Send!

You'll still be notified when donations are made and the donor's contact info will be added to your email list in the Defeat Depression site so you can send them a thank you email.

**How to Raise \$500** in seven days

1. Sponsor yourself first **\$25**
2. Ask 4 family members to sponsor you for \$25 each **\$100**
3. Ask 5 co-workers to contribute \$15 each **\$75**
4. Ask 4 friends to contribute \$25. **\$100**
5. Ask 5 neighbors to sponsor you for \$15 each **\$75**
6. Ask your boss for a company contribution of \$50 **\$50**
7. Ask 3 businesses you frequent to donate \$25 each **\$75**

**Defeat Depression**

Wood Gundersen Society of Grace  
La Société Pour Les Troubles de l'Humeur & Grace

[www.defeatdepression.ca](http://www.defeatdepression.ca)