



## Be a champion for change by moving for children and youth involved in child welfare!

Choose to move with Children's Aid Foundation of Canada in the Stand Up and Move Challenge! Funds raised by participating teams make a real difference in the lives of children and youth affected by the child welfare system. Through these transformative programs:



Families are strengthened so that fewer children enter government care.



Youth in care can access academic supports and enrichment opportunities like camp, sports and the arts.



Young people transitioning to independence can overcome trauma, secure housing & employment.

Form a company team to move in your preferred way and raise critical funding and awareness for children and youth involved in child welfare. Do this all while reaching those fitness goals and bonding as a team! We would be pleased to collaborate on creating meaningful engagement opportunities as part of the experience and offer support to help your team reach your goals.

### How it works:

- 1** [Register your team at and create your team's unique fundraising page here.](#)
- 2** Select a fitness challenge for your team. Whether it's taking one million steps, going on a bike ride, or even a hula-hoop competition. There is no registration fee and the way to move is up to you!
- 3** Rally your colleagues, supporters and stakeholders to join or support your team with a donation.