



Let us show our community whom we are walking and rolling for!

- Use your social media outlets: Facebook, Instagram, Twitter, and LinkedIn.
- Print the pledge sheet off and have family and friends take it to school or work.
- Put it on the counter at work and ask your suppliers at work if they will support you.
- Email it to your professional and person contacts.
- Request a poster from Lansdowne to hang in your place of employment.
- Mention the website to family and friends.

HERE ARE SOME WAYS YOU CAN SECURE PLEDGES FOR THE HEROES WALK & ROLL:

You would Walk & Roll FREE and we could raise a significant amount of money to support children and youth with special needs in our community, to reach their full potential.

Imagine what could be done if all our Walkers & Rollers each raised \$250...

Heroes Walk & Roll 2020



JOIN US!

SATURDAY, SEPTEMBER 26, 2020, 12 PM – 3 PM
Brant Conservation Area (Brant Park)
119 Jennings Road, Brantford, ON

PARTICIPATION

Child . . . \$15 Dogs . . . Free
Adult . . . \$25 Family . . . \$75

All participants are required to sign a waiver before taking part in the afternoon.

Registration fee includes 1 km Walk & Roll, food, and Super Hero movie viewing. If you raise more than \$250 in pledges (that is \$20 from 13 friends) you and your family will Walk and/or Roll for FREE.

ITINERARY

12 PM – 1:00 PM REGISTRATION AT ACTIVITIES

Hand in your pledge sheet and money and register at Brant Conservation Area (Brant Park) at the picnic area marked 603 on the map. Signs will be posted along the road inside the park for directions.

1:15 – 2:30 PM WALK & ROLL

2:30 – 4:00 PM SUPERHERO MOVIE

REGISTER TODAY

Sign up today by visiting

<http://www.raceroster.com/events/2019/24546/lansdowne-childrens-centre-foundation-heroes-walk-roll>

A friend from Therapeutic Recreation describes them as the left and right sides of a brain. Aeva is the creative ideas girl, Alec is the logical details guy. She is energetic, he is relaxed, and at LCC both kids can shine no matter how loudly or quietly they need to do so. The world so often says 'change who you are', but LCC says 'Come as you are and we will help you aim for the sky'. Alec says LCC is amazing as he learns new things like stretches to prevent pain, how to make pickles, take care of plants, and even try a ninja course. He says, 'I've made some new friends at program. It's a place I can be myself'. Aeva says "LCC is awesome because the boardroom is now known as the Entertainment Room! I can zoom around because of those guys!"

Even years ago, Aeva and Alec were born 15 weeks early, resulting in many challenges. They've been involved with LCC ever since. Thanks to the OTs, PTs, and SLPs, 2 of the sickest in the NICU, for whom doctors gave grave statistics, are now participating in things like dance through Therapeutic Recreation. Our family has also benefited from access to social work and case coordination, ICDP, and Kids Country Inn. In the early days LCC was there to provide respite and education. Today, the kids are finding their wings there.



Aeva & Alec

Owen is 9 years old and has been involved with Lansdowne since he was 3 months old. Lansdowne has helped Owen achieve many milestones. Through Lansdowne, Owen and his family received support through many challenging times. In May Owen took his first independent steps and continues to make progress building his stamina. Owen looks forward to the Heroes Walk & Roll because he enjoys being out in nature and spending time with family and friends. He is also happy to support a great place like Lansdowne.



Owen

OUR 2020 AMBASSADORS

Title Partner



Platinum Partners



Gold Partners



Silver Partners



Bronze Partners



Other Partners



Friends of the Heroes Walk & Roll



39 Mount Pleasant Street,
Brantford, ON N3T 1S7
519-753-3153

<http://www.raceroster.com/events/2019/24546/lansdowne-childrens-centre-foundation-heroes-walk-roll>

We want you to know your participation in the Heroes Walk & Roll, sponsorship, and support through pledges will ensure that we can continue to offer our unfunded programming to the children and youth with special needs in our community. You have made a difference in the lives of so many children and we would like to sincerely thank you for your support.

- REHABILITATION
 - Occupational Therapy
 - Physiotherapy
 - Speech and Language Therapy
 - Social Work
 - School-Based Rehabilitation
- RESPIRE
 - Special Services at Home
 - Respite Care
 - Kids' Country Inn (partially supported)
 - Autism Spectrum Disorder Respite (ASD Respite)
 - Alternate Care Program
- RECREATION (UNFUNDED)
 - Recreation and Camps
 - Every Kid Counts program
 - Therapeutic Recreation
- OTHER SERVICES
 - Autism Services
 - Early Integration Program
 - Infant & Child Development Program
 - Medical Staff
 - Holistic Integrated Teams (HITs)
 - Service Coordination
 - Teen Group
 - Family Support Network
 - Skills Camp

We celebrate 45 wonderful years in serving well over 2600 children and youth per year with special needs in our community. Some of our programs can only continue because of the generous funds raised through our events and donations. Some of the programs and services we provide currently receive no government funding, but we as a community know how critically important it is to offer these programs to our children with special needs.

OUR SERVICES & PROGRAMS



HEROES WALK & ROLL



SATURDAY
SEPTEMBER 26
12 – 3 PM

Brant Conservation Area (Brant Park)
119 Jennings Road, Brantford, ON

Benefitting the
LANSDOWNE CHILDREN'S CENTRE FOUNDATION, PROGRAMS AND SERVICES



Pledge Form

THANK YOU FOR MAKING A DIFFERENCE IN THE LIVES OF CHILDREN AND YOUTH WITH SPECIAL NEEDS. YOU ARE GIVING OUR KIDS OPPORTUNITY, HOPE AND WONDERFUL MEMORIES TO LAST A LIFETIME!

Please make all cheques payable to the "Lansdowne Children's Centre Foundation". Receipts will be issued and mailed following the event for donations of \$20.00 or more, that include a complete and legible name and address.

Second Annual...

HEROES WALK & ROLL

Saturday, September 26, 2020

Walker/Roller: _____ Team Name: _____
 Address: _____ Apt. #: _____
 City/Town: _____ Prov.: _____ Postal Code: _____
 Bus. Tel. #: _____ Home/Cell: _____
 Email: _____

PLEASE PRINT CLEARLY					\$ PLEDGED	\$ COLLECTED
<input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. Last Name <input type="checkbox"/> Ms. <input type="checkbox"/> Miss	First Name	Tel. #				
Street Address	City	Prov.	Box #	Postal Code		
<input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. Last Name <input type="checkbox"/> Ms. <input type="checkbox"/> Miss	First Name	Tel. #				
Street Address	City	Prov.	Box #	Postal Code		
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Street Address	City	Prov.	Box #	Postal Code		
Please make cheques payable to the "Lansdowne Children's Centre Foundation" Receipts will be issued and mailed following the event for donations of \$20.00 or more, that include a complete and legible name and address. CHARITABLE REGISTRATION # 11881-6883-RR0001					\$	\$

RELEASE, WAIVER & INDEMNITY

I, the above signed, in consideration of my participation in Heroes Walk & Roll event, hereby release, discharge, relinquish, give up, forego, waive and otherwise completely exonerate the Lansdowne Children's Centre Foundation and the Lansdowne Children's Centre and any of their agents, employees or others, acting on their behalf, of any liability, responsibility, culpability or other basis upon which they may otherwise be liable for any injury, illness, disability, incapacitation, other physical ailment or damage to property which might arise in connection with this event and any related activities. I recognize and expressly accept the risks and responsibilities inherent in a Heroes Walk & Roll and willingly accept such risks in consideration of my participation and recreational opportunities afforded me in connection with my attendance at this event.

This is intended to be a complete and full release, waiver and relinquishment, giving up, forgoing and discharging any and all claims or damages of any kind, character or description against the Lansdowne Children's Centre Foundation and the Lansdowne Children's Centre and any of their agents, employees or others, acting on their behalf, as might arise during my attendance at the aforementioned event and activities, notwithstanding that they may have been negligent or breached any contract or duty of care. I hereby agree to assume all risk for injury and damage to myself or my property caused by any defect on the track being used for the event.

This instrument is signed by me voluntarily, and I will hold all parties mentioned above, and each of them free and clear from all responsibility by any reason of my being upon the property participating, practicing, or otherwise being involved in the race and will hold each of the parties mentioned above harmless from any court costs, attorney's fees or other expenses whatsoever caused by any suit or injury for damages brought by me or by one on my behalf or against me.

I am over the age of eighteen (18) years, have read the above and voluntarily agree to the terms of this waiver and release and specific assumption of risk and so indicate by signing and dating this waiver and release in the places indicated below. It is understood and agreed that this agreement is binding upon myself, my heirs, executors, administrators and assigns.

Walker/Roller Signature: _____ Date: _____

Parent Signature: _____ Date: _____