

How can youth help?

Supporting HPIC is easy, fun and impactful! You can do this in the class room or individually at home with family and friends.

Here are four easy steps to get you started:

1 Get Inspired. Take the Health and Hope Quiz.

- Do you believe that health is a human right?
- Do you believe that everyone should have access to adequate healthcare?
- Do you want to change the lives of children and families living in poverty, crisis or in vulnerable communities?
- Do you believe that global health is more important than ever?

If you answered yes above, then this is the mission for you! With your support, you can join our work as an HPIC Youth Ambassador and share our Health and Hope mission with your family, friends and community to rally support. All your efforts will help many children and families around the world and it will result in a life-saving and life-changing difference. That is priceless!

2 Plan your support.

Set your financial goal. Remember, every \$10 you raise means that HPIC can deliver \$100 worth of medicine to a child or a family in need around the world. Every dollar counts!

Mark your calendar and set your event timelines. This will make it easier for you to track your progress and reach your final goal. You can run your event for a week or even a month.

Create your story. Think about why health is important and why you want to help those that do not have access to adequate care. Write it down, design your own flyer or post over social media post and invite others to also make a difference.

Decide to fundraise online or offline. You can set up an online fundraiser in support of HPIC at www.canadahelps.ca. Search for HPIC and click "create a fundraiser". If you are raising funds as a result of a family celebration or birthday you can select HPIC and personalize your event using www.echoage.ca. Both options are okay for your online event, don't forget to choose HPIC as your charity of choice. You can search by name "HPIC" or "Health Partners International of Canada"

It's also fine to simply collect funds offline. You can use HPIC's Pledge Form and track your donations there. (Don't forget to include this when you send your donations in. Gift of \$10 more can receive a tax receipt.)

Download our resources. You can choose to print our posters, pledge and FAQ's. These are available in English and French.

3 Get social and spread the word!

If you are doing this in your classroom or with a group of people be sure to plan your communication strategy together. If you are doing this individually, here are some tips:

Talk to your family and friends. Ask them to consider a donation to your event and also help you spread the word to five people they know.

Ask any local businesses to support you. Tell them why you are doing this and ask them to consider a donation or posting up your flyer in their window. Don't forget your pledge form.

Share the HPIC Mission video: <https://www.youtube.com/watch?v=jbvrPoOkBvs>

Send out an email or post over social media if you can (Children: please make sure your parents approve and can help you with this). Here's a sample message:

"Hi [name],

I'm raising funds to help HPIC deliver healthcare and medicines to vulnerable children and communities in need around the world! I'm getting involved because [write your story here]. My goal is to raise \$[fundraising goal]. Can you please help me by making a donation? You can donate in the online page I set up: [paste your link]."

This means so much to me and every donation will have 10x the impact to a child or family in need. Thank you!

You can learn more about HPIC by viewing the HPIC Mission video at <https://www.youtube.com/watch?v=jbvrPoOkBvs> or by visiting their website at hpicanada.ca

Share the news with us too! We would love to share your efforts over our social media. Be sure to tell us or tag us! You can also use the #healthandhope hashtag.

4 Celebrate and report back your results to HPIC!

When you are done your event, send us an email with your results. And, if you did this offline, mail us your pledge form along with your donations to:

Health Partners International of Canada (HPIC)

212-3633 boul. Des Sources
Dollard-des-Ormeaux, Quebec
H9B 2K4
Attn: Youth Project Coordinator

Questions? No problem!

We are always an email or phone call away. Contact us anytime at YOUthproject@hpicanada.ca or 514.822.1112.



Hey youth!

Help deliver health and change a life!

Did you know?

Nearly 2 billion people have no access to basic medicines, causing a cascade of preventable misery and suffering.

Did you know?

Less than half of the people in the world have access to essential health services.

Did you know?

The United Nations has 17 goals set to build a sustainable world. Goal # 3 is: Ensure healthy lives and promote well-being for all ages.

Did you know?

3 of the top treatable diseases that impact children under 5 are: pneumonia, diarrhoea and malaria.



Why is health the foundation of everything?

Do you remember the last time you felt sick? Did the way your family cared for you change the moment you felt unwell? Did you call or visit the doctor? It is very likely that your family's routine changed to care for you so that you got what you needed to feel better. Thankfully, in Canada we all have access to a doctor, a hospital and medicine.

Around the world, not all children and their families have this same access to healthcare. Many families live in impoverished and vulnerable communities or communities in crisis without the income and resources they need to properly care for their families. Some families also live in remote areas where a hospital or clinic is many hours away on foot.

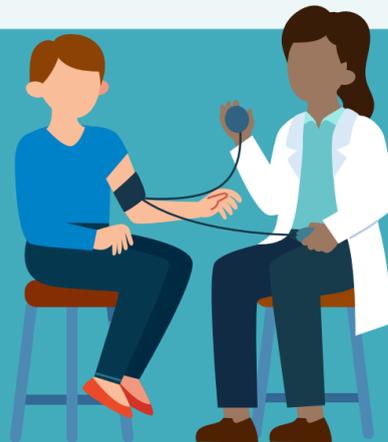
We know that when parents are healthy they can better care for their families. They can work and provide for their children. And, when kids are healthy, they can go to school and enjoy life with family and their friends. **If you have health; you have a chance for a better future and the hope of building a better tomorrow.**

According to the World Bank, global poverty is expected to rise for the first time in 20 years. The COVID-19 pandemic has threatened to push more people into extreme poverty with the total rising to as many as 700 million by 2021.

For 31 years, Health Partners International of Canada (HPIC) has been working to deliver essential medicines to children and families who lack healthcare access and resources; many live in poor or remote communities, in crisis or have been affected by a natural disaster. With the support of those that join our mission we will continue to help.

Did you know?

The World Bank defines extreme poverty as people living on \$1.90 or less a day. Global extreme poverty due to the effects of COVID-19 is now expected to rise for the first time in 20 years. In 2020, an estimated 689 million people lived in extreme poverty. This is predicted to rise in 2021 and beyond.



31 years of delivering health and hope around the world.

High-level indicators:

- Worked and supported 130 countries
- \$600 million of essential medicines delivered
- Over 25 million children and families directly impacted

Health Partners International of Canada (HPIC) is the only Canadian registered charity licensed by Health Canada to handle donated medicines. We work to deliver health and hope to over 1 million people every year by delivering essential medicines and medical supplies, and through capacity building projects that improve healthcare services around the world.

This work saves lives and helps communities thrive. HPIC has a unique relationship with Canada's pharmaceutical industry to receive donated medicines and medical supplies. We then work with Canadian healthcare professionals, Canadian and international government and non-government organizations, companies, foundations and our local community to bring health to children and families living in vulnerable communities.

HPIC supports important goals set by the United Nations and the World Health Organization. For families that cannot afford or access the medicines and healthcare services they need, our mission helps to close the gap.



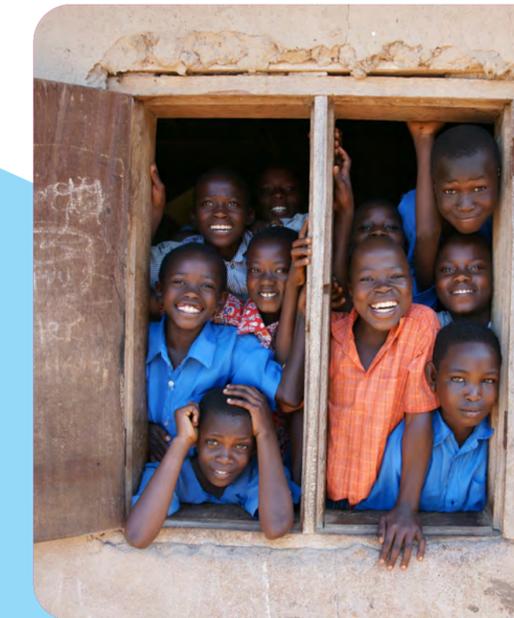
Our mission:

To increase access to medicine and improve health in vulnerable communities by:

- equipping medical mission teams
- helping to stock clinics and hospitals in impoverished communities
- mobilizing medical relief during emergencies
- working with communities to build healthcare capacities to meet local needs

Meet Bernard...

Over the last 10 years, a team of healthcare volunteers has been travelling with Humanitarian Medical kits filled with medicine to Northern Ghana. They take medicines and offer health clinics to thousands of patients who cannot afford medical care. During their travels they met Bernard, a seven-year-old boy who had a massive umbilical hernia that prevented him from walking or running pain-free. During a visit to the clinic, which thankfully was stocked with medicines from HPIC, Bernard was seen by the surgical team that was able to arrange for the appropriate treatment. Today, Bernard is back to optimal health, back to school and back to just having fun!



Thousands of children's lives are being impacted.

Mully Children's Family is the largest family in the world. More than 23,000 children have found a home with Mully Children's Family (MCF) and this movement began with Dr. Mulli, an abandoned child himself. He has made it his life's mission to rescue children from the streets of Kenya. Today, there are 3,500 children living at six different sites, five in Kenya and one in Tanzania. Many of the children have been orphaned by HIV/AIDS or they have been abandoned, and some have fled abusive homes.

HPIC supports Mully Children's Family (MCF) by equipping volunteer medical teams with essential medicines that they take with them to provide care for children and the local community. These are used to treat children who are ill. When they are healthy they have a chance for a better future.



Healthy children is a goal in itself.

Healthy children are more likely to develop to their full potential, to perform well in school, to be more productive in their future job, and to have healthy children themselves.

Investments in the health of a child and their family will contribute to economic growth tomorrow and a vibrant future. Health affects us all – especially now.