



PROGRESS
FOR MENTAL HEALTH

Donation Form

Yes, I am enclosing a one-time donation of:

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☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr. ☐ Other _____

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First name _____ Last name _____

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☐ Cheque payable to: Progress for Mental Health

☐ Please charge my credit card ☐ VISA ☐ MasterCard ☐ American Express

Name on card _____

Credit card number _____ Expiry date ____/____

CVV: _____ *(the three number security code on the back of a credit card)*

Type of Donation: ☐ General ☐ In Memory ☐ In Honour

Name of Individual for In Memory of or In Honour of:

Contact information for us to send the acknowledgement card to *(if applicable)*:

First name _____ Last name _____

Address _____

City _____ Province _____ Postal code _____

Please mail this completed form (and cheque, if applicable) to:

Progress for Mental Health 20 Bondar Way, Ottawa, ON K1T 3Y4

For online donations, visit www.pfmh.org and click the Donate button.

Thank you for supporting Progress for Mental Health. Without mental health, there is no health.

Your contribution is tax deductible | Charitable registration number: #715683686 RR0001

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