

Be a House Champion!

Youth Activity Toolkit



Did you know? When a child is sick or injured, families sometimes need to travel far from home for medical care that can last a week, a month, or even longer. It's a long time to be away from home and to be apart from brothers, sisters, mom or dad.



That's where Ronald McDonald House BC & Yukon (RMH BC) comes in! RMH BC provides a home-away-from-home for families who need to leave their homes for serious or life-saving care in Vancouver.



RMHBC has a 73 bedroom house at BC Children's Hospital and a cozy 4 bedroom Family Room at Surrey Memorial Hospital, where over 2,000 families a year can stay together during this difficult time.



While healing at RMH BC, kids can have fun by going to music classes, playing video games and shooting hoops outside. Most importantly, the whole family can stay together and continue to create memories such as movie nights and bedtime stories.



Across BC and Yukon, people like you, your friends and your family make this all possible. There are many ways that you can support the families at RMH BC and whatever you choose to do, we will be here to cheer you on along the way!

Stories From Our Families



Carter from Prince George called RMH BC home for 3 months when his twin brothers were born prematurely.



Olivia from Terrace and her dad stayed with us for almost a year while she battled leukemia.



Kira from Kamloops and her family stay at RMH BC several times a year when she sees specialists for cerebral palsy.



Ways to Fundraise

Whatever you do for fun, you can do in support of RMH BC – this includes everything from lemonade stands & bake sales to sports tournaments & birthday parties! All it takes is a little creativity, some planning and the desire to make a difference in the lives of BC & Yukon kids!



Do What You Love

Creative and meaningful, these fundraisers are a fun way to support families in need.

Choose any fun activity that you enjoy, such as:

- School Bake Sale
- Pool Party with Friends
- Sports Tournament
- Neighborhood BBQ
- Community Car Wash

Create a fundraising page by visiting rmhbc.ca/fundraising

Encourage your community to get involved and host your fantastic event!



Be a Birthday Hero

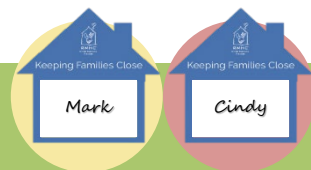
A birthday can make a big difference to the lives of families. For your birthday this year, collect donations instead of gifts!

Start a fundraising page by visiting makefunmatter.ca

Choose "Ronald McDonald House BC & Yukon" as your Chapter House

Select "Birthday" as your fundraiser type

Invite your friends & family and have an amazing party!



Build a Community of Houses

Collect donations in exchange for paper Houses that recognize your donors!

Select a **common area** where your community of Houses can be displayed

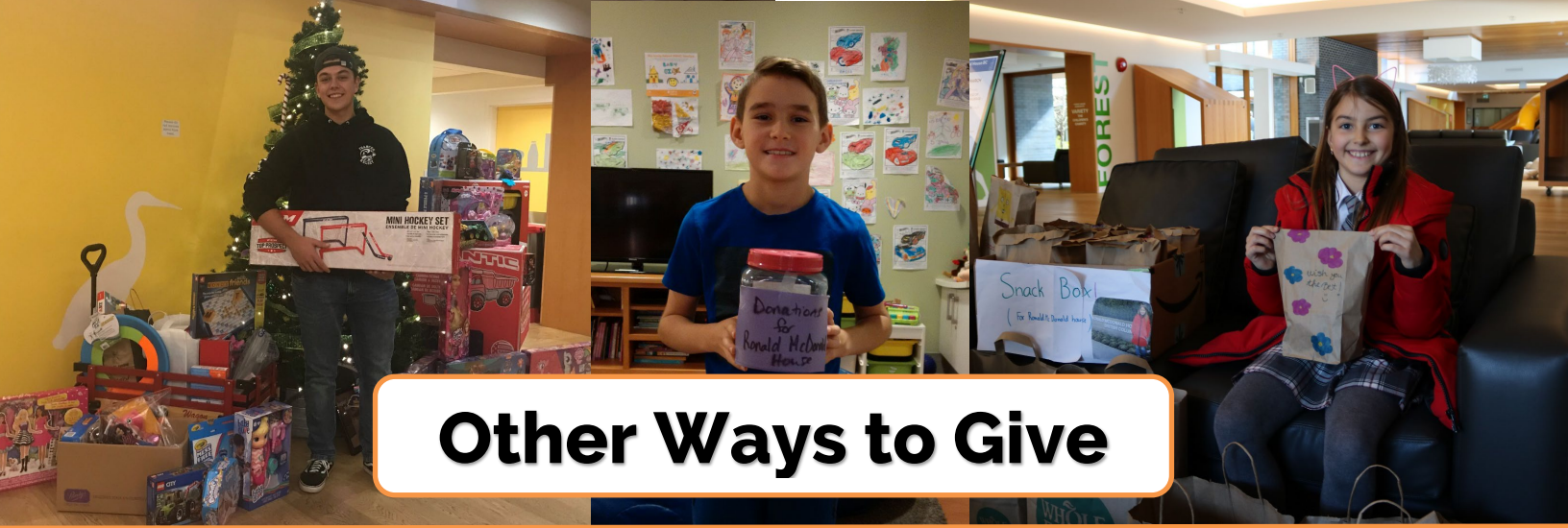
For every donation you collect, **recognize the donor** by writing their name on a paper House

You can even collect online donations by setting up a fundraising page here: rmhbc.ca/fundraising

Display each House on your wall to showcase how much you've raised!

Don't forget to share your photos! Tag @RMHBC and use #keepingfamiliesclose on Facebook, Twitter or Instagram.





Other Ways to Give

If you're not ready to fundraise, there are other ways that you can help! Here are a few fun ideas that will also make a difference to families at the House:



Collect gifts for families such as toys, electronics, baby products or gift cards. Check out our wish list here: rmhbc.ca/other-ways-to-give

Prepare individual snack bags for families to take to the hospital. The bags can include pre-packaged nuts, crackers, cookies or granola bars



Make toiletry bags with toothbrushes, toothpaste, hand cream, mini shampoo & conditioner bottles or hand sanitizers

One last thing!

There are many ways that RMH BC can support your event. Check-out the resources on our [Community Events page](#) or let us know if you would like some event materials such as:

✓ Brochures	✓ RMH BC Photos & Videos	✓ Donation Forms
✓ RMH BC Digital Logos	✓ Event Posters	✓ Swag (based on availability)

Thank you for helping us spread the word about RMH BC and helping to keep families close when it matters most.

To get started with your event, please fill out an application form here: rmhbc.ca/host-an-event

For more information, please contact us at community@rmhbc.ca