

Wear Plaid. Fund Care. Change Lives.

On **November 7, 2025**, schools across Niagara will wear plaid and raise funds to power Pathstone Mental Health's walk-in clinics, critical care for kids and youth in crisis.

Why Your School Matters

Every dollar raised helps keep these doors open. Walk-in clinics mean no wait lists, no referrals, no delay. Your students can make a direct impact in the lives of their peers across the region.

How to Get Involved

1. Pick Your Plaid Day Fundraiser

- Plaid dress-down day
- Plaid-themed bake sale
- Plaid classroom competitions
- Spirit week tie-in

2. Use the Assets

- Social media templates to share with your school community
- Posters to display in hallways and common areas
- Morning announcement script to keep students engaged

3. Fundraise & Track Progress

- Use the provided thermometer poster

Your Impact

When your school wears plaid, you're part of a movement that funds **immediate access** to mental health support. Every \$50 raised covers the cost of a youth's first walk-in session.

Let's make this the most impactful Plaid Day yet.

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