

# MAZEL TOV!

This is a really special time for you and your family. You're to be commended for wanting to do something special for other children in honour of this milestone.

We at Chai Lifeline Canada can help you create a Bar/Bat Mitzvah project as unique as you are. We'll help you make this wonderful celebration a meaningful and fun time for you, your family, and guests.

Gather your friends, have a party and do a mitzvah all at the same time!

Here are some ideas to stimulate your thinking.



## HOW TO GET STARTED

(647) 430-5933  
[www.chailifelinecanada.org](http://www.chailifelinecanada.org)  
[mitzvah@chailifeline.org](mailto:mitzvah@chailifeline.org)

Chai Lifeline Canada gratefully acknowledges all of the donations we receive on behalf of the bar and bat mitzvah program. Each young adult will receive a personalized certificate of recognition for their participation and generosity. Tax deductible receipts will be issued accordingly.

## ABOUT US

Chai Lifeline Canada is a registered charity dedicated to providing critical support to children diagnosed with a pediatric illness. Chai Lifeline's kids are vulnerable and many cannot attend school on a regular basis, hang out with their friends, and even enjoy camp in the summer. By sharing your Bar or Bat Mitzvah with us, you enable us to provide programs and support services to help Chai Lifeline Canada's kids.

Below are just some of the various services we provide to all our families completely free of charge:

- ✓ Individual & group counseling
- ✓ Information, peer and professional support
- ✓ Providing volunteers who bring an extra measure of adult attention and stability to children's lives
- ✓ After school programs for children and siblings affected by illness
- ✓ Tutoring for children who must miss school for extended periods of time due to illness
- ✓ Family retreats and outings
- ✓ Special sibling programs
- ✓ Summer camp programs such as Camp Simcha and Camp Simcha Special

### GET SOCIAL WITH US



THE DONALD BERMAN



Chai  
Lifeline  
CANADA

# BAR/BAT MITZVAH PROGRAM GUIDE



# IT'S YOUR PARTY

## ...MAKE IT GREAT!



## MAKE A TOY TOWER



Instead of flowers or balloons, skip the ordinary and do something extra-ordinary. Toy Towers do more than decorate, they give back. When your party is over, they will brighten the lives of children whose lives have been impacted by serious illness.

## SHARE YOUR SIMCHA

Share your birthday or special day with a child who is suffering from an illness.

Each birthday celebrated by a critically ill child is a special milestone celebrating life. For the children in our programs it not only marks another year, it demonstrates a great achievement.

Share your celebration with a sick kid and your act of kindness will deliver joy and hope.

## PLAN AN ECHO AGE PARTY

Make a Chai Warrior feel special and share your special day! When you plan a party with Echo Age, your guests send you a gift in honour of your celebration while simultaneously sending a gift to a sick child. Funds are split between your party and Chai Lifeline Canada, allowing you to choose a bigger and better present for yourself while also giving the gift of joy to someone else!

For more information about Echo Age:  
[www.chailifelinecanada.org/plan-echoage-party/](http://www.chailifelinecanada.org/plan-echoage-party/)



## PACKAGED WITH LOVE

Create personalized gift packages or kits made with love for sick children. Here are some of the ideas we suggest would help benefit our kids and families.



**Sweet Dreams** (provided to children spending an overnight in the hospital): Cotton pajamas, stuffed animal, colouring books, crayons, age-appropriate portable games and/or pacifiers.



**Cup of Cheer** (provided daily to parents and volunteers comforting sick kids in the hospital): Decorate and fill a coffee mug or travel mug with biscotti/cookie, Starbucks® or Tim Horton's® gift card, snack, hot cocoa, coffee or tea.



**Shining Star Kits and Snack Packs** (given to children participating in our weekly Shining Stars program): Stickers, crayons, drawing pads or colouring books, small games, and age-appropriate books. Snack packs containing a snack and drink to hand out to the kids. \*Nut Free

(cont'd)



## PACKAGED WITH LOVE (CONT'D)



**Hospital Comfort Kit** (for children undergoing treatment in the hospital): Our Chai Warriors can be cooped up in their hospital room for hours and even days on end. Hospital smile kits can help provide relief and entertainment. Items that can be included: Travel size toothpastes and brushes, combs, gift cards, slippers, games such as word searches, toys, comfy socks, snacks, and stickers.



**Summertime Camp Kit\*** (just the thing for children headed to Camp Simcha and/or Camp Lifeline): Beach towel, sunscreen, poncho, portable fan, sunglasses, flip flops, small games, shampoo and body wash.



**Welcome Back-to-School\*** (help a child returning to school for the first time following an extended absence): Backpack, pencil case, coloured pencils, markers, notebook, Staples® gift card, fun pens and erasers.



**Big Sibling Welcome Packages** (Our Big Brother/Sister program pairs up a child and a mentor one on one): These packages can be made targeting different ages and genders, focusing on ice breakers for the sibs. Items that can be included: gift cards to exhibits and venues ie Cineplex or iTunes, selfie stick, cake mix, scrapbooks, friendship bracelet materials, finger paint, Play-doh, science kits, colouring books and crayons, Mad Libs.



**Penina's Helping Hand Disney Packages** (our PHH program sends children of an ill parent to Disney World Orlando for a 3 day action packed adventure) Many of these children's families don't have the extra income to send the kids with packing essentials. Items that can be included: backpacks, Disney themed autograph books and pens, travel size toothpaste, toothbrush, shampoo, socks, SPF Lip Balm, flip flops, and a snack \*Nut Free

\*Before selecting a seasonal package as your option, please call our coordinator to ensure that your package will benefit us.

\*\*Please note we have recommended Starbucks®, Tim Horton's® and Shoppers Drug Mart® gift cards as these shops are located in SickKids® Hospital.