

10,000 Steps



Mental Health

PLEDGE FORM

Participant Name: _____

Team Name: _____

Sponsor information must be complete and printed clearly for tax receipting.

Please make cheques payable to:
Shalom Counselling Services

Credit card pledges can be made online at:
shalomcounselling.org/hope

Pledge Name	Address & Email	Phone Number	Amount	Method	Paid
Rosie Runner	123 Trail Street Waterloo, ON A1B 2C3 walkhappy@stepmail.com	777-777-7777	\$100	Cheque	✓
Total cash and cheque pledges			\$		
TOTAL PLEDGES (Office use)			\$		



Thank you for supporting accessible and affordable counselling services.