



moving forward

FAMILY SERVICES





Who Is Moving Forward?

Moving Forward offers free short and affordable long-term counseling services and resources for a variety of topics in mental health and addiction to under-served communities across Canada. Our services are available via in-person, and remote platforms with language support available for cross-cultural communities. Moving Forward was founded by Gary Thandi in 2015 in response to the limited support and resources for those most vulnerable. We believe that everyone deserves to receive help, no matter their race, age, location, identified gender, or financial situation. Composed of students, volunteers, supervisors, registered therapists and student counselors, Moving Forward aims to provide a purpose-driven perspective in providing transformative and sustainable work to the healthcare system.

Why Donate?



For every \$20 donated, we can provide up to one hour of counseling services to someone who needs it, and for \$100, we can provide five sessions to those who truly need mental health services.

Unfortunately many vulnerable people in need of counseling are unable to afford private therapy, which is why Moving Forward was made to support this cause. The vast majority of our services operate on philanthropic support, such as the help of volunteers and donated space for in-person sessions. However **early intervention** remains a necessary role in a client's journey, and in turn your donation can contribute to an individual's well-being. Each donation provides greater potential for our organization to expand and support more communities.

Words from our past donors:



Namita K donated \$100!

Thank you MFFS for the support you are providing to the vulnerable population!



Rajvinder S donated \$200!

Thank you for all the great work you do.

t & Current
sponsors:



Sponsoring Us

Want to get more involved at Moving Forward? **Become a sponsor!**

Whether you're a company looking to collaborate on a fundraising event or an individual looking to sponsor a child's therapy sessions, get in touch with us and we students can make it happen. All of our work is possible with your contribution from your organization. Our goal is "A World Without Sorrow" and you can help make that happen with your organization!

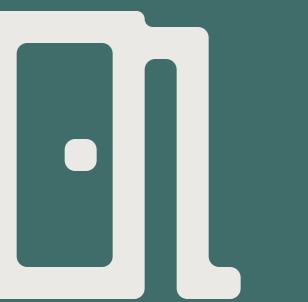
More Benefits



We'll showcase your brand during our events / campaigns



Your logo and brand will be featured on our website



Get a room at Moving Forward named after you

What Our Clients Say

Moving forward has been growing over the past 10-20 years but we acknowledge that there is still a lot of work to do. During this time, we have worked with amazing clients and interns and hope that with your help, we can continue expanding so that our work can reach a wider community of people.

"I admire the work you are doing in helping make counselling more accessible to all. The opportunities you have provided for trainings, webinars, and supervision have made for a fruitful and educational learning experience."

- Intern

'It was a positive privilege to be supported psychologically by this caring counsellor over Covid, Christmas, New Years, plus a whole year mostly alone, this care was life giving because of her'

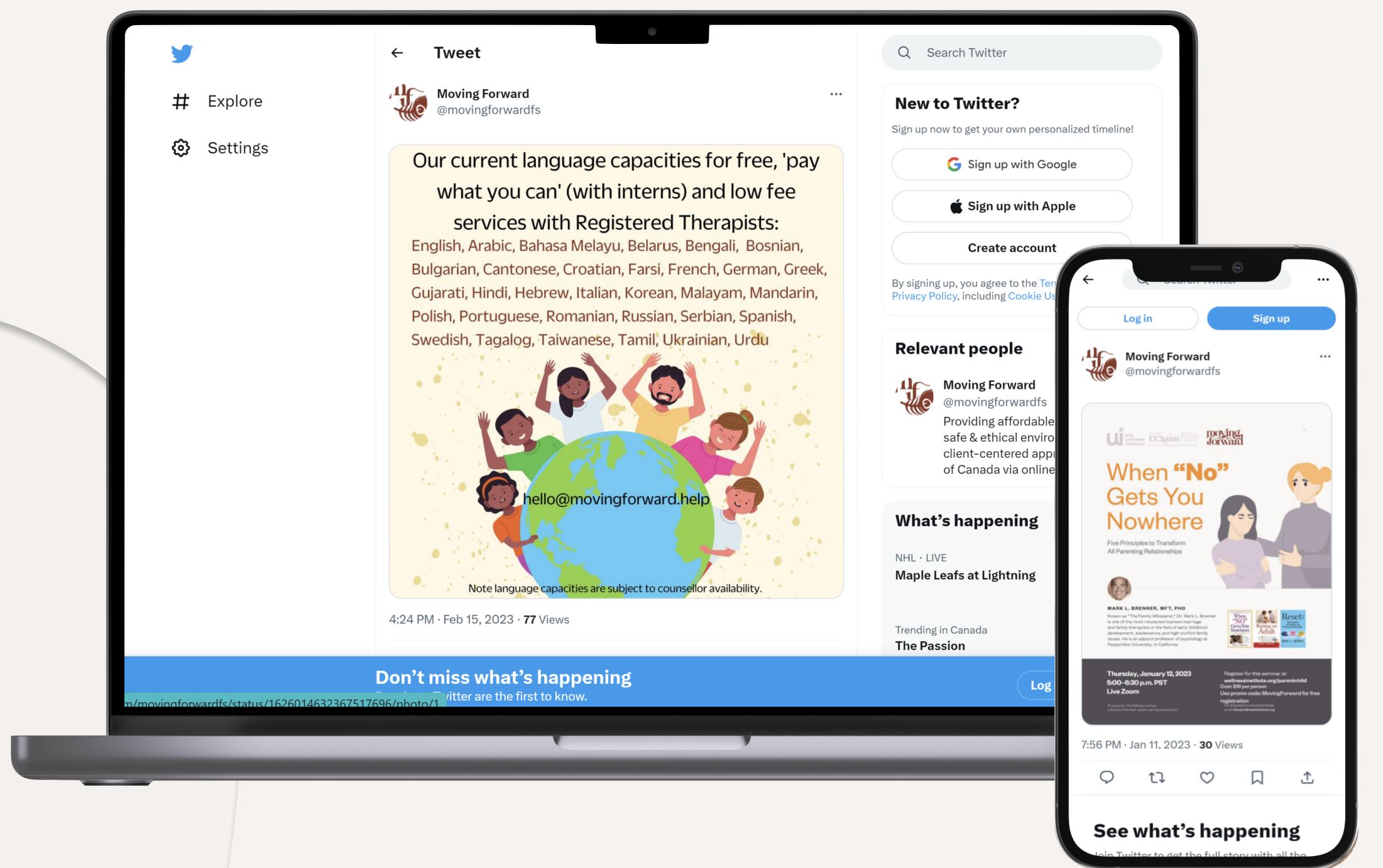
- Client

As this was my first time doing anything similar to counselling, I was unsure of what to expect. But I can truly say, it was one of the most beneficial things I could have done for myself. Thank you for providing this service.

- Client

Social Media Presence

Moving Forward believes in collaboration and engagement with other social organizations as the basis to utilizing our platform to spark conversations on mental health. Our active social media presence, alongside the existing resources between organizations provide us the opportunity to build a stronger community and connection to understanding mental health.



Follow Us



Message from our Founder

Thank you for your consideration in sponsoring/donating to Moving Forward.

I started Moving Forward to address the lack of accessibility in mental health services for individuals and communities who are unable to reach them. Moving Forward is committed to building and contributing to healthy, healing communities. We continue to develop partnerships in the public and private sectors to further this mission. If interested in collaborations focused on mental health, substance use, intimate partner violence, child and youth mental health, wellness and healing, please feel free to contact me.

We look forward to hearing from you!

Gary Thandi

Founder and Executive Director

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