



# BMO Boolathon in support of Kids Help Phone

1 800 668 6868  
KidsHelpPhone.ca

Kids Help Phone  
BEING THERE FOR KIDS

## October 2011

With more than 50 sites across Canada, there is sure to be a location near you! Visit [boolathon.ca](http://boolathon.ca) for more information and to sign up for this fun event.

### The kids of Canada thank you!

Your participation in the 2011 BMO Boolathon will support strong, spirited and confident kids who in turn will contribute to strong, spirited and confident communities!

### Booing for kids

This annual Halloween-themed bowling fundraising event is a fun opportunity for family, colleagues and friends to get together in support of the kids, teens and young adults in their lives. Money raised will ensure that professional counsellors are available for any reason at any time.

### Why participate?

Feelings of frustration sadness and uncertainty are an inevitable part of growing up. Healthy coping includes asking for help. Kids talk to Kids Help Phone when they don't know who to talk to.

- **We're there for kids, teens and young adults.** Day and night. To reach a professional counsellor at Kids Help Phone, young people from any community in Canada can call or go online, 24 hours a day, 365 days a year.
- **Anonymous and confidential.** Young people know they can trust Kids Help Phone. Professional counsellors do not use call display and don't trace calls or IP addresses.
- **Anything goes.** From trouble with friends to dealing with loss and grief to thoughts of suicide, kids can talk to Kids Help Phone about anything.

When kids feel there is no one to turn to, the professional counsellors at Kids Help Phone are always there by phone or online. No matter the situation, question or concern.

### Questions about the BMO Boolathon?

Contact us at: 1 800 268 3062 or [info@boolathon.ca](mailto:info@boolathon.ca)

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## Tips from Kids Help Phone

Raising kids can be challenging. Here are a few ways to let the kids in your life know you are safe to talk to.

- Tell them that you're here and open to talking about the really tough stuff, and that there's nothing they can tell you that would damage your relationship irreparably.
- Don't rush to solutions. Instead, ask your child what would be most helpful "right now."
- Acknowledge that if your child is bringing a concern to you, it's worthy of your time and attention.
- Reflect that you value and accept your child for who he or she is. Don't assume that they already know it or don't need to hear it again.
- Having fun while getting to know each other can help the bond between your kids and you. Share a good laugh with these **seasonal jokes**:



What would you find on a haunted beach?  
*A sand witch.*

What is a ghost's favourite kind of street?  
*Dead ends.*

What do little zombies play?  
*Corpses and Robbers.*

Two friends are doing the late Halloween rounds when they see a pack of zombies in the distance. Frightened, they start running. One of the friends takes out a pair of running shoes from his bag and puts them on. "Do you think that you can run faster than the zombies with those?" the other asks. "I don't need to run faster than the zombies, *I just need to run faster than you*."



Our sincere thanks to this year's sponsors

