

Celebrate with us!

We're turning 15 this October and we'll be celebrating all year long. Here's how you can join in the fun



WIN! Give and get

Each issue we want you to spread the CF love and in return, you will be showered in lavish gifts (love) from us. Here's how it works: Send an email to birthday@canadianfamily.ca explaining why your friend deserves a free one-year subscription (in less than 200 words!) and you could win another fabulous prize. Find this issue's prize on page 18.



Have a cupcake on us!

As if you needed another reason to love cupcakes, to celebrate our 15th birthday, CF is going cupcake crazy. Maybe you'll see us at an event or party somewhere performing a random act of cupcakes.



WIN! Lucky 15!

We're giving away prizes on the 15th day of each month. CF editors will do a roundup of 15 favourite things such as highchairs, running shoes for boys, eco cleaning products, etc. One or more of these products in the roundup will be available to be won and a winner will be chosen from all of the commenters on the post.

In October we're going to ramp it up by giving away a present each day! Check back with us to find out how you can win. During other months, don't forget to check our blog, Facebook and Twitter feeds for more ways to win fabulous loot bags throughout the year.



Charity partnerships

We love giving away loot, but we really love giving back to the community. In each issue this year *Canadian Family* will highlight the organizations that make life better for Canadian families. This month we salute all of the hard-working staff, volunteers and especially the mentors at Big Brothers Big Sisters of Canada, who provide volunteer-based mentoring programs of the highest quality to more than 30,500 young people in over 1,000 Canadian communities. Learn the joys of mentoring and more about this organization on page 20. We also want to send our love to The Hospital for Sick Children, our partner for 15 years! During this time, medical professionals at the forefront of pediatric medicine, research and teaching have kept us up to date with their latest research and still make the time to carefully vet our health content. A special hug goes out to top doc, Dr. Jeremy Friedman, the hospital's chief of pediatric medicine. On page 17, he shares his essential first aid solutions with us.



Cupcakes for charity

What would really make our year is if we could help you give back to your favourite charities. To make it fun and easy we're challenging Canadians to bake and sell cupcakes with proceeds going to a charity of your choice. Find more details on page 79 and download our fundraising kit at canadianfamily.ca/cupcakes-for-charity to get started. After you've hosted your bake sale, just send us an email (and photos!) to cupcakesforcharity@canadianfamily.ca about your event and your story could appear in a future issue of *Canadian Family*. Don't forget to include how much money you raised and who you donated the money to. Happy baking!

SAVE THE DATE



We're having a party and you're invited!

Come join us for fun, food, games, live music and more.

WHERE: The Evergreen Brick Works, 550 Bayview Avenue, Toronto

WHEN: Sunday, September 18

I'll share more details in the magazine and online as we get closer to the event.

I hope you will join us!



OUR FIFTEENTH BIRTHDAY!

CANADIAN
family