

Sophie Grégoire Trudeau

Ms. Mikayla McDermott
Ms. Madison McDermott
64 Red Roak Crescent
Oro-Medonte, Ontario
L0L 2L0

Dear

Mikayla and Madison;

From the bottom of my heart, I would like to thank you for inviting me to speak and participate in your community run. While I am unable to attend, you should both be proud of using your talents to raise funds for youth mental health and addictions.

When we speak the truth about mental health, we spread love and light to those in our lives. Mikayla – your choice to organize this run demonstrates your incredible passion for breaking the stigma on mental health. Madison – it takes strength and courage to use your talents to write a book about mental health. As someone who has experienced an eating disorder, your efforts and leadership on mental health is particularly meaningful to me.

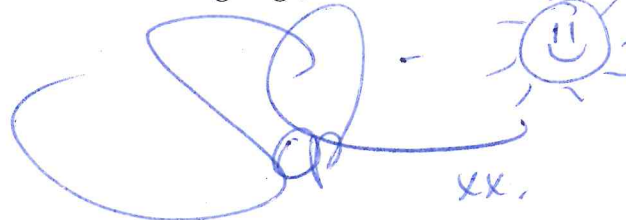
May we continue to encourage our country's engagement on mental health, and that we all walk on this path together towards a brighter and better future!

remember

always

With heartfelt gratitude, I wish you well.

Big hugs,



Shine on!

Sophie Grégoire Trudeau

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