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For Immediate Release

## AN 'INVINCIBLE SUMMER' YIELDS A LARGE HARVEST OF SUPPORT FOR MENTAL HEALTH IN KELOWNA

Third Space Charity's first annual fundraising event, "An Invincible Summer" raises over \$120,000 for mental health programs in Kelowna, with over \$15,000 supporting Mamas For Mamas.

Third Space Life Charity held their first annual gala fundraising event earlier this month. The sold-out event (named after the Albert Camus quote, "In the midst of winter, I found there was, within me, an invincible summer"), featured a panoramic view of the city of Kelowna, local wine and appetizers, and a gripping talk from local philanthropist, Tom Budd. Budd shared his personal story around mental health, the need for suicide prevention, and the pivotal role Third Space has played in his life in recent years.

The event raised over \$62,000 - which was doubled by a generous donor in the community, amounting to a grand total of \$124,740. The funds will go towards Third Space Life Charity's three main programs, all surrounding mental health: The **UBCO Student Care Program** in partnership with the UBCO Student Union (last year Third Space provided free counselling to 1,500 UBCO students), **The Change Fund**, which provides counselling to individuals in the community regardless of financial barriers, and the **Life Transitions Program** - an action plan to help individuals (particularly those recovering from addiction, trauma or life changes) as they transition back into the community, teaching them crucial life skills for work and home.

Chosen as the charity partner for the evening, **Mamas For Mamas** received over \$15,000 from the evening's funds raised. "Mamas for Mamas is so grateful to be working with Third Space Charity to bring wholeness to everyone in need through Life Transitions and the Change Fund. The Life Transitions program will benefit the mothers in our community exponentially to further their skillsets, and further their lives at no cost, thanks to the generous partnership with Third Space Charity. We can't change the landscape of poverty alone, and we are so glad we don't have to because of partners like the team at Third", says Shannon Christensen, Founder and Executive Director of Mamas for Mamas.

Ken Stober, Founder and President of Third Space Life Charity explains, "The heart behind Third Space has always been to create barrier-free space of hope for the people in our city - whether in our cafe, or at our counselling centre across the hall. The incredible response from donors at the fundraising event was a reminder that our community sees the need for mental health support in Kelowna, and thanks to their partnership we can continue to work tirelessly to help as many people as possible."

Third Space Life Charity is an entrepreneurial charity that is locally focussed, offering counselling services, community programs and projects that focus on mental health, regardless of financial barriers. In addition to the generous funds from its donors, all profits from Third Space Coffee are poured back into the work of Third Space Life Charity.

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