



24 SUSSEX

Ms. Cathy Lumsden
205-1729 Bank Street
Ottawa, Ontario
K1V 7Z5

Ms. Lumsden:

I want to thank you for taking the time to share your encouraging thoughts and for sending your book, *Debugging Those Bad Thoughts*.

I salute your courage in writing a book that creates such a great message about mental health challenges to all Canadians.

Thank you for your contribution that will positively impact young Canadians across our great country.

I wish you well.

Thank you for all your
inspiring help with children
and teenagers. They
need you!

With Gratitude,

Sophie Grégoire Trudeau