# Email Template 1: First Ask

Hi <Friend>!

I'm participating in the Champions for Children 5K on June 25, 2022 in support of the Children’s Advocacy Center of North and Northwest Cook County (CAC).

CAC helps children in the community who have experienced abuse by conducting Forensic Interviews to aid in legal proceedings, providing family advocacy services to help parents and caregivers navigate the complex legal system, and facilitating individualized therapy plans to help children heal from their trauma. All these services are offered free of charge!

Because I believe in CAC’s mission, I'm trying to raise <Insert Goal>. Will you help me reach this goal by donating or joining my race team? <Insert Link>.

You can learn more about CAC at cachelps.org.

Thank you!

<Name>

# Email Template 2: Follow-up Ask

Hi <Friend>!

I wanted to follow up to see if you had a chance to look over my previous email. I am participating in the Champions for Children 5K in support of the Children’s Advocacy Center of North and Northwest Cook County, and I could use your help. My goal is to raise <$XXX> to help children in the community who have experienced abuse receive free healing services. In 2021 CAC served over 1,000 children and families in 38 suburban Chicago communities!

I want to help CAC because <Insert your fundraising story>.

Any amount will make a big difference in these young lives. Will you help me reach my goal? You can donate here <your fundraising link> and learn more about the healing work of CAC at cachelps.org.

Thank you!

<Name>

# Email Template 3: Thank You

Dear <Friend>,

Thank you for your donation to my Champions for Children 5K fundraiser! Your contribution helped me raise <$XXX> for the Children’s Advocacy Center of North and Northwest Cook County! Because of your generosity, children who have experienced sexual and physical abuse in our community will receive free access to high-quality care that will help them build resilience and regain the confidence to lead healthy lives.

Learn more about the healing work of CAC at cachelps.org.

Thanks again!

<Name>