



HEAD TO HEAD PROMOTES YOUTH MENTAL AND PHYSICAL WELLNESS through Olympian-led mentorship programs that teach healthy habits and inspire self-confidence, self-esteem and a positive approach to life. Our carefully selected Olympian-mentors connect directly with thousands of Canadian youth, through schools, youth groups and teams. The goal is to develop a unique, inspiring, empowering and ongoing relationship between Canada's young people and the country's most exceptional athletes.

Olympians connect with youth in a variety of ways including in person, by video-conference, and through educational material. Our curriculum focuses on life skills such as building and sustaining healthy habits, dealing with stress and pressure, learning from disappointment, and creating the circumstances for success.

...inspire self-confidence, self-esteem and a positive approach to life.

Olympians connect with youth in a variety of ways including in person, by video-conference, and through educational material.



Head to Head has led mentorship programs in more than 60 cities across Canada, positively impacting more than 5,000 youth.

In Canada,
an estimated
1.2 million youth
are affected by
mental illness

THE REASON

In Canada, an estimated 1.2 million youth are affected by mental illness, and 70% of young adults living with mental health issues first experienced symptoms in childhood. Mentorship and strong role models have been proven to help youth develop confidence, self-esteem and coping skills during this important time in their lives.

MENTORSHIP TOUR - 2018

In the Spring of 2018, on the heels of Canada's great success at the 2018 PyeongChang Olympic Winter Games, our Mentorship Tour will visit dozens of Canadian communities, connecting more than 15 Olympians (Winter and Summer Games) with thousands of children, from coast to coast.



HOW YOU CAN HELP

Head to Head is seeking partners to help support our Olympian-mentors on their important mentorship tours. Funding and in-kind contributions will defray the cost of transportation, accommodation, promotion and modest athlete compensation.

WHO WE ARE

Head to Head was founded in 2016 by 2-time Olympic Swimmer, Martha McCabe. To date, Head to Head has led mentorship programs in more than 60 cities across Canada, positively impacting more than 5,000 youth. With more than 15 Olympians (and growing) representing the Olympic Games in London (2012), Sochi (2014) and Rio (2016), Head to Head supports these Canadian heroes by providing them with opportunities to grow professionally as they share their experiences with and inspire Canadian youth.

To learn more, please contact Martha McCabe at
mmccabe@headtohead.ca

