



**Mood  
Disorders  
Association  
of  
Ontario**

## **Karen Liberman 2017 “Lit From Within” Award Nomination Form**

**NAME OF NOMINATOR:** \_\_\_\_\_  
**TELEPHONE NUMBER:** \_\_\_\_\_  
**EMAIL:** \_\_\_\_\_

**NAME OF NOMINEE:** \_\_\_\_\_  
**TELEPHONE NUMBER:** \_\_\_\_\_  
**EMAIL:** \_\_\_\_\_

In a few sentences (approximately 500 words) speak about your nominee’s commitment to volunteerism in support of the Mood Disorders Association of Ontario (You may use the back of both sheets of pages if mailing it in.)

Please use the following questions to guide you:

- 1) When did the nominee start volunteering with the Mood Disorders Association?
- 2) What role(s) has he or she undertaken as a volunteer?
- 3) In what ways have they shown **leadership, creativity, and innovation** in their approach to supporting individuals and families affected by mood disorders?
- 4) What significant **impact** have they made on a Mood Disorders Association program, event, or activity?
- 5) In your opinion, why is your nominee for the “Lit From Within” Award, the best candidate?