

8th Annual Help STOP the Silence - Walk to Prevent Suicide

Whether you plan to walk or just to be present as a part of the program and other activities or - - whether you plan to raise money or not - - **YOU ARE VERY WELCOME! THIS IS A FAMILY EVENT.**

SCHEDULE OF EVENTS

12:00 – 1:00 CHECK IN:

Beginning at this time &
Continuing throughout
the Walk

Everyone needs to check in at the Registration Table.

CHOOSE YOUR BEADS: Color-coded signifying type of loss.

PROFESSIONAL COUNSELORS AVAILABLE TO ASSIST YOU IN ANY WAY. You may have questions or just need some support. We will have handouts for children, teens, and adults to give you, including topics: signs of/treatment of depression, suicide and bereavement.

ACTIVITY TABLES, BOUNCE HOUSE AND FACE PAINTING

for kids THE MEMORY WALL is a beautiful way to pay tribute if you lost someone to suicide. Please add a memento (picture, a note, etc.) of your loved one to remember and to celebrate the life they lived.

1:00 – 2:00 “WELCOME” by Walk Coordinator Samantha Neaman followed by a survivor speaker.

There will be a moment of remembrance when we read the names of loved ones lost to suicide. ****If you would like to have your loved one’s name read, please NOTIFY us at registration table.**

THE WALK BEGINS 3 mile walk through the community. The gym will remain open for those unable to go the distance or choose not to walk.

EVERYONE IS WELCOME TO THE POST-WALK PICNIC: Bring your families & friends to enjoy a picnic after the Walk. Complimentary refreshments will be available.

***Tricky tray tickets will be drawn following the walk**