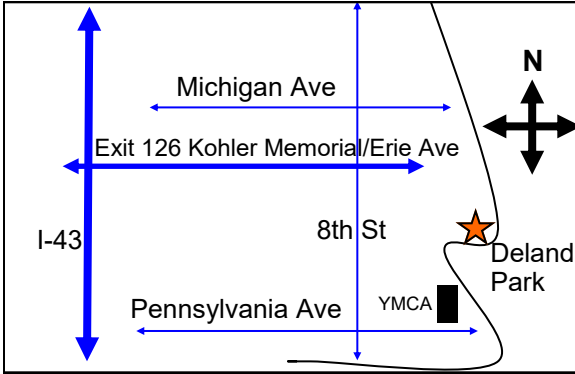




# Location

Deland Park  
715 Broughton Drive  
**Walk on Sheboygan's scenic lakefront!**



# About the Event

Saturday, September 9, 2017

Check In / On-site Registration .....8:30 am  
Opening Ceremony .....9:30 am  
Silent auction / raffles end .....noon

**This year's event includes:**

- ◆ Silent Auction ◆ Raffles
- ◆ Bake Sale ◆ Chair Massages
- ◆ Info Booths ◆ Art & Craft Activities
- ◆ Brats, Burgers, & Hot Dogs
- ◆ Music ◆ Sonny, MHA's Mascot
- ◆ Spirit Arch ◆ Memory Quilt

Special thanks to our event sponsor:



# There is Hope

Registrations **received by August 18, 2017** guarantee an event t-shirt and include discounted pricing.



**Adults - \$20**  
**Students - \$10**  
**Family fee - \$60**

\*Student fee is for those 18 and younger, Family fee includes 2 adults and up to 4 minor children\*

Registration fees **increase after August 18, 2017** and do not guarantee a t-shirt.

**Adults - \$25**  
**Students - \$15**  
**Family fee - \$75**

**Walk-ins welcome day of. Event open to public.**

## T-shirt Personalization

For more information on how to personalize your t-shirts, please contact MHA .  
Additional fees associated.  
920-458-3951 or info@mhasheboygan.org

## Customize a Hope Flag

New this year, you can pre-order a Hope Flag to customize at the event. Write a loved one's name or message of hope to add to our pathway and take home after the event.

## 2017 Speaker: Kristina Cahak

Kristina Cahak is a Registered Nurse and mother of 3. After losing her 15 year old daughter, Morgan, to suicide in June 2015, she became active in promotion of mental health awareness and suicide prevention. Kristina has worked as a nurse for 22 years, with a diverse background, including mental health nursing. She is involved with Kids in Crisis, through USA Today/Gannett Wisconsin, and has presented at The Children Come First conference, through Wisconsin Family Ties. Kristina has been interviewed on Wisconsin Public Radio and hopes to begin speaking in schools. Kristina lives in Madison, WI.

# Preventing Suicide

## Did you know...

- \* On average, someone in the United States dies by suicide every 12.3 minutes
- \* About 2/3 of people who die by suicide are depressed at the time of their deaths.
- \* Depression that is untreated, undiagnosed, or ineffectively treated is the number 1 cause of suicide.

## Suicide warning signs include...

Feelings of prolonged sadness, drug or alcohol abuse, giving away important possessions, feelings of hopelessness, withdrawal from family or friends, self-injury, rage or anger

**Suicide is preventable, and together we can make a difference!**

Contact MHA at 920-458-3951 or info@mhasheboygan.org if you have concerns about a loved one.



Your support will help **Mental Health America** in Sheboygan County continue its work of providing:

- Confidential referrals for help
- Support groups
- Emergency medication assistance
- Mental health resource materials
- Open Door drop-in and recovery center
- Advocacy for mental health issues



Participants in the 10th annual **There is Hope** walk will be guaranteed an event t-shirt if a completed registration form is received by August 18, 2017

(Online registration also available! [www.mhasheboygan.org](http://www.mhasheboygan.org))

# Registration

Name(s) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Unisex t-shirt sizes:  
Child: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_  
Adult: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL  
(Please include quantities for family registrations)  
Please return form and make check payable to: Mental Health America, 915 N. 7th Street, Sheboygan, WI 53081  
WAVER: I hereby signify that I understand that Mental Health America, the There is Hope sponsors, the areas that I walk, and all other organizations and persons connected with the event are not to be held responsible for any injuries which I may suffer while taking part in as a result thereof. In this connection, I hereby waive any claim of damages to my person or property. I grant full permission for the organizer to use photographs of me and quotations from me in legitimate accounts and promotions of this event. **If you are under 18 years of age, a parent or legal guardian must sign.**  
Participant/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

<p><b>Hope Flags</b></p> <p>I would like to purchase a Hope Flag to customize at the event. Each flag is 5"x11" and yours to take home.</p> <p># of flags _____ Total (\$5/flag) _____</p>	<p><b>Early Bird:</b></p> <p>Adults \$20 Child \$10 Family Fee \$60</p> <p><b>After August 19th:</b></p> <p>Adult \$25 Child \$15 Family Fee \$75</p> <p><b>Total Enclosed (w/flag)</b> _____</p>
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