

prevent suicide

COLUMBIA COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

PREVENTION AWARENESS WALK FOR HOPE HELP 2018 *Healing*

6th Annual WALK FOR HOPE

benefitting

Prevent Suicide Columbia County

Saturday, September 22, 2018

10 a.m.

Portage High School Track

305 East Slifer Street, Portage, WI 53901

\$10 Registration for walkers of all ages includes a free t-shirt designed by our coalition. Children < 12 years old are free but t-shirt is not included.

To make the most of your Walk for Hope, we encourage you to:

- **Volunteer for or Sponsor the Walk For Hope.** The Walk For Hope would not be successful if it weren't for volunteers and our sponsors! Please contact Kristal at 608-742-9274 or kristal.rykiel@co.columbia.wi.us if interested!
- **Bring a photo** of a loved one lost to suicide for our memory activity. This year loved ones can make small posters and set them up around the track. We suggest copies of your photos-- not originals in case of accidental damage.
- **Form a team** to walk with from work, school, church, family, etc.
- **Raise funds** prior to the Walk For Hope. Please download our Fundraising Packet at www.preventsuicidecolumbiacounty.org for details. All proceeds benefit local suicide prevention initiatives.
- **Join us for a free QPR (Question, Persuade, Refer) Suicide Prevention training** after the Walk from 12:00-1:30 pm. Learn 3 simple steps anyone can take to save a life. **Free lunch provided for those who pre-register for the training!**
- **Choose the length of your walk** on our accessible track. See "Schedule of Events" for suggested themes for laps.
- **All children under the age of 18 must be accompanied by an adult** the day of the event and permission must be granted for each child by signing the Statement of Consent on the registration form.

Thank you for your support!

For more information, please contact:

Kristal Rykiel

(608) 742-9274 or kristal.rykiel@co.columbia.wi.us

2018 WALK FOR HOPE Schedule of Events

- 10 a.m.**
- **Register** & pick up t-shirts (optional: submit funds raised by you or your team)
 - **Photo for memory poster activity.** Bring a photo of a loved one lost to suicide (maximum size 8.5" x11"). Please pick up your photo after the Walk. We suggest you bring a copy—not an original photo—in case of accidental damage.
 - **Sign up to have the names of those you have lost to suicide be read aloud** at the start of the walk
 - **Create** a message for a loved one on a balloon
 - **Pick up honor wristbands** to wear
 - **Browse** educational booths
 - **Enjoy live music by Faith Gladem**
- 10:30 a.m.**
- **Welcome**
 - *Prevent Suicide Columbia County*
 - *Clint Starks, MC.*
 - *Sara Jesse, Speaker, "Lessons of Love. What my sister's suicide taught me about forgiveness."*
- 11 a.m.**
- **Reading of names and release of balloons**
 - **Walk Begins**
 - Walk Lap 1 to honor a loved one you have lost to suicide.
 - Walk Lap 2 for those who struggle with depression, anxiety, substance abuse, and/or suicidal thoughts.
 - Walk Lap 3 to honor someone you know who is struggling with the loss of a loved one who died by suicide.
 - Walk Lap 4 to thank someone you know who works to prevent suicide.
 - Walk Lap 5 for yourself, to honor your struggle.
 - Walk Lap 6 for hope, for your vision of a suicide-free community.
 - Repeat laps as desired.
- 11:45 a.m.**
- **Walk Closing**
- 12:00 – 1:30 p.m.**
- **Free QPR (Question, Persuade, Refer) Suicide Prevention Training.** Learn 3 simple steps anyone can take to save a life from suicide. **Free lunch provided** for those who pre-register for this training.

For more information, please contact:
Kristal Rykiel-Summerton:
(608) 742-9274 or kristal.rykiel@co.columbia.wi.us



Registration Form

6th Annual WALK FOR HOPE

Saturday, September 22, 2018

10 A.M.

Portage High School Track

305 East Slifer Street

Portage, WI

Please fill out a separate registration form for each participant.

REGISTRATION:

Name of Participant: _____

Name of Team (optional): _____

City/State/Zip: _____

Phone: _____ Email: _____

- _____ Adult (12+ years) - \$10 (includes t-shirt)
- _____ Child (0-11 years) - \$10 (0-11 years includes t-shirt)
- _____ Child (0-11 years) - Free (0-11 years NO t-shirt included)

T-Shirt Size: (one t-shirt included in \$10 registration fee, first come, first served). **Extended sizes do sell out quickly the day of the event! Please be sure to register August 17th, so we can reserve your desired size for you!** (Additional t-shirts can be purchased for \$10 each).

Please circle size:

Youth:	Small	Medium				
Adult:	Small	Medium	Large	XL	2XL	3XL

_____ I will be attending the **FREE QPR Suicide Prevention Training (lunch included)** from 12:00-1:30 pm (ages 12 and over only, please).

_____ Please add me to your email list to receive periodic updates: _____

STATEMENT OF CONSENT: I understand the risks that may be involved with the "Walk for Hope" and willingly and voluntarily accept these risks. Neither Prevent Suicide Columbia County nor the Portage Community Schools is liable for any injuries that may occur during this event. I grant permission to Prevent Suicide Columbia County to use photos, images, and/or quotations from me in accounts and promotion of this event.

Signature of Participant: _____

Signature of Parent/Guardian (if participant under 18 years old): _____

Emergency Contact:

Name: _____

Phone: _____

Please make checks payable to: **Columbia County**

Please send your completed registration form and check to:

Columbia County Health and Human Services
Attn: Kristal Rykiel
PO Box 136
Portage, WI 53901

prevent suicide

COLUMBIA COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

