



Inaugural Hope4Today 5K & 1M Fun Run

Join us on September 9, 2017 for the HOPE4TODAY Race in **Honor of National Suicide Prevention-Awareness Month** benefiting Frontline Crisis Response Solutions much needed **Postvention support programs for Survivors of Suicide Loss in Collin & Denton Counties**. These programs offer free support and resources to people in our local community impacted by suicide.

Hope4Today 5K & Fun Run will be held on
Saturday, September 9th, 2017
 at 7:30 am- 5K | 8:00 am- 1M Fun Run
 Post Race Activities/ Awards 9:00 am- 11:30 am
 Kingdom Life Christian Center | College Parkway Trail
12330 Rolater Rd Frisco, Texas 75035

About the Cause:

One of the four core Community Initiatives of the Frontline Crisis Response Solutions Team includes expanding support programs for Adolescent and Young Adult Survivors of Suicide Loss. Unfortunately, there are limited resources in our community to cater to the emotional needs of young adults left behind after such a devastating and traumatic loss and even fewer resources for those family members and loved ones under the age of 17.

According to the American Foundation of Suicide Prevention, in the state of Texas, suicide is the third leading cause of death for children 10-14 years old and the second leading cause of death for those who are 15-34 years old. By participating on race day you can help us raise awareness, share local resources and prevent youth and young adult suicide attempts and completed suicides in our community.

For Middle School & High School Students

How to earn community service credit:

- Invite** 3 or more friends to join you on race day to help raise awareness to suicide prevention, intervention and postvention resources and services. Each person on your team would be eligible to earn community service hours
- Register your team** for the 5K walk /run (**Deadline is September 7th by 12:00pm**)
 - To Register visit GetMeRegistered.com/Hope4Today5K
 - Select 5K Student Team Entry (You must register your entire team together, for the discounted rate)
 - Be Sure to Select YES for each participant who would like to earn community service for their participation in this event
 - If you are under 18 you must have a parent/guardian consent and assistance to register online
- Post a Picture** on Hope4Today's Instagram or Facebook page (before, during or after the 5K Race) put in caption Your Team Name, if you are walking/running in memory of someone and/or show support by hashtagging #LetsTalkAboutSuicide; #WhoDoYouThinkOf; #Hope4Today on social media
- Share a helpful resource** After the race visit our community partners and pick one to shout out or share about on Social Media.

Each participant who completes the Hope4Today's 4 awareness enhancing activities for this event will receive a validated/signed form for up to 4 community service hours. For more information you may call 214-865-6710 or email Hope4TodayGroup@gmail.com

Join us for Music, Food Truck, Kids Zone, Resource Booths provided by our Community Partners and a safe space to raise awareness, remember those lives lost to suicide, and share Hope for Today.