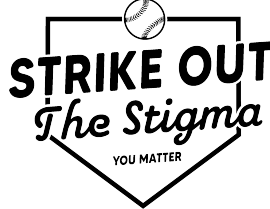




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3rd Annual Mental Health Awareness and Prevention Event

Friday, May 3rd * KoHawk Arena* Doors open 6PM * Guest Speakers

Monday, May 6th * Prospect Meadows * Gates open 4PM

Strike out the Stigma, hosted by Prairie Green Bandana Project, Project Safe, and Prospect Meadows, is an outreach initiative focused on bringing crucial conversations to the forefront about the value of healthy life habits, supporting those around us, and removing the negative connotation surrounding mental health. Proceeds raised at our events help support mental health efforts in participating schools, pay for speakers for the event and throughout the year, and provide trainings such as QPR to students. Thank you for choosing to spend time supporting this cause and helping to **Strike out the Stigma!**

Special Guest Speaker Ben Zobrist Champion Forward

After winning his second MLB World Series and being named MVP, Ben Zobrist thought he was at the peak of his career. But when the win settled, he felt something was still missing. Ben created Champion Forward, a non-profit organization, to empower athletes to thrive on and off the field by focusing on self investigation, emotional versatility, and mental wellness.



Hidden in Plain Sight Experience

4:00-7:00 PM
Monday, May 6
Prospect Meadows
(adults only)

Hidden in Plain Sight is an educational experience that walks you through a typical teenage bedroom. The inside of the bedroom is set up with drug paraphernalia "Hidden in Plain Sight." This is an interactive display/program that offers adults insights into current trends in youth substance abuse, drug paraphernalia, and concealment of illicit drugs & alcohol.



Special Guest Speakers Foundation 2

Since 1970, Foundation 2 has focused on crisis prevention and intervention for people of all ages. Today, Foundation 2 supports people across Iowa in crisis approximately 100,000 times per year. They are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone. Foundation 2 strives to build resilience and improve quality of life by ensuring every Iowan has access to their life saving work in crisis prevention, inter



Scan the QR code or visit [Give Butter](#) to bid on our silent auction items or to make a free will donation! Click the AUCTION tab. ALL bidding ends at 7:00 PM on Monday, May 6th.





Strike out the Stigma and Prospect Meadows Welcomes:

CEDAR RAPIDS PRAIRIE | CITY HIGH | LIBERTY | LINN MAR
BENTON COMMUNITY | CENTER POINT URBANA
MARION | KENNEDY | XAVIER | CLEAR CREEK AMANA | WEST DELAWARE

MAY 6TH SCHEDULE

GAME 1: Softball (5:00)

Prairie v. CPU
Liberty v. Benton
Marion v. Xavier

FIELD

Cunningham
Hammes
Quimby

GAME 1: Baseball (5:00)

Prairie v. Benton
Linn Mar v. CCA
Liberty v. CPU
City v. Marion
Kennedy v. West Delaware

FIELD

Optimist
BECC
McGrath
CRST
PG

GAME 2: Softball

Prairie v. Marion
Liberty v. CPU
Benton v. Xavier

FIELD

Cunningham
Hammes
Quimby

GAME 2: Baseball

Prairie v. Marion
Linn Mar v. City
CCA v. West Delaware
Liberty v. Benton
CPU v. Kennedy

FIELD

CRST
BECC
PG
Optimist
McGrath

Visit our Mindful and Wellness areas, featured below!

FROM 4:00-7:00 BE SURE TO COMPLETE A SCAVENGER CARD FOR A CHANCE TO WIN!

Abbe Mental Health Center * Acceptance Recovery Counseling * ASAC * Ascent Therapy Group * Brain Health Now * Brightn * Care Solace * CHADD * Chains Interrupted * Collaborative Counselling Group * CommUnity Crisis Services * CRUSH of Iowa * Foundation 2 Crisis Services * Grant Wood AEA * Green Counseling Services * HACAP * Health Hope Harmony * Heart and Solutions * HOPEwalk * I'm Glad You Stayed Project * Integrated Wellness Counseling Center * Iowa Total Care * Life Connections * Linn County Mental Health Access Center * NAMI of Johnson County * NAMI of Linn County * Olson Marriage & Family Therapy Clinic * Patriot Recover Residence* Pause for Empowerment * Peaceful Mindset Counseling * Pediatric Counseling Center * Psychiatric Associates * Project Safe * Revive Family Chiropractic * Scanlan Center for School Mental Health * Tanager * The Athletes Health * The Big O Foundation * Towards Healing Couples

Special THANK YOU to our generous sponsors for helping making this event possible!



Center Point Urbana | Click Stop | Hannah Stuelke | Hunt Graphic | Iowa Big | Johnson Controls | Julie Schuett | Kepros | Lindsay McGowan Photography | Linn County Deputies and Dispatchers Association | Moments by Taylor | Office Max | Performance Therapies | Prairie Baseball and Softball Clubs | Raining Rose | Ryan Harvey State Farm | Sports Column | Sydney Affolter | Trey Peterson | Triple Play Park | Toshia Stark | Urbana Truck and Auto | Veronica Weeks | Witt Family Dentistry

Please follow Strike out the Stigma online to find out more about our resources!

