



Dear Neighbor and Community Supporter,

We are excited to announce that the 2022 Cape & Islands Suicide Awareness Walk will be Saturday, May 21st at Veterans Beach Park in Hyannis. Our walk brings together families, friends and community members to remember those who have died by suicide, to support survivors of suicide loss, and to let those who have attempted suicide know they are not alone. Sharing Kindness collaborates with other suicide prevention and postvention groups to improve the health and wellness of our community. All of our collaborative partners receive a donation from our Walk proceeds. We are asking your business to sponsor this year's event. Your support will allow us to continue to develop and expand programming for our Cape & Islands community.

Enclosed you will find a list of sponsorship opportunities and the benefits associated with each category. As you may know, we lose an average of 126 Americans each day to suicide. The number of suicide deaths on the Cape & Islands are significantly higher than the rest of Massachusetts. Please consider a generous donation to help us decrease the number of deaths by suicide here at home.

If you are interested in walking or, better yet, forming a team of walkers, there is a \$10 registration fee (which is waived for business sponsors at the \$250 level and above). Each individual who raises a minimum \$25 will receive an End the Silence t-shirt. We also welcome in-kind donations of products and services to ensure a successful day, and our planning committee would appreciate your posting of lawn signs or flyers at your business and highlighting this event through your social media outlets.

In 2021, over 300 people from the Cape, Islands, and beyond, walked, shared their stories, and helped one another grieve and heal. This walk truly is a remarkable event. All funds raised will remain on the Cape & Islands to provide services to our community.

Gratefully,

Kim Mead Walters and Davis Walters  
Co-founders of Sharing Kindness, Inc.  
[www.sharingkindness.org](http://www.sharingkindness.org)



# Recent Projects

## from Sharing Kindness

### Educational Programs & Resources

#### **Annual Cape and Islands Suicide Awareness Walk**

Expanding annually since its 2017 creation, gathering over 300 walkers and raising \$40,000 for suicide awareness and education.

#### **“Supporting Survivors of Suicide Loss”**

Distributed a guide for Funeral Directors throughout the Cape & Islands in collaboration with local stakeholders.

#### **Raising Awareness through Courageous Conversations**

Presented Sharing Kindness’ story with QPR Suicide Prevention Training sessions from Falmouth to Truro.

#### **Co-facilitator, Expert Panel & Community Forum**

Following deaths from suicide in the local community, partnered with local experts to provide resources, support, and education around suicide and suicide loss.

### Documentary Screenings

Sharing Kindness shows documentaries at Cape & Islands middle and high schools as a means to start conversations around suicide and mental health, spreading awareness among our most vulnerable population. Community showings are followed by panel discussions.

*ANGST: Aims to remove stigma and open up conversation around anxiety, helping people understand and manage their symptoms, and know when to reach out for help. Most importantly, it shows people that they are not alone, and that anxiety is a treatable condition.*

*MY ASCENSION: 2021 documentary following a suicide attempt that left 16-year-old varsity cheerleader Emma Benoit paralyzed, motivating a mission to use her painful experience to help others find hope, while shining more light on the fact that approximately 20 young people die by suicide every day in the US.*

### Grief Support Programs

#### **Suicide Loss Survivors Group**

Peer-to-peer support group for parents surviving the death of a child from suicide.

#### **Grief Tools**

Sharing Kindness’ unique curriculum encompasses movement with our certified yoga teacher, journaling and support from our LMHC clinician, along with mindfulness and self-compassion tools from certified specialists.

*Currently offered to the following groups: Caregivers associated with the Alzheimer’s Family Support Center, clients associated with Helping Our Women, and grandparents belonging to Grandparents Raising Grandchildren.*

#### **Move Your Grief: A Community Response to Unexpected Loss**

Offered following acute unexpected loss, for school staff and businesses.

*To learn more about additional programs offered by Sharing Kindness, please visit [sharingkindness.org](http://sharingkindness.org).*

# Sponsorship Levels

## Suicide Awareness Walk 2022

### Presenting Sponsor for \$5000 Donation

Benefits Include:

- Your own banner in front of the speaker's podium at the Walk.
- Your logo featured on all directional signs at the Walk.
- Public acknowledgement during the Walk's opening ceremony.  
*including additional Gold, Silver, and Bronze Level Sponsor benefits*

### Gold Level Sponsor for \$1000 Donation

Benefits Include:

- Your logo featured on the 'Gold Sponsors' banner at the Walk.
- Your logo on the informational brochure and event map.  
*including additional Silver and Bronze Level Sponsor benefits*

### Silver Level Sponsor for \$500 Donation

Benefits Include:

- Your logo featured on the 'Silver Sponsors' banner at the Walk.
- A "Swag Bag" from the event organizers.  
*including additional Bronze Level Sponsor benefits*

### Bronze Level Sponsor for \$250 Donation

Benefits Include:

- The opportunity to support Cape & Island non-profit organizations dedicated to understanding and preventing suicide through education, advocacy, and offering support services to those impacted by suicide.
- Waived registration fees for members of your team who participate in the walk.
- Logo on the 2022 Cape Cod Suicide Awareness Walk website and links to your company's website or social media platforms.
- Your company listed on the Sponsors' banner at the Walk.
- A tax-deductible donation & receipt.

# Become a Sponsor

## Suicide Awareness Walk 2022

1. Visit the Cape & Islands Suicide Awareness Walk website by clicking [here](#) or scanning this QR code →



2. Select “Donate” from the top menu
3. Choose one of our Sponsor Levels (*Presenting, Gold, Silver, or Bronze*)
4. Once you have made your company donation, submit your logo [here](#) or through the Sponsors page on the event website

**Thank you for your generous support!**

*Questions? Email [info@cisawalk.com](mailto:info@cisawalk.com)*



### While you're there ...

Consider registering to walk with us on May 21!

*Registration fees will be waived for business sponsors.*

Contact us at [info@cisawalk.com](mailto:info@cisawalk.com)