



Join us as we Move for Mental Health

May is Mental Health Awareness Month, and this year our *Friends of West Bergen* are leading the way, helping us to shine a light on the importance of ensuring quality, affordable and accessible mental health services are available to those who need them.

Our goal this year is to raise \$30,000

As we prepare to begin welcoming back clients for in-person therapy at our Center for Children & Youth it is critical that we provide a safe and socially distant environment that will provide comfort and peace of mind to

clients and their families. ***With this goal in mind, all funds raised will be used to update and renovate our outpatient therapy rooms at the Center for Children & Youth in Ramsey.*** After the long months of COVID, there are many who need help and healing. ***With your help, we will be prepared.***

Thanks to two generous donors, your financial support can ***double the difference!***

- ***Every donation of \$100 or more will be matched! That means your gift of \$100 will increase to \$200!***
- ***Total Donations up to \$10,000 will be matched in full! That means, if we succeed in raising \$10,000, our Donor will gift us an additional \$10,000!***

Here's How You Can Help - Register Now to "Move in May"

- **Register to Participate Individually!** This year we're offering new options. Sign up for one or for all! Registration for each option is \$25.
 - 🚶 ***Run or Walk your 5K (3.1 Miles) at your convenience, anytime between May 1 and May 31***
 - 🚶 ***Take a "Feel Good Yoga Flow" Virtual Class on Sunday June 6th with Jill Mckeeon, RYT***
 - 🚶 ***Sign up the kids for a special Author/Yoga event with Jenna Hammond (author of Downward Mule) on Thursday, June 3rd.***

Register and Start a Team! When you organize a ***Move for Mental Health*** Team, not only will you help us reach our goal, but you'll also be encouraging others to join our mission! You can easily start a team by asking friends, family members or colleagues to join you (or support you) in the quest to provide quality, affordable and accessible mental health services to our community.

Whether you start a team or move on your own, **100% of your registration fee will directly benefit our fundraising mission.**

Help us help others! Click [here](#) to get started.