

Walk to Fight Suicide

Out of the Darkness™
Community Walks:

Orange County - Out of the Darkness Walk
October 16th , 2021, Lake Forest, CA 92630

afsp.org/OrangeCountyWalk



American
Foundation
for Suicide
Prevention



Preparing for Walk Day

We strongly encourage everyone to either mail checks in ahead of time and/or ask your supporters to donate online whenever possible.

Offline Donation Forms are available to download [HERE](#).

All checks should be made payable to AFSP Orange County and sent to the address below.

AFSP

Attn: OOTD Walks

199 Water Street, 11th FL

New York, NY 10038

- If anyone is coming with you to the Walk, please have them register ahead of time, or you may register them yourself!
- QR codes to register and donate will be at the Walk, but **pre-registration is encouraged**.
- We are doing all we can to provide a safe environment for you, our volunteers, and our staff! Anything you can do to help us would be greatly appreciated.
- We recommend that you wear a mask and follow social distancing guidelines.

Bring to the Walk

- Water bottle
- Phone
- Mask
- Sunscreen
- Hat

Schedule & Activities

10/16/21 “Orange County Out of the Darkness Walk”

Emcee: Jim Taylor

7:45 a.m.	<ul style="list-style-type: none"> Coffee & Food Trucks
8:00 a.m.	<ul style="list-style-type: none"> Registration (if you haven't already done so) QR code preferred; but there will be an option for a paper sign-up In person donations will be accepted. Bead Distribution Table – Come and select the beads that you identify with Kidz Zone - coloring activity, I Spy “Hunt for Hope” sheets for the walk, Temporary tattoos for adults and children Photo Backdrop for selfies Resource Area and tables from our Sponsors Nurses Station and Lost and Found in front of Tent 3 Paws for Prevention Booth for a suggested \$5.00 cash donation your pet will be presented with a bandana while supplies last
9:00 a.m.	<p>Virtual Opening Ceremony at the Main Stage- (Virtual ceremony will be online and URL will be given the day of the walk) www.afsp.org/orangecountywalk</p>
9:20 a.m.	<p>Announcement of top Walk donors</p>
9:25 a.m.	<p>Announcement and thanks to our Sponsors – Thank you to our hosts Saddleback Church</p>
9:30 a.m. – 11:00 a.m.	<ul style="list-style-type: none"> Walk (walk is approximately 20-40 minutes) Make sure to identify the “I Spy - Hunt for Hope” items along the walk Stop by the remembrance tables at the bottom of the stairs along the walk (elevator available)
11:00 a.m. – 12:00 p.m.	<ul style="list-style-type: none"> Catch up on any of the activities you might have missed. Purchase lunch at one of the food trucks <p>*volunteers will be providing clean-up</p>

The Walk

The walk at Saddleback Church is a meandering walk of approximately 1 mile through lush grounds. At one point the walk will take you down a few stairs however; there is also an elevator option available.

All are welcomed

- Children
- Strollers
- Dogs

Along the walk route if you picked up an “I Spy - Hunt for Hope” sheet you will see various items along the walk to look for. (This is purely for fun, and items should be left where they are for the next passer by.

For our friends and families that are walking virtually we hope that you enjoy our virtual opening ceremonies and your day of reflections and sense of your virtual community. We have heard from other walkers that they may be using the following community parks:

- Mile Square Park, Fountain Valley
- Yorba Regional Park, Anaheim
- Irvine Regional Park, Irvine

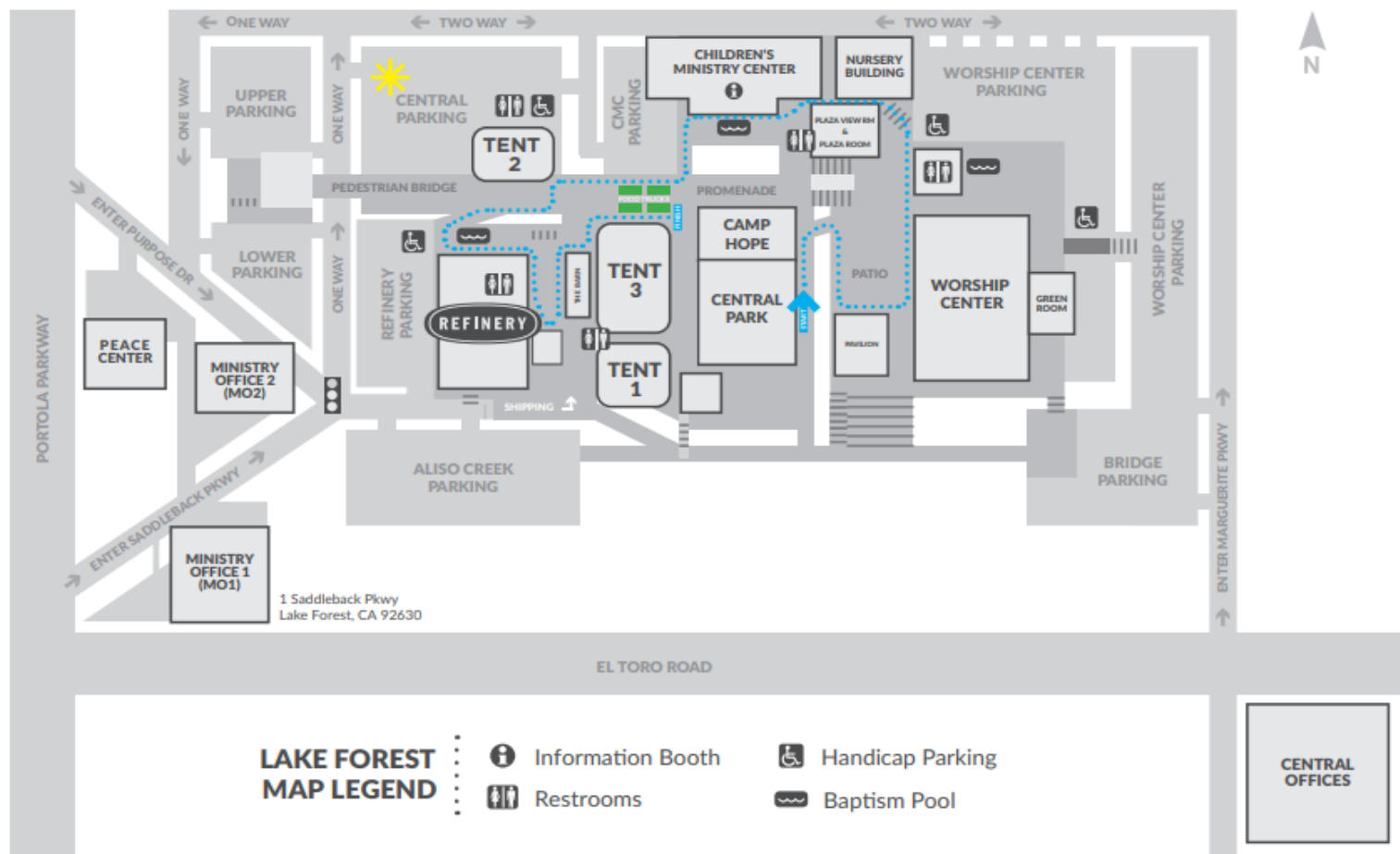
Getting to the Walk

[Navigate to Address below:](#)

Saddleback Church
 1 Saddleback Pkwy
 Lake Forest, CA 92630

Once at Saddleback Church park in the Central Parking Area (yellow asterisk). The walk path is outlined in turquoise and will start after the opening ceremony.

SADDLEBACK CHURCH LAKE FOREST CAMPUS MAP



Additional Information

1. Visit all event booths and resource fair tables

a. Registration Tents:

- i. On-line check-in + walk-up registration
- ii. Acceptance of in person donations

b. Honor Beads Tent: Pick up your honor beads before or after the walk

i. What color do you wear?

- White – Loss of a child
- Red – Loss of a spouse or partner
- Gold – Loss of a Parent
- Orange – Loss of a sibling
- Purple - Loss of a Relative or Friend
- Silver – Loss of a First Responder or Military
- Green – A Personal Struggle or Attempt
- Blue – Supporting Suicide Prevention
- Teal – A Friend or Family Member of Someone Who Struggles or has Attempted

c. Paws for Prevention Tent:

- i. For a **\$5.00 Cash** donation you can get a doggie bandana and water for your pooch

d. Food and Beverage Area:

- i. Thank you to Saddleback Church for the bottled water and ice
- ii. Check out the four Food/Drink trucks:
 - **JAVA ON THE GO** -A variety of specialty brewed coffees, smoothies
 - **KALA TRUCK** - Breakfast and Lunch Burritos, Tacos, Quesadillas
 - **BUEN APPETIT** - Breakfast Bowls, Ciabatta Breakfast Sandwich, French Toast, additional sandwiches and bowls
 - **COOL CRAFTED** - Acai bowl, Italian ice, and Gelato

Additional Information Continued

e. **Get connected to local resources in the Resource Fair area**

- AFSP Resource table: pick up informative suicide prevention materials, learn what an AFSP Give-Back Partner is, pick up cards from our existing partners, Sweet Saffron, Soul Advantage, Shell Pavlis Realtor, and Rhonda Wofford Mrs. American and The GOOD Influence - HER Podcast.
- Soul Advantage table – Crystals, jewelry and see how you can purchase in the future
- Berkshire Hathaway Realty (Shell Pavlis) in the “Hope out of the Darkness” tent. See what type of podcasts are being done to help prevent suicides. Check out “Hope out of the Darkness” on YouTube
- Jacquelyn Bogue Foundation Table – information and goodies
- Didi Hirsch
- Providence Health & Services
- Mind- OC
- CalOptima
- Hoag Hospital
- Pacific Solstice
- Smart Systems Technologies Inc.
- A Snail’s Pace Running Shop

f. Remembrance Area: Display of wreaths from past walks and creation of new wreathes. Make sure to stop by on your walk route

g. First Aid Area/Lost and Found – Make sure to thank our nurses

h. Photo Booth – Honoring our loved ones by the beads lining the backdrop and remembering that we have HOPE for a world without suicide.

Event Safety

Our top priority is the safety and health of our Walkers, Volunteers, and Staff. Because of this, we are carefully monitoring the developments related to Coronavirus (COVID-19) and will continue to do so. We are working with the city and state officials, and we will follow the recommendations from the [Centers for Disease Control and Prevention](#) (CDC)

If you are experiencing any symptoms of COVID or have been exposed to someone with COVID in the last two weeks, please do not attend the Walk and join us virtually

Face masks are welcomed

Practice safe distancing from people outside of those you are in regular contact with

Thank you for your cooperation and support! We are so glad that you will be joining us!

Official Walk Hashtags

Be sure to tag us in your social media posts, and use these hashtags:

- a. #StopSuicide
- b. #OutoftheDarkness
- c. #AFSP
- d. #MovementtoStopSuicide

Thank You to Our Sponsors!

Walk Level Sponsors

Premier Covid Testing

Bronze Level Sponsors

24HRC

Asbury Team Real Estate

MRC- Mike Rovner Construction

Shell Pavlis Realtor

Northwood Animal Hospital

Sq 1 Construction Inc.

Orange Coast Emergency Nurses Association- ENA

Ocean View Adult Psychiatric Hospital

Silver Level Sponsors

CalOptima

Pacific Solstice

A Snail's Pace Running Shop

Smart Systems Technologies

Gold Level Sponsors

Providence Health & Services

Hoag Hospital

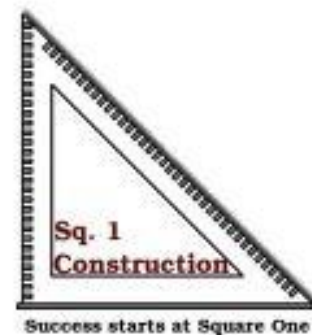
Platinum Level Sponsor

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LIFESAVER SPONSOR

Jacquelyn Bogue Foundation

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Premier Covid Testing



Thanks to our national sponsors

