



Transitions-Mental Health Association Presents the 39th Annual

Strike Out Stigma Bowl-a-Thon

JOIN US!

Raffle items at each shift!

Prizes for high fundraising and high scores

Support TMHA's critical work

SIGN UP TODAY!

SHIFTS

Rancho Bowl, Santa Maria

Saturday, March 21 @ 12pm

Cal Poly Mustang Lanes

Thursday, March 19 @ 4:30pm

Saturday, March 28 @ 5pm

Pismo Beach Bowl

Friday, March 20 @ 4pm **TMHA**

Friday, March 20 @ 6:30pm **TECH**

Sunday, March 22 @ 2:30pm

Sunday, March 22 @ 5pm

Friday, March 27 @ 4pm

Sunday, March 29 @ 12pm

Sunday, March 29 @ 2:30pm

NEW! Paso Bowl, Paso Robles

Sunday, March 29 @ 6pm

NEW! Surf Lanes, Lompoc

Saturday, March 21 @ 4pm

REGISTER

- Assemble a team of 5 bowlers.
- Visit <http://support.t-mha.org/bat2020> to reserve your preferred shift or contact Caity at cmccardell@t-mha.org or 805-540-1926.

FUNDRAISE

- Share your fundraising page with your friends, family, and colleagues.
- Your team is asked to raise at least \$500 by March 5, 2020 *or skip fundraising and pay a flat fee of \$500 for your team.*

BOWL

- You and your team will receive shoe rentals, pizza, snacks, & customized team t-shirts.
- Bowl 2 games with your team.
- Win prizes and rewards for raising money and **HAVE FUN!**



Questions?

Contact Caity McCardell at (805) 540-1926 or cmccardell@t-mha.org



SETTING UP YOUR TEAM

1. Please contact Caity McCardell at 805-540-1926 or cmccardell@t-mha.org if you have any trouble with the following instructions.
2. Visit <http://support.t-mha.org/bat2020> and click on **I Want To Bowl!** and then **Create Your Own Team**. As you complete the information requested, remember that each team needs to raise a minimum of \$500 (that's \$100 per bowler).
3. Click on **Manage** in the upper right to invite 4 others to join your team. You can also edit items like your team's story, thank-you emails to donors, and other communications and tools.
4. When you edit your team's information, the Manage button changes to **View**. Click that to return to your team's page.
5. *You must now **Join Team** and have your own fundraising page.* Remember that your individual fundraising goal is \$100. Like your Team Page, you can edit your fundraising page by clicking on the Manage button in the right hand corner.

You are now ready to recruit teammates and ask for donations from friends, family, and colleagues! Use the social media icons to share your page, or simply copy the URL and paste it in an email or your social media. You can also use the emails you've edited in Manage. The more you put your personal connection with TMHA into your message, the better. Why are you raising money for our work? What do you find valuable about the agency? Draw in your donors with the emotional connection you feel, and you'll be well on your way to raising your individual goal of \$100 (\$500 for your team)! **THANK YOU!**

We are happy to help with any questions!

Contact Caity McCardell at (805) 540-6557 or cmccardell@t-mha.org

TEAM MEMBERS



JOIN YOUR TEAM, SET UP YOUR TMHA BOWL-A-THON FUNDRAISING PAGE

1. If you'd like TMHA to sign you up for a team, please don't hesitate to contact Caity McCardell at 805-540-1926 or cmccardell@t-mha.org.
2. Otherwise, visit <http://support.t-mha.org/bat2020> to get started.
3. Click the I WANT TO BOWL! green button
4. Click on Join a Team
5. Scroll through the team list to find the one you want to join, or search for its name in the Team search field.
6. You will now set up your fundraising page that you can share with friends and family to help you fundraise. First, set your fundraising goal (a minimum of \$100), your fundraising page's headline (which can be kept at the default setting), and your page's short url. Your short url is optional and could be your first name.
7. Next, choose a photo you'd like to display on your page or use the default Bowl-a-Thon logo.
8. Member Questions is your next screen pop-up, which will be the last step before your fundraising page is created.
9. Click on **Manage** in the upper right to edit your fundraising page's information, including your story, posting updates, acknowledging donors, and other key tools.

You are now ready to recruit teammates and ask for donations from friends, family, and colleagues! Use the social media icons to share your page, or simply copy the URL and paste it in an email or your social media. You can also use the emails you've edited in Manage. The more you put your personal connection with TMHA into your message, the better. Why are you raising money for our work? What do you find valuable about the agency? Draw in your donors with the emotional connection you feel, and you'll be well on your way to raising your individual goal of \$100! **THANK YOU!**

**We are happy to help with any questions or concerns
that arise as you configure your fundraising page.**



Strike Out Stigma Bowl-a-Thon



Donation Information

Thank you for supporting the 39th annual Strike Out Stigma Bowl-a-Thon, in support of SLO Hotline and other mental health services in San Luis Obispo and Northern Santa Barbara Counties.

Why donate? Bowl-a-Thon began as a fundraiser for SLO Hotline in 1981. SLO Hotline is a suicide prevention, crisis intervention, resource referral and emotional support line, staffed by volunteers and employees 24 hours a day, 7 days a week. Make the call any time at (800) 783-0607.

Transitions-Mental Health Association has operated the hotline since January 2010. It remains the only free service of its kind in the area, and it has been a particularly precious resource to those that TMHA serves: our friends and family who have a mental illness. Donating to Bowl-a-Thon is a great way to support our critical work in our communities!

Payment Options

Please make your check out to "TMHA" and write "Bowl-a-Thon" in the subject line. You may also indicate the team you are supporting if you wish! TMHA, 784 High Street, San Luis Obispo 93401

You can also make a donation on our fundraising site at support.t-mha.org/bat2020

Questions? Please contact Caity at (805) 540-1926 or cmccardell@t-mha.org



Strike Out Stigma Bowl-a-Thon DONATION/PLEDGE RECEIPT

Business/Individual Name: _____

Your tax deductible contribution of \$ _____ is greatly appreciated. Transitions-Mental Health Association, a private, not for profit 501(c)3 organization; tax identification number 95-3509040.

Donations support SLO Hotline and other Mental health services in San Luis Obispo and Northern Santa Barbara Counties.

Please call (805) 540-6510 for general information, Bowl-a-Thon participation, sponsorship and volunteer opportunities, or to make additional donations.





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Strike Out Stigma Bowl-a-Thon DONATION REPORT

TMHA Bowl-a-Thon participant:

This form will help your Team Captain keep track of your amazing fundraising and assist with reporting it to us. Please fill out this donation report and give it and any checks or cash to your Team Captain before your shift!

Remember, each bowler must collect \$100 minimum, or a team must raise \$500, in order to participate in Bowl-a-Thon. Please don't hesitate to contact Caity McCardell at 805-540-1926 or cmccardell@t-mha.org if you have questions. Thank you so much for your contributions!

Bowler's Name: _____ Bowling Date: _____

Team Captain: _____

Cash	Check	Online	Total In-Hand	Outstanding (does not count)
\$	\$	\$	\$	\$

FUNDRAISING INCENTIVES

Raise \$1,000 or more:

- \$100 Amazon gift card

Highest Team Fundraiser:

- \$5 gift cards to Growing Grounds Downtown

Highest 1st Game Score:

- \$25 Amazon gift card

TOP CONTRIBUTOR AWARDS

Highest Shift Fundraiser

- \$25 Amazon gift card

Highest Overall Fundraiser

- \$150 Amazon gift card

Teams Raising \$2,500 or More

- Pizza Party and Central Coast wine

for 10 held at the Growing Grounds Farm in San Luis Obispo

CHECKS CAN BE MADE

PAYABLE TO TMHA

SEE SUPPORT.T-MHA.ORG/BAT2020





Strike Out Stigma Bowl-a-Thon

TEAM SHEET

Team Captain: please fill out this team sheet and bring it to your bowling shift at least 15 minutes before the start of your shift. You might want to organize your team's donations using our Donation Report. Remember, each bowler must collect \$100 minimum, or a team must raise \$500, in order to participate in Bowl-a-Thon. Thank you for all your hard work!

Team Name: _____ Bowling Date/Time: _____

Captain's Name _____ Phone: _____

Bowler	Cash (in hand)	Check (in hand)	Document-ed Online	Total In-Hand	Outstanding (does not count for incentive)
Auditor: Initial here _____					

**CHECKS CAN BE MADE
PAYABLE TO TMHA**

