



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

Friday, March 20 @ 6:30pm

Sunday, March 22 @ 2:30pm

Sunday, March 22 @ 5pm

Friday, March 27 @ 4pm

Friday, March 27 @ 6:30pm

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!



To get started,
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!**