

# 22<sup>ND</sup> Annual Stomp OUT STIGMA WALK FOR MENTAL HEALTH

By participating in the  
Stomp Out Stigma Walk, you are:

- creating psychologically safe spaces in schools, at work, and on teams
- empowering individuals of all ages to seek help
- empowering individuals with tools for resilience
- changing, improving, and saving lives

**All proceeds benefit our  
education programs.**

**be nice.**<sup>®</sup>  
mental health foundation of west michigan

Family members who are participating and walking in memory of a loved one lost to suicide are invited to send a photo to [larissapayton@benice.org](mailto:larissapayton@benice.org)  
Please include your loved one's first and last name. We will make a memorial sign to be displayed on the walk route.

## WHERE

Start at Grand Valley State University Downtown Grand Rapids Pew Campus - Seward Parking Lot and walk along the Grand River Boardwalk

## PARKING

**FREE** parking available in the ramp adjacent to the Seward Lot GVSU - 520 Lake Michigan Dr.

## WHEN

**Saturday, May 18, 2024**

**8:00 am** Gathering

**9:00 am** Walk Start - Rain or Shine

**10:00 -11:30 am** Finish Festival

**Register today!**



**or at [www.benice.org](http://www.benice.org)**

We're happy to answer your questions please call us at (616) 389-8601 or  
**E-MAIL:** [kandicesloop@benice.org](mailto:kandicesloop@benice.org)

