



**Kick the Stigma Soccer Weekend**  
*in support of the **Believe in Hope IWK Adolescent Mental Health Trust Fund***

**May 4-5, 2019**

**BMO Soccer Center**  
**210 Thomas Raddall Dr, Halifax, NS B3S 1R1**

The inspiration for hosting the Soccer Weekend began with a desire to raise awareness for adolescent mental health and to raise funds for the **Believe in Hope IWK Adolescent Mental Health Trust Fund**. The Trust Fund was established by our women's soccer team mate in memory of her daughter, **Alexis Fletcher** and embraced by the soccer community. Through the support of the Women's Citadel 7Aside Soccer League Executive, fellow teammates, friends and the community, over **\$ 34,000** was raised over the last 3 years' events! These funds will be available to advance the development of adolescent mental health services in local high schools.

The Weekend offers non-competitive, friendly soccer for seasoned players and those who have never kicked a ball. All are welcome to enjoy the physical and mental health benefits that happen when the sisterhood gets together. Laughter, singing, gasping for air and non-stop fun are guaranteed. Remember this is not a tournament, there are no play offs or champion teams. The goal is to play soccer (4 games), have fun (no injuries please) and share a powerful message of love, support and acceptance when we begin to talk about mental health.

Your contribution to the event can be through participant gifts, prizes, concessions or a monetary donation, or directly to the **Believe in Hope IWK Adolescent Mental Health Trust Fund**. Spectators are welcome to drop in to share in the festivities of the event where a number of fundraising booths will be set up and our sponsors will be advertised.

Thank you in advance for your donation and support. **Together we can Kick the Stigma.**

**Believe in Hope - Kick the Stigma organizing committee**

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