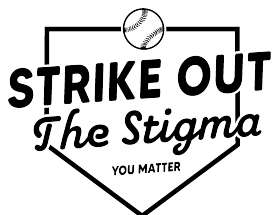




**SOUTHPAW**  
PRINT CO



## 2nd Annual Mental Health Awareness and Prevention Event

Sunday, May 7th \* Prairie High School \* 5 PM \* Guest Speakers

Monday, May 8th \* Prospect Meadows \* Gates open 5:30 PM

Strike out the Stigma, hosted by Prairie High School Baseball and Softball, Prairie Green Bandana Project, Project Safe, and Prospect Meadows, is an outreach initiative focused on bringing crucial conversations to the forefront about the value of healthy life habits, supporting those around us, and removing the negative connotation surrounding mental health. Proceeds raised at our events help support mental health efforts in participating schools, pay for speakers for the event and throughout the year, and provide trainings such as QPR to students. Thank you for choosing to spend time supporting this cause and helping to **Strike out the Stigma!**

### Special Guest Speaker **Austin Byler**

Austin is a 2-time NCAA All-American, a 2-time MLB draft pick, a former professional athlete, and founder of Major League University. Austin brings his extensive knowledge, experiences, and passions from his backgrounds to motivate youth to be the best version of themselves. Find out more about Austin by visiting [majorleagueuniversity.com](http://majorleagueuniversity.com).



### Special Guest Speaker **Aaron Quinn, Ph.D.**

Aaron is the CEO and Co-Founder of AlbumHealth, Inc. He is a Licensed Psychologist and Health Service Provider with a Ph.D. in Counseling Psychology from Iowa State. Dr. Quinn has a background in health and sports psychology with a particular focus on evidence-based strategies to improve emotional health, health behaviors, and total health and performance outcomes. Find out more about AlbumHealth, Inc. by visiting [albumhealth.com](http://albumhealth.com)



### Special Guest Speaker **Erin Detterbeck, MPA**

Erin is a parent of 2 children in the College Community School District. Erin has worked in the mental health field for more than a decade, including residential care, juvenile detention, intensive outpatient counseling, mobile crisis counseling, and is currently the lead Behavioral Health Access Coordinator in the Emergency Department at St. Luke's Hospital in Cedar Rapids.

Scan the QR code or visit <https://givebutter.com/strikeoutthestigma> to bid on our silent auction items or to make a free will donation! Click the **AUCTION** tab. ALL bidding ends at 8:00 PM on Monday, May 8th.





# Strike out the Stigma and Prospect Meadows Welcomes:

CEDAR RAPIDS PRAIRIE | CITY HIGH | LIBERTY | LINN MAR  
BENTON COMMUNITY | CENTER POINT URBANA  
MARION | SOLON | XAVIER

## MAY 8TH SCHEDULE

### GAME 1: Softball (6:00)

Prairie v. Benton  
Linn Mar v. Solon  
Liberty v. Xavier  
City v. Marion

### FIELD

Hammes  
Cunningham  
Optimist  
Quimby

### GAME 1: Baseball (6:00)

Prairie v. Benton  
Linn Mar v. Xavier  
Liberty v. CPU  
City v. Marion

### FIELD

CRST  
BECC  
PG  
McGrath

### GAME 2: Softball

Prairie v. Xavier  
Linn Mar v. Benton  
Liberty v. Marion  
City v. Solon

### FIELD

Hammes  
Cunningham  
Optimist  
Quimby

### GAME 2: Baseball

Prairie v. Marion  
Linn Mar v. CPU  
Liberty v. Benton  
City v. Xavier

### FIELD

PG  
McGrath  
CRST  
BECC

Visit our Mindful and Wellness areas, featured below!

\* 5:00-8:00 \* BE SURE TO COMPLETE A PUNCH CARD FOR A CHANCE TO WIN!

Abbe Mental Health Center \* Active Minds - Kirkwood Community College \* ASAC \* Ascent Therapy Group \* Beacon of Hope Coralville \* Brightn \* CHADD \* Chains Interrupted \* Coe Wellness Club \* CRUSH of Iowa \* Eating Disorder Coalition of Iowa \* Foundation 2 Crisis Services \* Grace C. Mae Advocate Center\* Grant Wood Area Education Association \* Heart & Solutions \* I'm Glad you Stayed \* Insight \* Life Connections \* Linn County Mental Health Access Center \* Linn County Public Health \* Living Undeterred Project \* Mt. Mercy University Counseling Services\* Peaceful Mindset Counseling \* Pediatric Counseling Center\* Psychiatric Associates \* Project Safe \* The Big O Foundation \* Vogel Counseling Waxwing Psychological Services\* Wild Rose Therapy \* Wise Mind Iowa \* Young Living Essential

## Special THANK YOU to our generous sponsors for helping making this event possible!



Acoustics by Washburn | Alyson Zimmer Photography | Andrea Hicks - Urban Acres Real Estate | Angela Christine Photography | Betsy Boo's Boutique | Big Heart Meditation and Mindfulness | Dr. Suzanne Stock, Orthodontist | Dr. Kevin Witt | Family of Leyla Grawe | The Goddard Family | Green State Credit Union | Johnson Controls | Moments by Taylor | Officemax | RJ'z Express/Godfather's Pizza of Solon | Sherwin Williams | Sports Column | Team Iowa Physical Therapy |

Please follow Strike out the Stigma online to find out more about our resources!

