

Sponsorship Proposal



Hope 'N Motion I Am My Sister's Youth Mental Health Awareness Walk



Website
www.iAmMySister.org

Presented by
Lela Watson
President, I Am My Sister

Dear Potential Sponsor,

I hope this letter finds you well. I am reaching out on behalf of I Am My Sister, a nonprofit organization dedicated to empowering and uplifting youth through mentorship, leadership, and wellness initiatives. We are excited to invite you to partner with us as a sponsor for our **Hope N' Motion: Youth Mental Health Awareness Walk**, taking place on Saturday, May 17, 2025, at Glen Cove High School Track, in Glen Cove, New York (Nassau County)..

Why This Matters

Mental health challenges among young people have reached crisis levels, with rising rates of anxiety, depression, and emotional distress. Too often, these struggles go unnoticed and untreated, leading to devastating consequences. Hope N' Motion is more than a walk—it's a movement to raise awareness, break stigmas, and provide tangible resources for youth mental health support. This event will unite local leaders, businesses, families, and young people in a collective effort to ensure that every young person knows they are seen, heard, and supported.

We believe your commitment to corporate responsibility and community impact makes you an ideal partner for this initiative. As a sponsor, your company will be recognized as a leader in youth mental health advocacy and will gain valuable exposure through our event promotions, media outreach, and community engagement efforts.

We offer a range of sponsorship opportunities, from Presenting Sponsor to Community Partner, each providing unique benefits such as logo placement, media mentions, speaking opportunities, and on-site branding.

Join Us in Making a Difference

Your sponsorship will help fund mental health resources, peer support initiatives, and wellness programs that directly impact the lives of young people. We would love to discuss how your company can be a part of this life-changing event. Please feel free to reach out if you have any questions or to explore sponsorship opportunities further.



Thank you for your time and consideration. I look forward to the opportunity to partner with you in supporting youth mental health.

Warm Regards,

Lela M. Watson
President

Introduction of

I Am My Sister



About Us

I Am My Sister is a 501(c)(3) nonprofit organization that empowers girls and women through programs focused on health and wellness, positive self-image, media literacy, leadership, advocacy, and career exploration while building a sense of community amongst sisters.

Vision

Our vision is to create a world where every young person feels valued, supported, and empowered to lead a life of purpose, integrity, and success. We envision a global sisterhood where confidence, compassion, and collaboration drive positive change in communities and beyond.

+97%
LEADERSHIP DEVELOPMENT

of club participants graduated high schools & was accepted to 4-year universities; many with full academic scholarships.

10,000+
YOUTH ENGAGEMENT EXPERTS

youth in community programs and events

25,000+
COMMUNITY SERVICE

community service hours as a group and even more individually.

About

Mind Your Mental

"Breaking the Silence, Ending the Stigma"

Mind Your Mental is a groundbreaking mental health initiative under the "I Am My Sister" program dedicated to providing young people a safe space to explore, understand, and nurture their mental well-being. In a world where mental health struggles are often stigmatized or overlooked, Mind Your Mental seeks to empower young women by offering a community that fosters open dialogue, mutual support, and access to essential resources.



KEY FEATURES

Safe Space for Storytelling: Mind Your Mental offers a judgment-free environment where participants can share their personal mental health stories, live in their truth, and connect with others who are navigating similar challenges.

Peer Support Network: The program emphasizes the power of sisterhood, creating a strong support network where young women uplift one another, share advice, and build lasting relationships.

Resource Access: Participants receive guidance on mental health resources, including counseling services, self-care tools, and wellness practices that help them manage stress, anxiety, and other mental health issues.

Interactive Workshops: Through a series of interactive workshops, participants engage in activities designed to enhance their self-awareness, emotional resilience, and coping strategies.

Advocacy and Leadership: Mind Your Mental also empowers participants to become mental health advocates in their communities, equipping them with the skills and knowledge to lead initiatives that break the stigma around mental health.


About

Hope N' Motion:

Walk for Youth Mental Health Awareness

This event is designed to raise awareness and funds for youth mental health programs, specifically our Mind Your Mental initiative, which provides a safe space, resources, and support for our youth facing mental health challenges. We anticipate a large turnout from students, families, and community members passionate about mental health awareness, advocacy, and action.



 Date: Saturday, May 17, 2025

 Time: 9:00 AM - 1:00 PM

 Location: Glen Cove High School Track

Event Objectives & Impact

- Fundraising Goal: Raise funds through team sponsorships, lap pledges, and individual donations to support mental health programs.
- Mental Health Awareness: Educate and reduce stigma around youth mental health through interactive wellness booths, speakers, and activities.
- Community Engagement: Unite students, educators, families, and local businesses in a positive, supportive event that promotes wellness and resilience.

Safety & Security Measures

- ✓ Medical Staff On-Site: Trained first-aid volunteers available throughout the event.
- ✓ Hydration & Rest Areas: Water stations and seating for participants who need a break.
- ✓ Supervision & Crowd Control: Volunteers and event staff will manage participants, ensuring a safe and structured environment.

Event Activities:

- Community Walk: Get sponsored per lap and walk for a cause
- Music & Inspiration: Live Entertainment & Speakers
- Wellness & Mindfulness Activities: Yoga, meditation & Self-Care stations
- Mental Health Resources Fair: Connect with local mental health professionals



Details Continued...

I Am My Sister 

Hope N' Motion:

Walk for Youth Mental Health Awareness

Community & School Engagement

We will partner with the Glen Cove School District, Youth Pride, and other youth-focused organizations to encourage youth involvement through:

- Student Leadership & Service Hours: Volunteering opportunities for students to assist with check-in, hydration stations, and lap tracking.
- Youth Participation in Programming: Opportunity for youth groups to perform, share personal stories, or lead wellness activities.
- Educational Components: Mental health professionals are available to provide resources, tips, and guided discussions throughout the event.

Media & Promotion

This event will be promoted via door-to-door flyer distribution, social media, and local newspapers.

WHY WE CARE

Teens are facing mental health struggles

64% feel the world is more stressful now than when parents were their age

64%

About 1 in 6 report experiencing specific negative emotions all the time or often

1 in 6

1 in 4 have been diagnosed with a mental health condition

1 in 4

Teens are comfortable talking about mental health, but often don't start the conversation

Two-thirds say they're open to talking, but only 48% talk with parents about their mental health and only 22% talk with friends

48%

34% seek mental health information from parents, 18% from friends, 7% from teachers or trusted adults outside their family, and 6% from social media

34%

Among those who have sought information about mental health, 95% trust their parents often, 80% trust their teachers and other adults at their school and 78% trust their friends

95%

Teens want schools to play a big role in their mental health, and they trust the information they get there, and are open to receiving information at school

More than 2 in 3 agree schools should teach about what mental health is, including where and how to seek treatment

2 in 3

56% say their school thinks that mental health matters

56%

67% think schools should offer days off for mental health

67%



Hope N' Motion: Walk for Youth Mental Health Awareness


SPONSORSHIP LEVELS:

"Beacon of Hope" Title Sponsor – \$10,000

Exclusive Presenting Sponsor (One Available)

- Event named "Hope N' Motion Walk, presented by [Your Company]"
- Speaking opportunity at the opening ceremony
- Premier logo placement on all event materials, website, and T-shirts
- 20 complimentary walk registrations
- Branded promotional booth at the event
- Featured sponsor spotlight on social media and in press releases

"Champion for Change" Sponsor – \$5,000

- 
- Logo on event banners, website, and T-shirts
 - Special mention during the opening ceremony
 - 15 complimentary walk registrations
 - Sponsor recognition on social media
 - Branded promotional booth at the event

"Empowerment Advocate" Sponsor – \$2,500

- Logo on event banners, website, and T-shirts
- Special mention during the opening ceremony
- 15 complimentary walk registrations
- Sponsor recognition on social media
- Branded promotional booth at the event

"Wellness Warrior" Sponsor – \$1,500

- Logo on event banners, website, and T-shirts
- Special mention during the opening ceremony
- 15 complimentary walk registrations
- Sponsor recognition on social media
- Branded promotional booth at the event

Hope N' Motion: Walk for Youth Mental Health Awareness

ADDITIONAL SPONSORSHIP OPPORTUNITIES:

"Moments of Hope" Photo Booth Sponsor – \$1,000

- Company logo featured on a custom event backdrop for participant photos
- Recognition in event program & social media post

"Wellness Zone Sponsor" – \$1,000

- Company signage in the designated relaxation area (yoga, mindfulness, stretching)
- Name/logo on event website & social media

"Youth Wellness Champion" – \$500

- Sponsor 10 youth participants who may not otherwise afford to participate
- Name/logo on event materials and social media recognition

"Refresh & Recharge" Water Station Sponsor – \$500

- Company logo displayed at all hydration stations
- Recognition on our website & social media shout-out

"Hydration Partner" – \$500

- Company logo displayed at all water stations along the walk route
- Social media acknowledgment

"Fuel the Finish" Healthy Snack Sponsor – \$500

- Company logo displayed at post-walk snack area
- Acknowledgment on social media and on our website

"Every Step Counts" Sponsor – \$100

- Name included on an event "Thank You" banner at the walk
- Social media acknowledgment

"Walk in Their Shoes" Sponsor – \$25

- Support a youth participant's registration fee who may not otherwise afford to participate
- Recognition on our website



Hope N' Motion: Walk for Youth Mental Health Awareness SPONSORSHIP COMMITMENT FORM

Yes! We are proud to support I Am My Sister's 2025 Hope N' Motion Walk. We authorize IAMS to include our name and/or logo on all the materials and digital content for the event consistent with our sponsorship selection below.

Sponsorship Levels

Check One Please

- "Beacon of Hope" Title Sponsor – \$10,000
- "Champion for Change" Sponsor – \$5,000
- "Empowerment Advocate" Sponsor – \$2,500
- "Wellness Warrior" Sponsor – \$1,500
- "Moments of Hope" Photo Booth Sponsor – \$1,000
- "Wellness Zone Sponsor" – \$1,000
- "Youth Wellness Champion" – \$500
- "Refresh & Recharge" Water Station Sponsor – \$500
- "Hydration Partner" – \$500
- "Fuel the Finish" Healthy Snack Sponsor – \$500
- "Every Step Counts" Sponsor – \$100

Check enclosed (Payable to: I Am My Sister)

Please send me an invoice



Yes, we plan to use our promotional booth on Walk Day (Wellness Warrior Sponsor and higher):

Walk Day Name _____

Walk Day Email _____

No, we don't plan to use our promotional booth on Walk Day (Wellness Warrior Sponsor and higher):



Yes, we would like to host a corporate team for Hope N' Motion:

Team Name _____

Captain Name _____

Captain Email: _____

Company Name _____

Contact Name _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Website: _____

Email: _____

I Am My Sister is a 501(c)3 tax-exempt organization and your donation is tax-deductible within the guidelines of U.S. law.

PLEASE MAIL SPONSORSHIP CHECKS TO:

I AM MY SISTER
PO Box 87, Glen Cove NY 11542

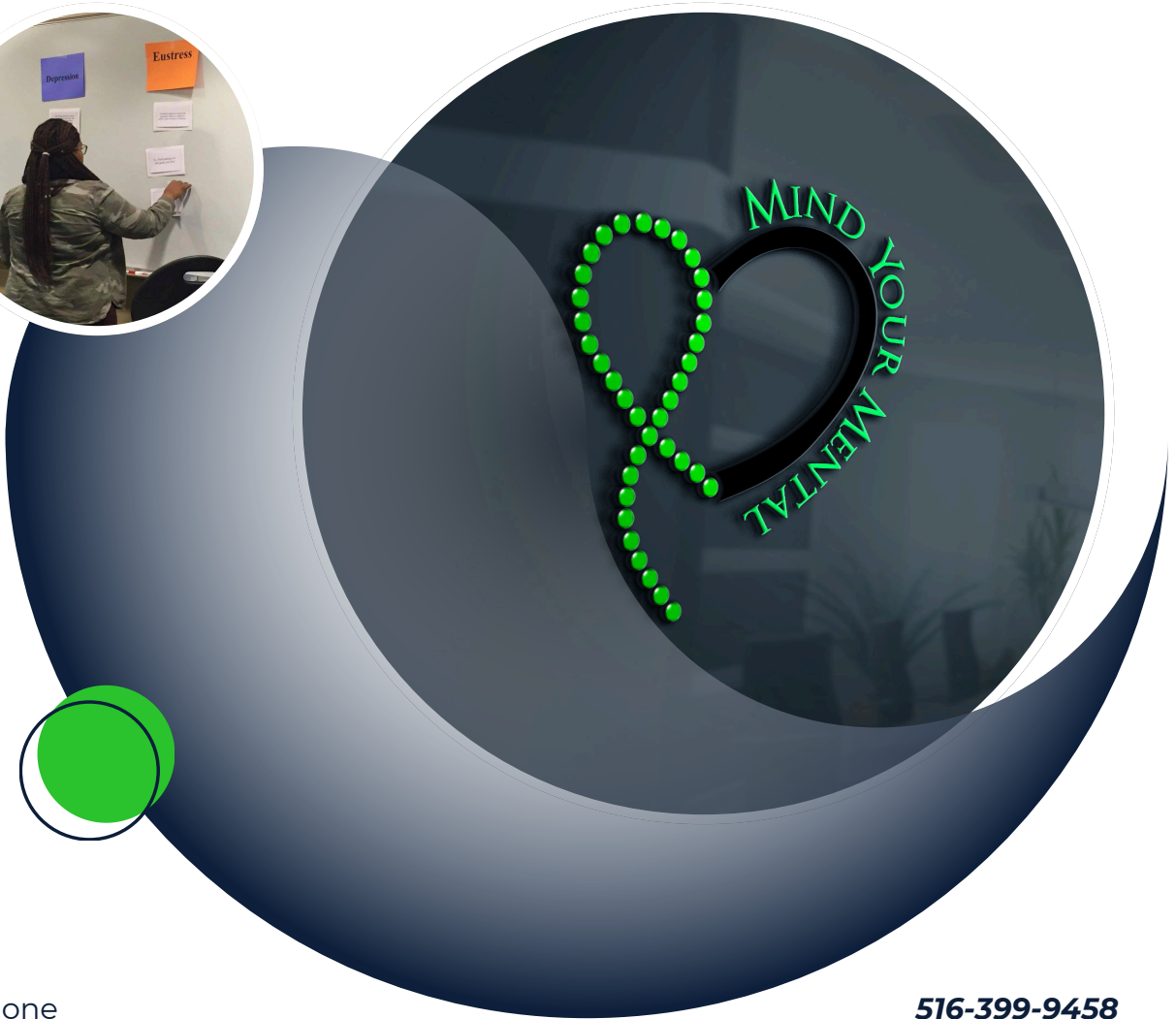
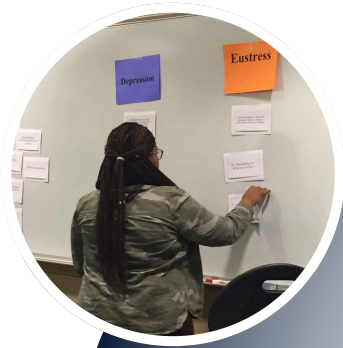
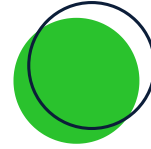
PLEASE EMAIL SPONSORSHIP LOGO TO:

Lela Watson, lela.watson@iammysister.org



Thank You

We look forward to potential collaboration.



Phone

516-399-9458

Website

www.IAmMySister.org

Email

lela.watson@iAmMySister.org