AFSP Hawai‘i Chapter Newsletter

August 2024



June Hike for Hope

Hooray to everyone who hit the trails to Hike for Hope! Our annual event in June encouraged us to embrace the outdoors, engage in self-care, and champion the efforts of AFSP. Your support and participation raised $2250! Cheers to our top teams & fundraisers – Karen Ng (Team Karine's Gnomies), Shari Imanaka, Nicolle Grimes (Team Hiilani), Leo Nolan, and Rachelle Chang (Team Joyful Readers)! Mahalo to our generous prize sponsors – Brick Fire Tavern, HiClimb, Patagonia, L.E.O. Aesthetics, and F45! Can't wait to hike with you in June 2025!

(Photo from June 19 Group Hike at Aiea Loop Trail)

THE MISSION OF AMERICAN FOUNDATION OF SUICIDE PREVENTION IS TO SAVE LIVES AND BRING HOPE TO THOSE AFFECTED BY SUICIDE.
HAWAI'I CHAPTER BOARD MEMBERS ARE ALL PASSIONATE VOLUNTEERS WITH A CONNECTION TO THE CAUSE.

Karen Ng, Co-chair
Dennis Hida, Co-chair
Mestisa Gass
Cathryn Langan
Deborah Goebert
Thomas Robertson
Nicolle Grimes
Annisa Budiman
Rachelle Chang
Kawena Bagano
Jo Anne Balberde
Uilani Kiaha
Kathleen Merriam
Pua Kaninau-Santos
Sheena Kalekini

AFSP Advocacy Forum



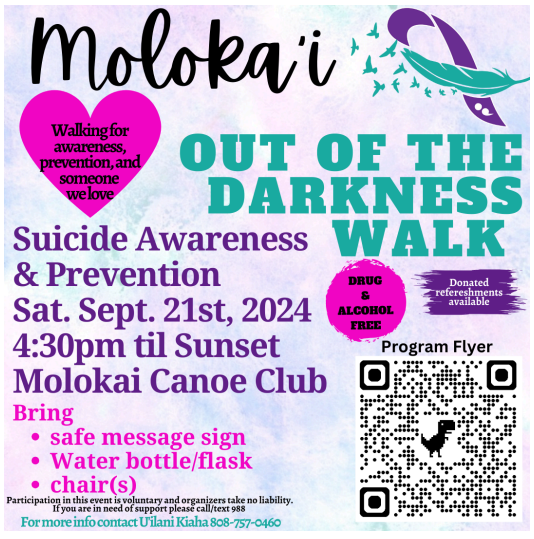


The annual AFSP Advocacy Forum took place in Washington D.C. from June 9-12. Board members Thomas Robertson and Jo Anne Balberde represented the Hawai'i Chapter and joined hundreds of volunteer advocates from across the country to make their voices heard and urge public officials to prioritize suicide prevention and mental health. It was a wonderful trip for both of them and Jo B said it opened her eyes to the "power of advocacy".

(Photo of Jo B and Thomas meeting with Senator Brian Schatz)

September is National Suicide Prevention Month
Out Of The Darkness Walks Coming Up Soon!





The annual community-driven Out of the Darkness Walks aim to raise awareness about suicide prevention, honor loved ones lost to suicide, and support survivors. There is no fee to register, but fundraising and forming a team is encouraged. If you know anyone touched by suicide or who may be struggling, please share this event with them so that they know that they are not alone. We also encourage you to bring a photo or written words for loved ones to post on our Remembrance Wall, and check out our Resource and Activities Tents. Register today and let's walk together with our community coming #TogetherToFightSuicide.

Community Outreach

We've been around town to share our resources and messages of hope! At 6 different tabling events, we interacted with community members, answered questions, and listened to concerns. Let us know if there's an event where you think we should be!







Volunteers are the heart of AFSP. On the last weekend in June, we held AFSP Volunteer 101 Orientation sessions both in-person and virtual. Six enthusiastic community members gathered at the Manoa Library on a Saturday evening to learn more about AFSP and how to get involved with our chapter. Have you filled out a volunteer application? We'd love to see you at our next Volunteer 101 orientation!



Thank you for staying informed and being a part of our AFSP Hawai'i Chapter!

Karen Ng, AFSP Hawai'i Chapter Co-Chair
Dennis Hida, AFSP Hawai'i Chapter Co-Chair

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