



Dear Friends, Family, and Neighbors,

I'm reaching out with an opportunity that's close to my heart, and I would love for you to be a part of it. On **May 17, 2025, at Griffith Park in Los Angeles**, we're hosting the **"Run for Resilience: Women's Mental Health 5K"**—a movement dedicated to supporting women battling mental health challenges. This is more than just a race; it's a chance to uplift, encourage, and bring awareness to the importance of faith, wellness, and resilience.

Why This Matters

Like so many, I have walked through valleys of depression and uncertainty, wondering if light would ever break through the darkness. It was my faith in Jesus, combined with prayer, running, and therapy, that carried me through. Now, I want to extend that same hope to others—women who feel lost, overwhelmed, or in need of a community that truly cares.

How You Can Help

To make this event possible, **we need 15-20 volunteers** to lend a hand before and during race day. Whether you can give a few hours a week leading up to the event or serve on May 17, your time and effort will make a lasting impact.

- ◆ **Now to May** – Help secure sponsors, organize fundraising events, or spread the word (3-5 hours/week).
- ◆ **Race Day (May 17)** – Greet runners, distribute water, or cheer at the finish line (6:00 AM - 12:00 PM).
- ◆ **Always** – Join our **Prayer Team**, interceding for the event, participants, and those struggling with mental health (1-2 hours/week).

Every small act of service has the power to change a life. The sponsor you contact may provide a donation that allows a woman to participate. The smile you share at a water station may remind her she's not alone.

As a thank you, volunteers will receive a **"Faith Fuels Resilience"** t-shirt, and we'll celebrate together with pizza after the race!

If you're ready to make a difference, email me at ResilienceRuns@gmail.com or call **(805)330-1131** by **March 28th** to confirm your role. We'll hold **weekly Zoom meetings on Tuesdays from 6:00-7:30 PM** to stay connected and prepared.

Let's stand together and remind every woman that she is strong, she is seen, and she is never alone.

With gratitude,

La Toya Johnson

Resilience Runs Nonprofit Organizer