



COMMUNITY CORNER

NEWSLETTER

OCTOBER 2021 | FALL

COMMUNITY HAPPENINGS

OCTOBER 26
Executive Coaching with Tim Deweese



Hey all,

Welcome to fall! September and October have been packed full with a number of events. We're continuing to see more opportunities to get the word out about our mission at Go Further and all the great ways we're accomplishing that mission. To kick the month of September off our partners, Chicken N Pickle held their annual Spread Hope event. Spread Hope consists of a panel of Mental Health Professionals and Mental Health Crisis survivors having conversations with local youth to promote suicide awareness and prevention and be a strong message of hope and support. GFF had an informational table for attendees to learn more about our programs while the MC, Ryder Chaffee was facilitating question and stoking an open conversation about Mental Health. It was a great evening joined by amazing people who all want to make a difference on Mental Health. Thank you to Chicken N Pickle for playing a huge part in destigmatizing Mental Health and having an impact on many other causes throughout Kansas City.

MENTAL WELLNESS NIGHT @ SPORTING PARK

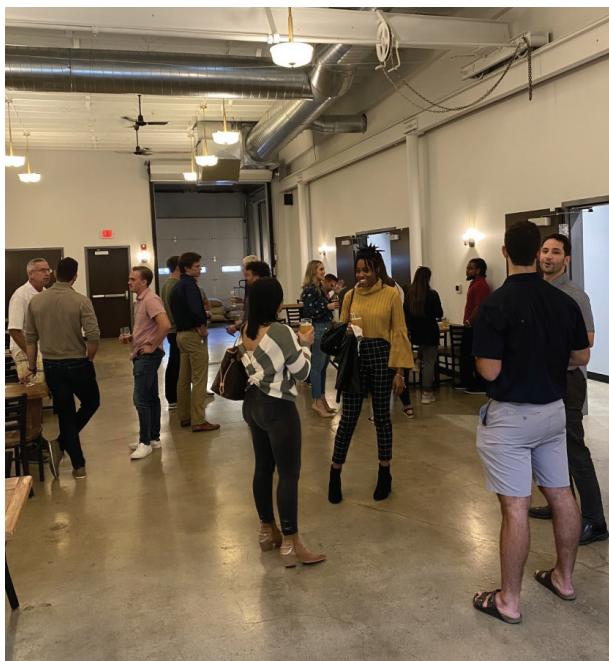


We also had two other opportunities to spread the word of what we're up to at GFF. We partook in KU Wellness Week where a group of undergrads have come together to form a Mental Health Advocacy Committee committed to educating undergrads regarding mental health and help introduce them to resources to support

their journey while on campus and beyond. I was ecstatic to see these talented young people put together such a successful event and see the passion for wanting to change the conversation about Mental Health. A few days later the GFF team was at Sporting Park to support Mental Wellness Night. At both

events we had the opportunity to discuss Go Further and hear from individuals about their own experiences during transition periods. We're so grateful to these individuals and organizations who support mental health and give us an opportunity to expand our Go Further Community.

GO FURTHER HAPPY HOUR @ ROCHESTER BREWING



Our last event of the month was our first Go Further Happy Hour at Rochester Brewing company. This event was intended for our group to put into practice the lessons learned from the In's and Out's of Networking workshop with Emerson and to also bring together members of the two different cohorts. One of my favorite parts of Go Further is bringing people together who otherwise would not have met. Seeing friendships get built is one of the most rewarding parts of my position. To finish up a great evening of "Snacking and Chatting" we discussed with the group committee opportunities and heard from Doug Booker who shared some words of wisdom when it comes to building relationships.

Speaking of committees, our committee members have hit the ground running! The Mental Health Advocates are assisting our Social Committee with content as well as helping plan mental health trainings. Our Social Committee is sending out amazing content to our followers, our Go Further Ambassadors are spreading the word at tabling events and our Events committee is getting creative finding venues and different opportunities for our Go Further Community to get together.

Thank you for checking in on what we're up to this month at GFF. I'll talk to everyone again next month,

All the best,
Mark Potts