



Hello Pickleball players!

Please join Transitions-Mental Health Association on Saturday July 23rd and Sunday July 24th for our first ever *Smashing Stigma!* Pickleball Tournament. All proceeds from the event will benefit Central Coast Hotline and other mental health services. Registration is \$60, which is for both days of doubles matches. Divisions include Women's Doubles, Men's Doubles, and Mixed Doubles. Registration is open until Monday July 18th.

Transitions-Mental Health Association is a local non-profit organization with the mission to eliminate stigma and inspire hope, growth, recovery and wellness for people with mental illness through work, housing, community, and family support services. It is with support from community members like you that we can continue to provide mental health services for county residents who are unable to afford or find assistance elsewhere. We operate nearly 40 programs at over 35 locations in San Luis Obispo and North Santa Barbara counties. For over 40 years, we have taught vital independent living skills and helped to build a framework for community re-entry through housing, case management, life skills training and employment through our three businesses that make up Growing Grounds Enterprises.

Central Coast Hotline is a confidential mental health guidance, crisis and suicide prevention telephone line that also provides mental health resource information. Trained staff and volunteer call handlers provide 24/7/365 support to residents in San Luis Obispo and Northern Santa Barbara counties. Support is crucial so we may continue to answer the 10,000 calls made to the hotline each year.

Thank you for supporting our mission and we look forward to seeing you there!

Best regards,
Clara Cobb
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