



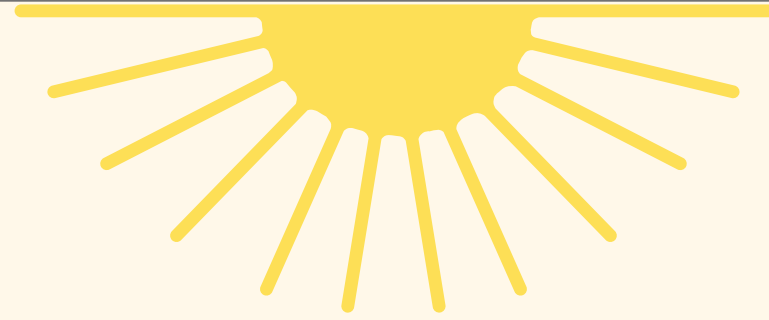
20

24

HONOR CONNOR
HOLD ON TO HOPE

ANNUAL REPORT

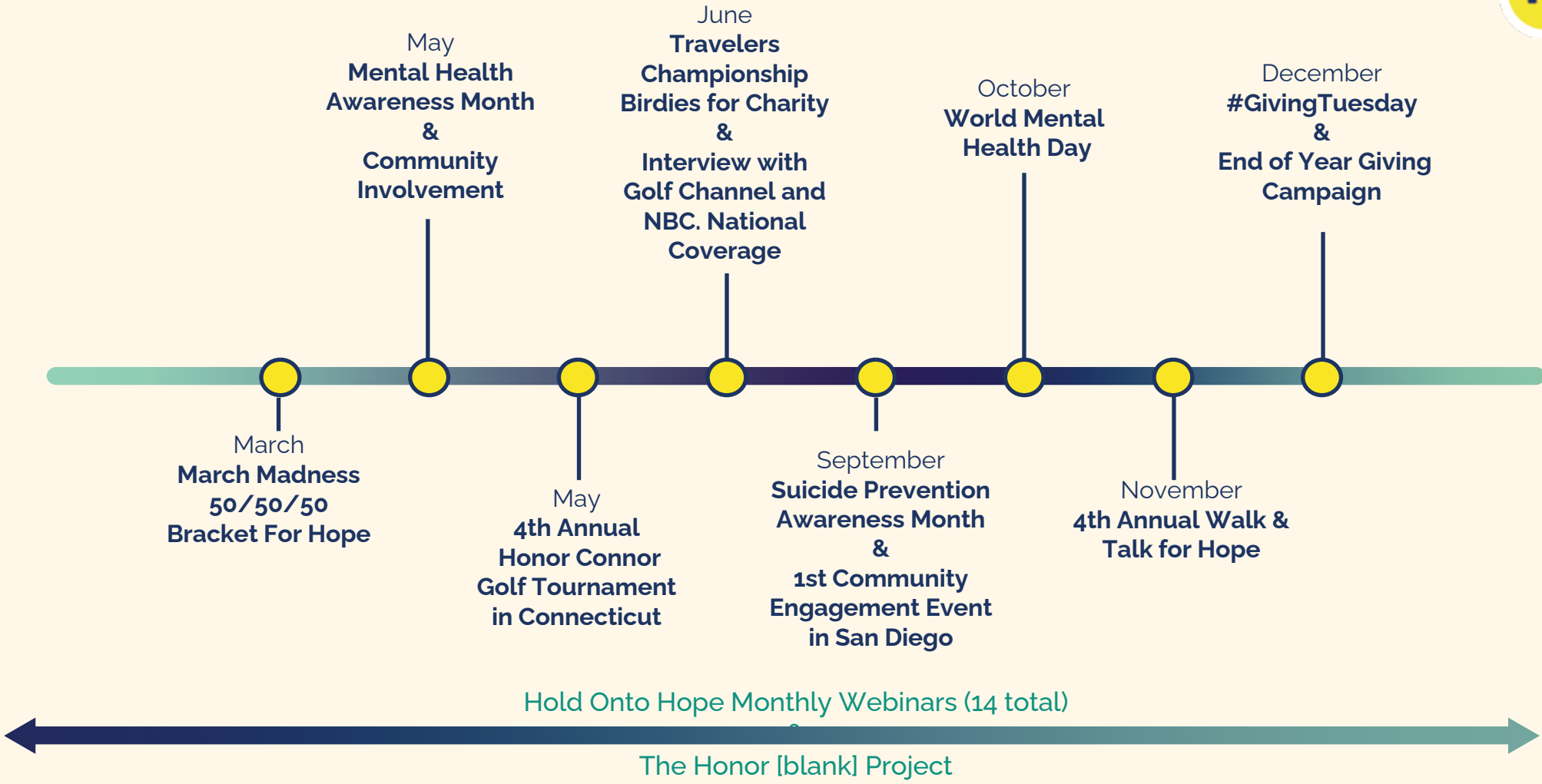
STOP THE STIGMA
HOLD ONTO
HOPE
START THE CONVERSATION



OUR MISSION IS TO PROVIDE HOPE AND HEALING FOR THOSE AFFECTED BY SUICIDE THROUGH COMPASSIONATE SUPPORT AND UNDERSTANDING.

OUR VISION IS TO STOP THE STIGMA AND ENCOURAGE CONVERSATION ABOUT MENTAL HEALTH, ADDICTION RECOVERY AND SUICIDE PREVENTION, CREATING A MORE INFORMED AND SUPPORTIVE COMMUNITY.

2024 EVENTS & PROGRAMMING





2024

**FREE PROGRAMMING,
EDUCATION & EVENTS**



Hold Onto Hope is Honor Connor's clinically-backed education program specifically designed to support individuals who:

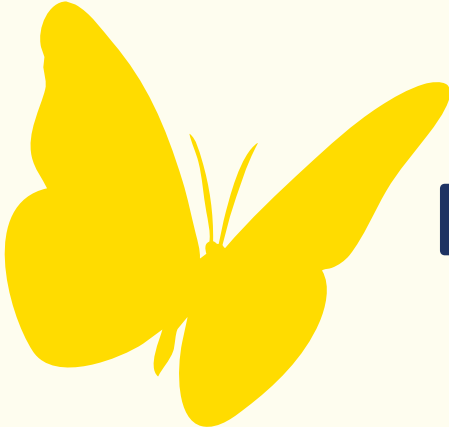
- **have personally experienced a suicide loss,**
- **want to support others experiencing suicide loss.**

Total webinars in 2024: 14
Total Registrants in 2024: 607

Key Observations in 2024:

- Our outreach effectively connects with individuals navigating recent loss.
- Repeat attendees seek a supportive community of suicide survivors.
- Students in the healthcare field attend for credit hours.
- Healthcare professionals participate to enhance their patient support capabilities.
- 2024 was our largest growth year yet, more than doubling the number of registrants from the previous two years since launching the program.

These insights provide a foundation for refining our approach in 2025 to further meet the diverse needs of our audience and enhance the impact of our webinars.



HOLD ONTO HOPE COMMUNITY

SOCIAL FEED

DISCUSSIONS

COURSES

EVENTS

Our virtual Hold Onto Hope community connects suicide loss survivors that have participated in our Hold Onto Hope webinar. This group offers ongoing education, resources & community. The Hold Onto Hope Community acts as a source of encouragement for all of us on a journey towards healing.

86 MEMBERS



On the Saturday after Thanksgiving, we joyfully hosted our 4th Annual Walk and Talk for Hope.

During the event we distributed valuable mental health resources and our Honor Connor Conversation Starter Tool Kits, complemented by uplifting stickers and pins.

We are deeply grateful for the incredible media support that continues to amplify our mission!

As seen on & reported by



MENTAL HEALTH AWARENESS MONTH

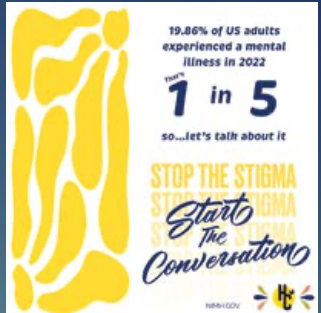
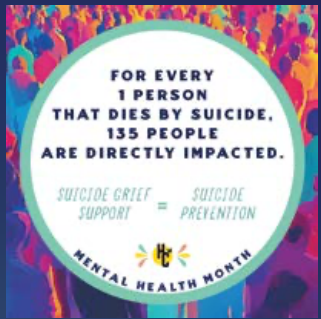


In May, during Mental Health Awareness Month, we embraced the mantra "Be Kind To Your Mind," highlighting how acts of kindness uplift both others and our own mental well-being.

We participated in a local food truck & music festival called Soundbites on May 18th where we connected with people from our community and provided free mental health resources.



SOCIAL MEDIA OUTPUT



PRACTICAL TIPS FOR ENHANCING MENTAL WELLBEING

make it your top priority



Back to basics

1. Relax and Reduce Stress
2. Be Creative and Keep Learning
3. Spend Time in Nature
4. Connect with Others
5. Maintain Physical Health
6. Improve Your Sleep
7. Embrace Kindness
8. Explore Faith and Spirituality





We were invited along with 205 other nonprofit organizations to the Travelers Championship Charity Celebration where we were asked along with 4 other nonprofit organizations to share our story and mission.

NEWS COVERAGE



• National Interview on NBC Golf Channel Live



• National Coverage on CBS Sports Live



• Interview with with local NBC CT



• CT radio station Interview, Newstalk 1080





SUICIDE PREVENTION AWARENESS MONTH

During Suicide Prevention Awareness Month, we embraced our local community by participating in local festivals, partnering with local businesses, and engaging in a public speaking opportunity in front of 100's of viewers.

We held a **Sunset Happy Hour For Hope** to engage with local community members who have been touched by suicide. We also hosted an gathering in San Diego, CA to connect with and expand our reach on the west coast.

Throughout the month we shared resources and encouragement on our social media platforms.



EXPANDING MENTAL HEALTH AWARENESS THROUGH COMMUNITY ENGAGEMENT

SIMSBURY, CT & SAN DIEGO, CA

Full list of 2024 Community Engagement Events:

1. Soundbites Food & Music Festival 5/20
2. Travelers Championship / Birdies for Charity Outreach 6/19-6/20
3. Popover Eatery Outreach 9/7
4. Sunset Happy Hour for Hope @ Rosedale Farms & Vineyards 9/11
5. Travelers Thank you Brunch @TPC River Highlands 9/17
6. Celebrate the Valley @ Salmon Brook Park, 9/21
7. San Diego, CA Outreach Event @ Coronado Brewery 9/27
8. Simsbury's "Brewstock Boos & Tunes" @ Simsbury Meadows 10/27
9. World Mental Health Day 10/10
10. Presentation for Simsbury-Granby Rotary Club, 30 people. 11/14
11. Walk & Talk For Hope, virtually @ Simsbury Meadows 11/30
12. Pickleball Tournament @ Dill Dinkers, Simsbury, CT
287 registered players & their families. 11/29-12/1





2024

**SIGNATURE FUNDRAISERS
& CAMPAIGNS**



MARCH MADNESS!

The "50-50-50 Bracket for Hope" March Madness campaign was a tremendous success, rallying supporters to take part in a fun and meaningful challenge. Together, we raised \$8,000—\$3,000 more than last year—exceeding our goal and furthering our mission to provide hope and healing to those affected by suicide loss and grief.

Together, we raised \$8,000!



MAY 13TH, 2024



137 REGISTRANTS
18 SPONSORS
TOTAL RAISED: \$191,000





Thank you
YOU HELPED US RAISE
\$26,600
AND YOU UNLOCKED A
GENEROUS DONATION MATCH
OF \$20,000 ADDING UP TO
\$46,600



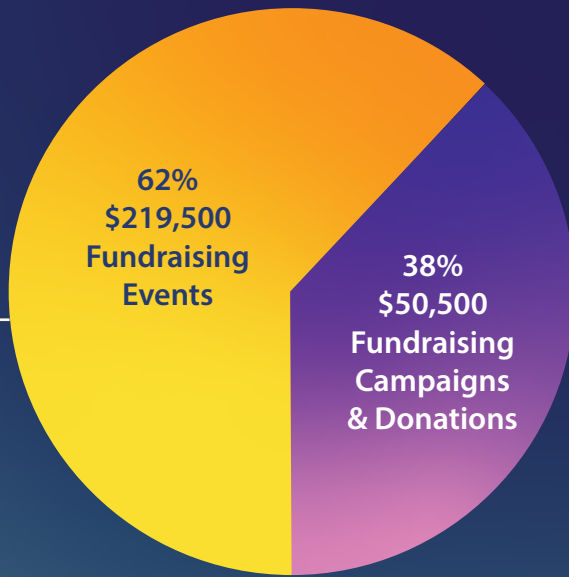
END OF YEAR GIVING CAMPAIGN



We kicked off our End Of Year Giving Campaign with Giving Tuesday on December 3rd and ended 2024 with a bang! With the help of our incredible board members and supportive community, we were able to raise a total of \$56,665 between December 3rd and December 31!

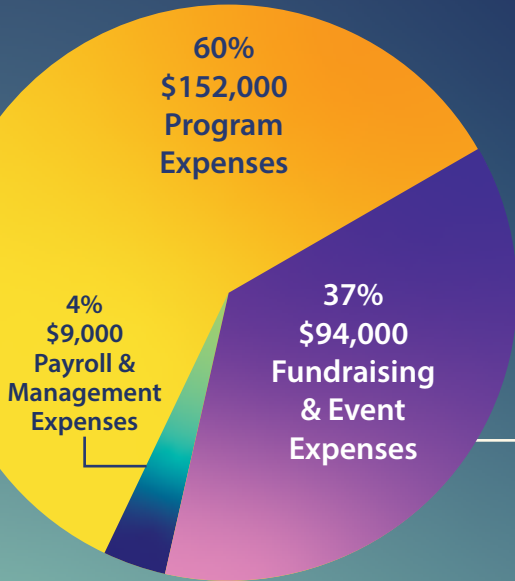
\$270,000

Total Funds Raised in 2024



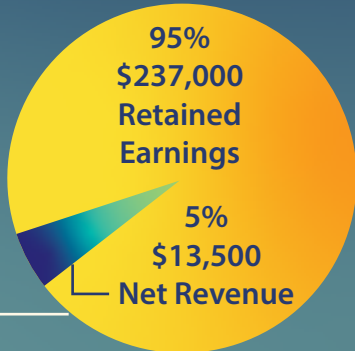
\$255,000

Total Expenses in 2024



\$251,000

Total Assets



WHERE DO YOUR DOLLARS GO?

Signature Fundraisers & Campaigns

How we support our mission & vision

- 4th Annual HC Golf Tournament, CT
- San Diego Open Golf Tournament, CA
- Hope Partners
- March Madness
- Giving Tuesday
- End Of Year Giving

Free Programming, Education & Events

How we pursue our mission & vision

- Hold Onto Hope Education
- 4th Annual Walk & Talk For Hope
- The Honor Project
- Mental Health Awareness Month
- Suicide Prevention Month
- Community Activation Events



Follow us on social media!



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Gold
Transparency
2024

Candid.

