



FOR IMMEDIATE RELEASE

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**Contact: Shannon McOuat, Marketing Coordinator
Transitions-Mental Health Association
805.550.7692, Shannon@t-mha.org**

**The 31st Annual Strike Out Stigma Bowl-a-Thon is in Full Swing
Support Mental Health in Our Community by Getting Involved**

San Luis Obispo, CA –A 30 year tradition, the Strike Out Stigma Bowl-a-Thon benefits SLO Hotline and other Transitions-Mental Health Association (TMHA) programs such as Growing Grounds Farms in San Luis Obispo and Northern Santa Barbara Counties.

The event will span three weekends in March (Fridays, Saturdays and Sundays) at four locations. Pismo Bowl in Pismo Beach on March 9, 16, 18, 23, 24 and 25; Rancho Bowl in Santa Maria on March 10; Cal Poly Mustang Lanes on March 11; and Paso Bowl in Paso Robles on March 17.

“This Bowl-a-Thon is a great way to have fun, enjoy friendly competition and support mental health in our community,” said Jill Bolster-White, Executive Director for TMHA.

A long-term logo and theme of “Strike Out Stigma” has been created to familiarize this annual event in the future. The new logo was designed by Morgan Bloom, a local graphic artist.

Again this year is online donations through FirstGiving.com to help improve and streamline fundraising efforts.

“For over thirty years now this event has brought friends, family, and colleagues together in support of a critical community resource,” said Mike Bossenberry, Program Manager for SLO Hotline.

“Bowl-a-Thon is a chance for the Digital West team to get together, have a blast bowling, and support an incredible organization. We look forward to the event and reminding our friends and family why we support SLO Hotline,” said Tim Williams, CEO/Founder of Digital West and longtime participant.

Teams are forming now. Contact Lesta Travis, Promotional Coordinator for more information about the event at 805.540.6527 or email events@t-mha.org or visit www.t-mha.org.

ABOUT TMHA

Transitions-Mental Health Association is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. TMHA operates 27 programs at over 35 locations that reach over 2,000 people and 1,500 families in San Luis Obispo and Santa Barbara counties. The emphasis of TMHA's many services is to teach vital independent living skills, and build a framework for community re-entry through

personal empowerment and hands on experience. For over 30 years, TMHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones. For more information, visit www.T-MHA.org.

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