



NEWS RELEASE

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For Immediate Release

Free WALK for Mental Health Awareness on Saturday, September 12

Sioux Center, IA – On Saturday, September 12th, Maurice Reformed Church and Seasons Center are hosting the WALK for Mental Health Awareness. This is a free, family-friendly event to recognize the importance of mental health and to share resources on where to seek help.

“Right now is an especially vulnerable time for our communities, as we face new challenges and stressors due to the pandemic,” said Kim Scorza, CEO/President of Seasons Center. “We need to be a support to our family, friends, and neighbors. We need to know where to turn for help. We need to understand how the impacts of this virus – financially, emotionally, and otherwise – can take a toll on each of us and we need to have a plan for getting the support we may need.”

Registrations are now being accepted for the September 12th walk by visiting <https://seasonscenter.org/events.php>. Those who register before August 28th will receive a complimentary event t-shirt, made possible by the sponsors of the event. The WALK begins with registration from 9:00 AM to 9:45 AM at Children’s Park in Sioux Center. Resource tables from local community partners will be in attendance, as well as resource bags provided by Seasons.

Additional safety precautions will be implemented at the event. Attendees are encouraged to practice social distancing and to stay with the group they arrived with. Organizers will encourage masks and proper hand sanitizing and Seasons will be providing these items to each attendee in their resource bag.

“Staying connected in this time is vital,” said Pastor Ross Hoekstra of Maurice Reformed Church. “We need each other and we need to know that we are not alone. Now is the time to care for each other and seek the help that we need.”

The proceeds of the WALK for Mental Health Awareness will benefit Camp Autumn by providing scholarships for children to attend this unique therapeutic camp. Camp Autumn continues to serve children in summer 2020 amidst the pandemic with additional safety precautions in place.

“Camp Autumn provides a fun, safe, and healing camp experience for children with behavioral health concerns,” said Christina Eggink-Postma, VP of Program Coordination and Compliance at Seasons. “We look forward to sharing more resources on mental health through this event and how prevention and early intervention can play a key role in the overall well-being of our children, families, and communities.”

Sponsors of the WALK for Mental Health Awareness include: Sioux Center Health, Sioux Rivers Community Health Center, Maurice Reformed Church, Plumbing & Heating Wholesale, Dordt College Psychology Department, Interstates, American State Bank, Memorial Funeral Home, Promise Community Health Center, Pizza Ranch, Guiding Star, Beaver Eye Care, Hy Vee Sioux Center, Perspectives Insurance, and Trinity.

For more information on this event or services provided by Seasons, Autumn's Center, and Camp Autumn, please visit our website at: www.seasonscenter.org or call 1.800.242.5101.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.