



THE BRIDGES PROJECT

Threads
TO HOPE

PRESENTED BY:



Honoring Courageous Connections

Document 1: What is a Threads of Hope Event?

Definition:

A *Threads of Hope* event is a suicide prevention outreach initiative focused on building connections, sharing stories, and fostering hope. These events are integral to the *Building Bridges* project and contribute to its mission by collecting the strings that will form the physical and symbolic bridge. The more strings we collect, the grander and more impactful the bridge becomes.

Core Features:

1. **Threads of Hope Containers:** Attendees contribute threads representing their stories of resilience or offer light to others.
2. **Storytelling Opportunities:** Spaces for individuals to share their journeys through film, photography, or writing.
3. **Healing Arts or Creative Professionals:** Keynotes, workshops, or performances by professionals inspiring connection and healing.
4. **Bridges Curtain Speech:** A message from the *Building Bridges* team emphasizing connection, hope, and the importance of changing the narrative around mental health.

Core Mission:

Threads of Hope events support the *Building Bridges* mission and should provide safe spaces for storytelling, and courageous contributions from thread bearers who bring light, hope, and resilience to the bridge.

Events should follow the MHRNC C4 formula to ensure each event ignites Connection, Community, Creativity, and Collective Healing for all who attend.

Document 2: What is a Bridge Event?

Definition:

A *Bridge* event focuses on the physical or symbolic representation of the bridge being shown, built, or displayed. These events integrate art, storytelling, and healing arts to symbolize the journey from illness to wellness.

Core Features:

1. **Bridge Installation:** Showcasing the bridge in progress, completed, or displayed.
2. **Community Participation:** Involvement of artists, storytellers, and healing arts professionals.
3. **Storytelling and Threads of Hope Activities:** Engaging attendees in contributing to the bridge.
4. **Educational and Healing Programming:** Suicide prevention, mental health education, and healing arts workshops.

Key Dates for Bridge Events:

- May 3, 5, 12, 19, 30, 2025
- September 2025 (TBD)
- October 2025 (World Mental Health Day, TBD)
- May 27, 2026 (Grand Reveal and Documentary Premiere)

Note:

While all *Bridge* events are also *Threads of Hope* events, not all *Threads of Hope* events involve The Bridge.

The Creative Director and Artist will make sure you have a Threads of Hope Package to take to your events. You'll need to indicate if it's a storytelling event- (Camera's Documentary Crew)

Or Threads Light, which is for smaller coffee / Neighborhood or lunch-type events.