

**INTERVIEW & PHOTO OPPS WITH YOUTH BOARD, PARENTS AND FILM PRODUCERS:
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Pleasanton, CA / Virtual Event
**Virtual Coping Carnival to Spark Conversation About Coping Tools,
Resources and Hope**

November 14

Virtual Coping Carnival November 14 to Honor the Memory of Local Student, Zachary Nimmo

Regina Stoops, Comedian
Tony Gemignani, World Champion Pizza Maker
Brodie Brazil, National Sports Broadcaster
Karin, Gornick, Emmy Award Winning Filmmaker
Erin Suth, Voice Actor / Singer
Narges Dillon, Crisis Center Support,
Sit Down with Sam Live,
Z-Cares Board

WHAT: Z-Cares Foundation with local sponsorship is hosting a **Virtual Coping Carnival** on November 14. The Virtual Coping Carnival will feature a day of hope, fun, and meaningful conversation as we wrap up the Stand UP month. The carnival will include local and national personalities, educational and informational segments, surrounded by fun carnival entertainment. **Coping strategies** to include: Yoga, Fishing, Pet Therapy, Cooking, Tapping and more. **Prizes** will be handed out during carnival games such as Duck Races, Balloon Pop, Scavenger Hunt and more.

The Z-Cares Foundation was established in memory of Zachary Nimmo, a 14-year-old student at Amador Valley High School who tragically took his own life. Anxiety disorders are the most common mental health challenge in the U.S., but there is hope because the condition is highly treatable. Often, those who experience extreme anxiety feel ashamed and suffer in silence, and Z-Cares Foundation is committed to jumpstarting the conversation about anxiety. The campaign and carnival will be hosted by Local comedian and storyteller, Regina Stoops, and feature Karin Gornick, the producer of [*Angst*](#), noted local experts, teens and young adults, as well as Zachary's family members.

WHO: The event is free, Z-Cares goal is to keep events and programming FREE for all. Teens, tweens, young adults, parents, dignitaries and prominent community members are expected to attend and join the carnival. The goal is to break the stigma of anxiety; to empower parents to recognize warning signs; for teens to seek needed help; and for teachers to understand how to support their students.

Among the experts and special guests are:

- **Regina Stoops** - Local comedian, storyteller and mom. Emcee of Virtual Coping Carnival
- **Karin Gornick** – Producer of *Angst* and local mom featured in the film
- **Steve and Mannie Nimmo** – Zachary’s parents & Co-Founders Z-Cares Foundation
- **Samantha Nimmo** – Zachary’s 19-year-old sister and Psychology student at an LA College
- **Caty Hu** - youth leader and 18 year old sharing her story of depression

WHERE & WHEN

Virtual Event

Saturday, November 14, 2020

Virtual Coping Carnival

Opening 10am PST

ABOUT Z-CARES FOUNDATION: Co-Founders Steve & Mannie Nimmo along with daughter Samantha are dedicated to starting the conversation about mental health and keeping it going. Z-Cares Foundation is a 501(c)(3) organization that is committed to supporting youth in communities. zcares.org. In addition to 12 board members, 2 professional advisors, Z-Cares boasts its 12 member youth board consisting of young adults ranging in age from 18-22.

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