



Get your Shifting Gears Passport,
choose your stops,
start your adventure...

shifting
the stigma
around mental health
saturday **JUNE 17**



“CRUISE” THE COUNTRYSIDE FOR A DAY OF FUN!

Load up your friends and family... It doesn't matter what you drive!
Explore 10 destinations featuring specialty farms, award-winning wineries,
a distillery, restaurants & more.

Get your passport stamped at each stop to enter to win amazing prizes.
Top off your adventure at our **CRUISE CELEBRATION** featuring
food trucks, spirits, prize drawings & more.

See website for full details & the complete list of 2023 destinations!



Passports start at \$30. Get your tickets today!

ShiftingGearsForRegan.com/event

Follow us...



About Shifting Gears... On December 7, 2017, the unimaginable happened. Regan Johnson, our beloved 16 year-old daughter, took her own life. In the aftermath - Shifting Gears for Regan was born. From day one, we made it our mission to educate parents & teens in an effort to keep even one more family from experiencing this nightmare. And, our efforts are paying off!

Shifting Gears for Regan has reached over 12,000 students in the KC area with our #GiveMe20 workshops - a suicide prevention program helping kids & adults alike to find their light. We are proud to fund Sources of Strength (SOS) in our area schools. SOS utilizes a strength-based, upstream approach to foster positive mental health & prevent suicide, violence, bullying, and substance abuse. We are saving lives with both of these programs. Additionally, we continue to beautify our Shifting Gears Butterfly Garden - a space that instills hope and healing while connecting with nature.

With your support, Shifting Gears will continue funding & developing suicide awareness and prevention initiatives throughout the area.

