

# Embrace Mental Health Breakfast

May 19, 2022  
7:30 AM



# embrace

TEACHER MENTAL HEALTH

## Proceeds Benefiting

Presbyterian  
Psychological  
Services

## Hosted By

Caldwell Presbyterian Church  
1615 E. 5th Street  
Charlotte, NC 28204

# Mission

Presby Psych strives to instill Hope, promote Healing and restore Health through professional attention to each client's unique psychological, spiritual and cultural needs.



# PRESBY PSYCH

WHERE HOPE MEETS HEALING

704-554-9900 [presbypsych.org](http://presbypsych.org)

We hope you'll join us at the inaugural Embrace Mental Health Breakfast. Supporters will have the opportunity to learn about the impact of Presby Psych's services, agency updates and hear from a dynamic speaker who will focus on the need of mental health support for our teachers.



# Justin F. Ashley

## Keynote Speaker

Justin is a nationally-recognized, award-winning teacher, published author, work-life balance coach, and motivational speaker from Charlotte, North Carolina, where he began teaching in 2007. He has taught for 15 years in Charlotte-Mecklenburg Schools. He earned his undergraduate education degree as a NC Teaching Fellows Scholar at UNC Charlotte and also holds a master's degree in Educational Leadership from Wingate University.

Burnt out and ready to quit his job, North Carolina History Teacher of the Year Justin Ashley made radical changes to create work-life balance and prevent burnout. In his book, he shares what he learned in and after rehab, for balancing the four key aspects of a teacher's life-career, social, physical, and financial-and emphasizes habits of self-care to achieve happiness in teaching. New teachers and veterans alike can employ the self-care techniques to bring these four areas into sync and reignite their passion for teaching.

# Sponsorship Levels

## **Gold Sponsor - \$5,000**

**\*Exclusive opportunity as presenting sponsor.**

Benefits include two reserved tables for up to 16 guests, opportunity for company representative to give remarks during the event (2-3 minutes), logo recognition on all marketing materials, and all Silver Level and Table Sponsor benefits.

## **Silver Sponsor - \$2,500**

Benefits include one full-page ad in the event program with the opportunity to have it shown on screen during the event, logo recognition on event signage, and all Table Sponsor benefits.

## **Bronze Sponsor - \$1,000**

Benefits include one half-page ad in the event program, logo recognition on all event signage, and all Table Sponsor benefits.

## **Table Sponsor - \$500**

One table reserved for up to eight guests to attend the Breakfast on May 19. Name recognition on event signage and program, and exposure on all social media channels.

## **Individual Ticket - \$60**

One reserved spot to attend the Breakfast on May 19.

# Sponsor Commitment Form

I would like to sponsor at the following level:

\_\_\_\_\_ Gold (\$5,000)

\_\_\_\_\_ Silver (\$2,500)

\_\_\_\_\_ Bronze (\$1,000)

\_\_\_\_\_ Table (\$500)

\_\_\_\_\_ I would like to purchase \_\_\_\_\_ individual tickets at \$60 each.

Name (as you would like to be listed on marketing materials):

\_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

\_\_\_\_\_ Check enclosed made payable to PPS. (Notate Breakfast 2022 in the memo line and mail to Presby Psych at the address below.)

\_\_\_\_\_ I will pay online via credit card. ([Visit www.presbypsych.org/](http://www.presbypsych.org/)\_\_\_\_\_.)

\*\*\*Please email your company logo to [tabanner@yahoo.com](mailto:tabanner@yahoo.com) in .jpg or .png format.

For questions regarding the Breakfast, please contact Development Committee Chair, Tenille Banner at [tabanner@yahoo.com](mailto:tabanner@yahoo.com).



[www.presbypsych.org](http://www.presbypsych.org) (704) 554-9900  
5203 Sharon Rd., Charlotte, NC 28210