



Fourth Annual Hope House 5K and Fun Run
Saturday, May 6, 2017 9-11 am
Lake Arbor Park: 6400 Pomona Dr. Arvada, CO 80003

FUNDRAISING GOAL: \$15,000

Whether you are 8 months old, 8 years old, or 80 years young, you can join in on the fun at the 2017 Hope House 5K and Fun Run event. Walk, run or even crawl to the finish line, and be sure to stay for the free family fun activities after the race!

In addition to the 5K and Fun Run, the morning will consist of a miniature race for toddlers called the Diaper Dash. Other events include a children's obstacle course, bouncy castle, face painting and pictures with Paw Patrol's Chase Pup and Skye Pup, and more. It is truly an event for the entire family!

The best part is all proceeds from the event will benefit the self-sufficiency programs at Hope House of Colorado, a non-profit organization that works to empower disadvantaged teen moms from all over the Denver-metro area.

Help Us End the Cycle of Poverty

Did you know that 67% of teen moms live below the poverty line and must work 110 hours a week at minimum wage to make ends meet without government assistance? **We invite you to join our cause and help us raise \$15,000 for the self-sufficiency programs we offer at Hope House as you train for the upcoming 5K or Fun Run.** Choose to be a voice for teen moms across Denver -- and share your journey with your family and friends, too! Yes, it's true... your social media contacts and skills can be used in the fight against poverty in your very own community!

Learn What Your Funds Can Do for a Teen Mom

\$500 supplies one teen mom enrolled in our College & Career Program with a laptop. This program is designed to help our teen moms succeed in college and their chosen career paths, equipping them to find jobs that pay a wage that will allow them to be self-sufficient and independent of government assistance.

\$250 supplies one teen mom with a quarterly bus pass so she can get to school. Transportation poses a formidable barrier to people who are striving to become economically self-sufficient, according to the U.S. Dept. of Health & Human Services.

\$150 supplies one teen mom with the books and supplies she will need to get her GED. Statistically, only half of teen moms finish high school and less than 1% earn a college degree. Hope House is here to break down any barriers preventing teen moms from continuing their education.

\$75 supplies one teen mom with one month's worth of diapers -- this is a huge deal for the teen moms we serve because the average annual cost of diapers for one child is \$864.

Have Questions? Email Sara Littlejohn at saralittlejohn@hopehouseofcolorado.org.

About Hope House of Colorado: Hope House is metro-Denver's only resource providing free self-sufficiency programs to parenting teen moms, including Residential, GED, and College & Career Support programs. Additional supportive services include Healthy Relationships and Parenting Programs, Early Learning, Life Skills workshops and certified counseling, all designed to prepare them for long-term independence.