

**Tkach, Colleen**

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**From:** Inform  
**Subject:** EM: Walk to support suicide prevention!

**From:** Neilson, Jess

Dear Campus Community,

On **Friday, May 1 from 11am-1pm**, CMC will be hosting an [Out of the Darkness Campus Walk](#) in partnership with the American Foundation for Suicide Prevention and Monsour Counseling Center. The goal of the Out of the Darkness Walk is to spread awareness and reduce stigma about suicide, as well as connect students to support on campus and in the community.

This walk is open to all Claremont Colleges students, faculty, and staff. The event includes a resource fair, loss and healing activities, therapy dogs, bead ceremony, speakers, and ends with a 1-mile walk through CMC's campus. **We will also have acai bowls for everyone who walks!**

**Register for the Walk** at <http://www.afsp.org/claremont>

PS – Donations to AFSP are welcome, but NOT required nor expected to participate.  
See you there!

# The American Foundation for Suicide Prevention

*presents*

Out of the Darkness™

## CAMPUS WALKS

Friday, May 1, 2026

Acai  
bowls!

Check-in & Wellness Fair: 11am  
1-mile walk begins: 12pm

Register  
Today!

Giveaways!

Roberts Pavilion at CMC

Register at [afsp.org/claremont](https://afsp.org/claremont)

This event is open to the 7C community



# HOPE WALKS HERE

MCAPS

THE CLAREMONT COLLEGES  
SERVICES

CLAREMONT  
MCKENNA  
COLLEGE



American  
Foundation  
for Suicide  
Prevention

OUT OF THE  
DARKNESS  
Campus Walks



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Pronouns: she/her/hers

[Click Here for CMC's Mental Health Resources](#)

***If you are in psychological crisis, please call 909.621.8202 to reach an on-call therapist, 24/7. If you are concerned about someone, please consider making a referral [here](#).***