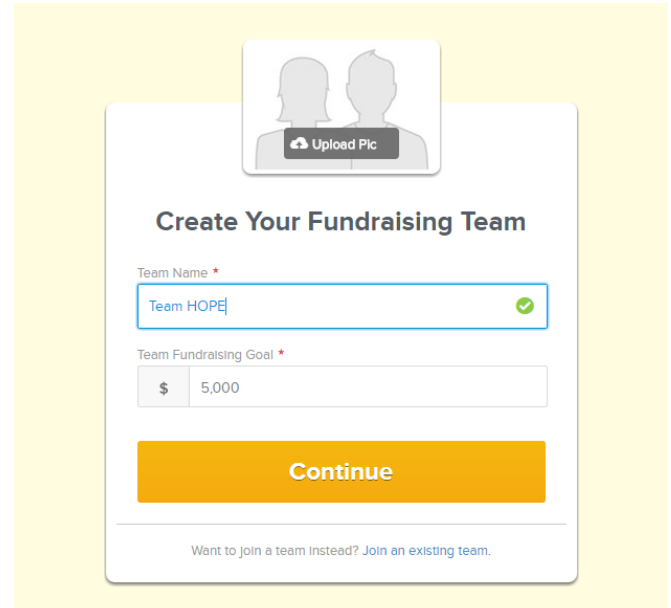
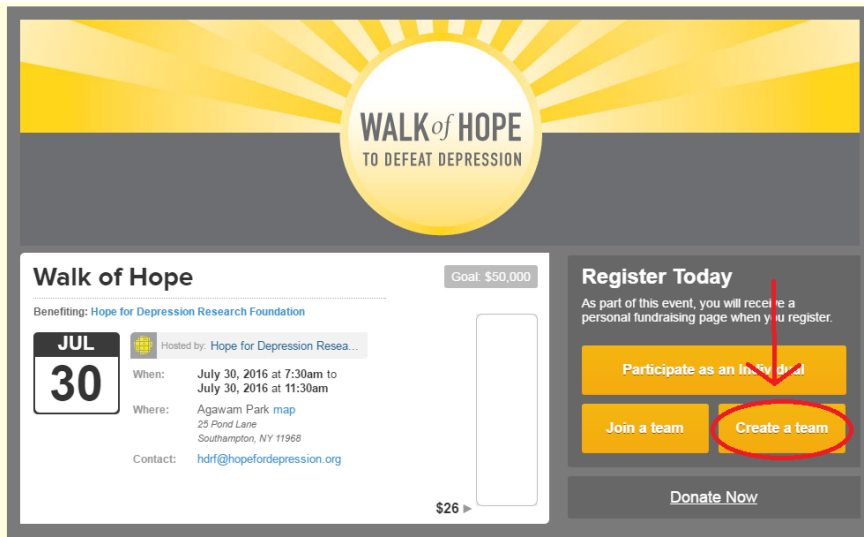


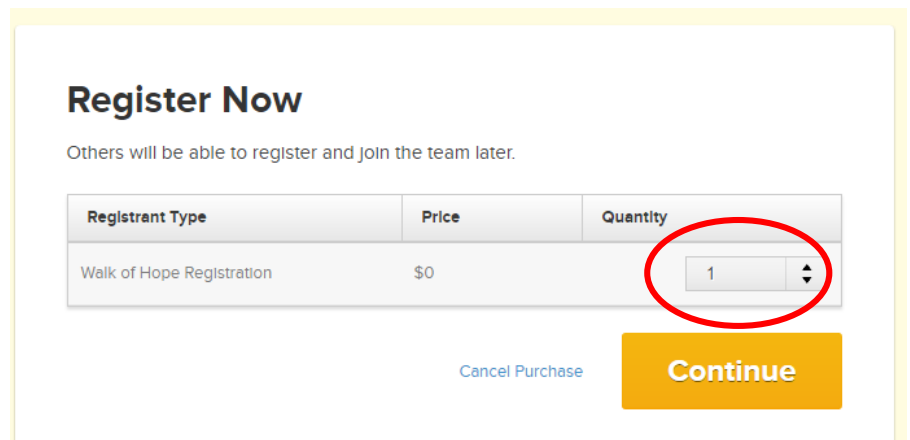
How to Create a Team for the Walk of Hope

1. Visit www.hopefordepression.org/walk and click on the Create a Team Button



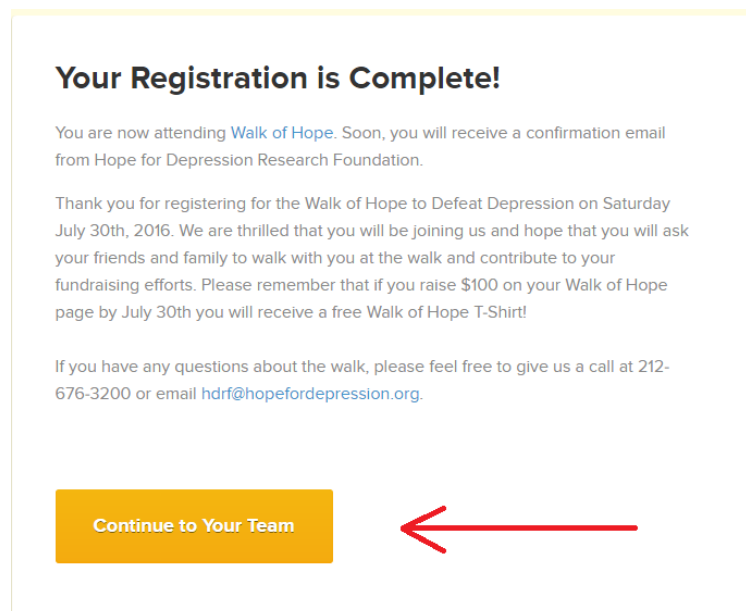
2. Name your team and state a fundraising goal! We suggest setting your goal at \$5,000, but feel free to set your own. You can even upload a picture to personalize your team! With your team and goal now created, now you can register yourself for the event.

3. To register yourself choose one or to register multiple people choose the corresponding number. Make sure to complete all required information including t-shirt size. Once you've completed the registration, you can customize your team page.



| Registrant Type | Price | Quantity |
|---------------------------|-------|----------|
| Walk of Hope Registration | \$0 | 1 |

4. Once you've completed the registration, customize your team page.



Your Registration is Complete!

You are now attending [Walk of Hope](#). Soon, you will receive a confirmation email from Hope for Depression Research Foundation.

Thank you for registering for the Walk of Hope to Defeat Depression on Saturday July 30th, 2016. We are thrilled that you will be joining us and hope that you will ask your friends and family to walk with you at the walk and contribute to your fundraising efforts. Please remember that if you raise \$100 on your Walk of Hope page by July 30th you will receive a free Walk of Hope T-Shirt!

If you have any questions about the walk, please feel free to give us a call at 212-676-3200 or email hdrf@hopefordepression.org.

[Continue to Your Team](#)

Welcome to your team page!

Here you can track the fundraising progress of your team of participants. You can even make your first donation to yourself! To make changes and updates to your team page click on the "Edit Team" tab.

Team HOPE
A Team Fundraising Page Benefiting [Hope for Depression Research Foundation](#)

100%
50%
0%

TEAM GOAL: **\$5,000**

RAISED SO FAR: **\$26**

TEAM RANKING: **1 of 1**

FUNDRAISERS: **1**

Team Page Team Activity **Edit Team** SHARE: Email Twitter Facebook

Edit Your Team Page

Enter your Fundraising Goal:

\$ 5000

Team Name

Team HOPE

Upload/Edit your Team Picture:

You can upload a JPG, GIF, or PNG file. Ideal size is 315x210 pixels



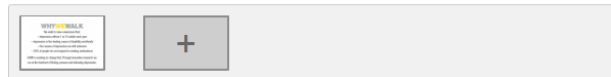
Upload »

Your picture will be shown:

- On your team's fundraising page
- On Search Results page
- Commenting and Activity Walls
- Sent Emails

Showcase Videos and Photos on Your Page:

You can showcase Vimeo and/or Youtube videos by pasting in the url (web address) for each video page. Click the 'Plus Sign' to get started.



Add videos and photos in this section!

Personalize your Page:

Add text, photos, and videos to your page and tell people why you are passionate about raising funds for this cause.

Welcome to the home of Team HOPE! Our individual team members have combined digital forces to create this awesome fundraising team. Together we will raise more money for than we ever could alone!

Want to help?

Support by making a donation to our team. The process is fast, easy, and secure... and you can be sure that it will benefit a great cause!

Come join the squad!

You can personalize the message on your team fundraising page here. Share with your family and friends the reasons why you are walking!

Personalize the message on your team to share with your friends and family the reasons why you are walking!

Update Page

Now that you've created your team page it's time to start recruiting your friends and family to support you and/or walk themselves! The WALK OF HOPE Page has a simple tool to share your team page by email, Twitter and Facebook. You can even import your address book from Gmail and Yahoo.

Email:

Team Page Team Activity Edit Team SHARE: Email Twitter Facebook

Email Friends & Family

Template: Spread the Word

To: Add email addresses separated by a comma or semicolon.

Import from your Address Book » Send a test email by addressing and sending the email to yourself.

From: Team HOPE

Subject:

Message:

Font Size **B** *I* U [List Icons] [Link Icon] [Image Icon] [Source Icon]

We pick you!

You've been invited to join Team HOPE! Come fundraise with us as we work together to support Hope for Depression Research Foundation and a truly awesome cause.

Let's make it happen!

team-work [team-wurk] noun
1. A cooperative or coordinated effort on the part of a group of persons acting together as a team

Personalize your message here!

Send Email Now

Twitter:

Team Page Team Activity Edit Team SHARE: Email Twitter Facebook

Twitter

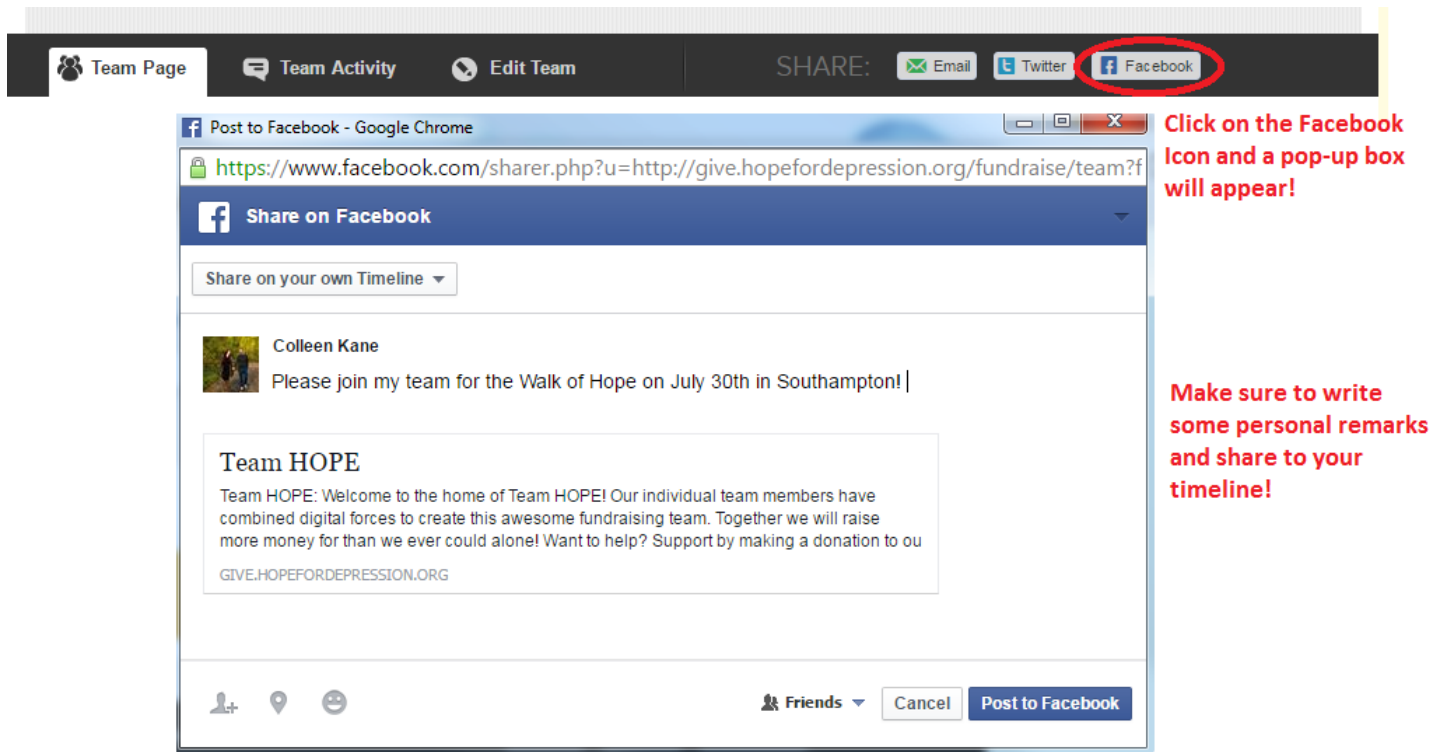
Share a link with your followers

Check out Team HOPE's fundraising team for Hope for Depression Research Foundation on Classy.org <http://give.hopefordepression.org/fundraise/team?ffid=78368>

When you click on the Twitter button a pop-up with the pre-populated tweet will appear!

7 **Tweet**

Facebook:



The screenshot shows a browser window titled "Post to Facebook - Google Chrome" with the URL <https://www.facebook.com/sharer.php?u=http://give.hopefordepression.org/fundraise/team?f>. The page is titled "Share on Facebook" and includes a dropdown menu for "Share on your own Timeline". The post content is from Colleen Kane, who asks to join her team for the Walk of Hope on July 30th in Southampton. The post includes a section for "Team HOPE" with a description: "Team HOPE: Welcome to the home of Team HOPE! Our individual team members have combined digital forces to create this awesome fundraising team. Together we will raise more money for than we ever could alone! Want to help? Support by making a donation to ou" and the URL GIVE.HOPEFORDEPRESSION.ORG. At the bottom, there are icons for adding photos, location, and emojis, a "Friends" dropdown menu, a "Cancel" button, and a "Post to Facebook" button. In the top navigation bar, the "Facebook" icon is circled in red.

Click on the Facebook icon and a pop-up box will appear!

Make sure to write some personal remarks and share to your timeline!

Thank you for your support of the Walk of Hope to Defeat Depression. If you have any questions, please contact Colleen Kane at cmk@hopefordepression.org or at 212-676-3208.