

Dougy Center  
focus on

hope

Online Challenge  
October 1 to November 1, 2023



Show your support of Dougy Center during the Focus on Hope online challenge, October 1 to November 1, 2023. We invite you to host an online fundraiser that both educates and inspires your community to support the important work of Dougy Center.



## Steps for Success

- 1 CREATE your page and set a goal.**  
Go to [dougy.org/hope](https://dougy.org/hope) to get started. Set a goal amount you feel confident you can reach.
- 2 PERSONALIZE your page as much as possible.**  
Add photos and share your story.
- 3 DIRECTLY TEXT OR EMAIL at least five family members or friends.**  
Include the link to your fundraising page. Ask them to make a donation.
- 4 SHARE your page on social media and encourage your community to join you.**
- 5 Reach your goal and CELEBRATE your success!**  
You are providing hope and healing to Dougy Center families.

All funds raised through Focus on Hope will support grief programs and resources for children, teens, young adults, and their families. Each year, Dougy Center provides peer grief support groups to more than 2,700 people in the Portland area, and grief resources to thousands more worldwide, all at no cost to families.

Go to [dougy.org/hope](https://dougy.org/hope) to learn more.

For support and questions about starting your Focus on Hope online fundraiser, contact Rebecca Sturges at [rebeccas@dougy.org](mailto:rebeccas@dougy.org) or 503-542-4827.

**Thank you for your meaningful support of Dougy Center and children families who are grieving!**

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