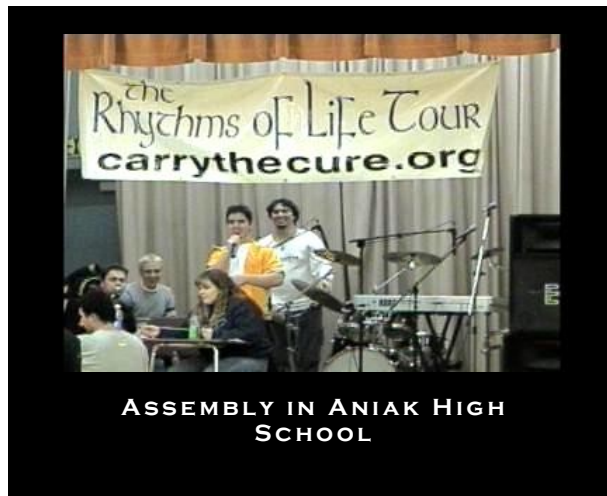


**Your life was
created for
rhythm**



**Don't let
the
Rhythm
Stop!!!**



ASSEMBLY IN ANIAK HIGH SCHOOL

If you have any questions about Carry the Cure, or you would like to schedule an assembly in your area, please contact:

Bill Pagaran

**"Rhythms of Life" Director
1040 Beylund Loop
Palmer, AK 99645**

(907) 745-8294

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cureline@carrythecure.org

**Check out our
website:
www.carrythecure.org**

**Carry the
Cure,
Inc.**

**Presents the
Rhythms of
Life Program**



**"Setting youth on a path
to pursue their destiny
and commit to life"
CTC Moto**

Carry the Cure, Inc.

Who is Carry the Cure, Inc.?

Carry the Cure is a non-profit organization that is committed to reaching, teaching, and training youth by inspiring them to commit to life through activities such as music, drama, art and dance.

Why Carry the Cure, Inc.?

In 2001, fourteen teenagers committed suicide within a fourteen month period in the Mat-Su Borough. The American Association of Sociology states that there are 25 attempted suicides per every completed suicide. Drugs, alcohol and violence are known risk factors and contributors to the suicide epidemic. Alaska has some of the highest percentages of use in all three of those areas. We believe that in order to cure these problems we must train people to speak truth, life, hope and love.

WHAT IS THE “COMMITTED TO LIFE” PROJECT?

The “Committed to Life” project is a four step suicide prevention program. Each step uses innovative techniques such as music, drama, video and dance to reach, teach and train students in a way that is relevant to them and speaks their language. The four step program includes:

1. School Assemblies
2. Community Training/Awareness (QPR)
3. Mentoring youth through music
4. Counseling, crisis intervention and professional mental health referrals.

Carry the Cure Inc., will use all four components of the project to identify and target at-risk teenagers from ages 12-18 within the Mat Su Borough, and to offer a complete and comprehensive suicide prevention/awareness program in the Mat Su. This program is designed to build self-esteem, build awareness, build interest in the community, teach valuable life skills, give students alternative activities, assist the community in actively participating in prevention methods, and network community resources.

QUOTES

“You touched a lot of people at C.M.S. I now understand how important it is to reach out to my schoolmates and you helped me to get some good ideas on how to be a better friend.”

- Colony Middles School Student

“You bring a positive program that understands the challenges facing our youth in today’s society. Thank you for encouraging hurting young people by providing them tools they need to sense the strength that is available to them, and for overcome problems and feelings of hopelessness.”

- Sarah Palin

Mayor of Wasilla

“It is important for people like Bill to reach out to our youth and send them a message about substance abuse. Bill provides an appropriate roll model and is making an impact.”

-Bob Thompson

Principal of Wasilla Middle School

