



Shining Sea Walk Benefits FHR Fairwinds

Posted: Wednesday, October 1, 2014 3:29 pm

ENTERPRISE STAFF |

FHR Fairwinds Rehabilitation Clubhouse and the Friends of Fairwinds will hold the 6th annual Shining Sea Walk on Saturday, October 4. Walkers will gather at Peg Noonan Park on Main Street in Falmouth, beginning at 9:30 AM for registration and distribution of the 2014 walk T-shirts.

The route takes participants down Shore Street to Surf Drive and along the water to the Shining Sea Bikeway. From there, walkers will go up the bike path to Locust Street to West Main Street, past the Village Green and down Main Street back to Peg Noonan Park. The entire course is less than four miles, with water stops along the way.

Clubhouse members, staff, family and supporters all participate in the walk, hoping to raise awareness of both mental health issues and the rehabilitation work being done at Fairwinds. Individuals and families are all welcome to participate in the walk. There is no registration fee or fundraising requirement, although T-shirt distribution may be limited to those who were able to obtain walk sponsors or make a personal donation.

Several local businesses support the effort. Sponsors include Carpet Barn, the Coonamessett Inn, Cooperative Bank of Cape Cod, Hartel Realty, Howlingbird Studio, John's Liquor Store, Stone L'Oven Pizza Company, Rhino Linings of Cape Cod, W. Clark Trust and The Wood Lumber Company. Fellowship Health Resources (FHR), the behavioral healthcare services agency that runs Fairwinds Clubhouse, is also a sponsor of the event.

FHR Fairwinds offers individuals with psychiatric disabilities the opportunity for friendship, support, vocational and educational services, and transitional and independent employment in a secure, rehabilitative environment. Individuals who receive clubhouse services are known as members.

The program goal is to encourage adults who are recovering from mental illness to regain their confidence, overcome the stigma of their illness, and ultimately to be able to live independently and once again become contributing members of the community.