



Shining a light
on children's mental health

WE ARE **PCH SAGE**

Our Mission

To unite a diverse group of female leaders through our collective wisdom, passion, authenticity, and gratitude, focused on improving the well-being of children in the Valley by supporting mental health resources at Phoenix Children's.

The Origins of Our Name

The word "SAGE" is synonymous with a wise woman known for her wisdom, judgment, care, and even healing abilities. She was the female healer and spiritual leader of her tribe. In selecting this name for our group, we are defining the ideal member, internal culture, and impact we hope to create in our community.

Sage is also an herb that is used in ceremonies for healing and cleansing. It grows wild here in the desert valley we call home. While there are many kinds of sage around the world, the one native to us is a strong, hardy bush with striking silver leaves and fragrant purple flowers. It too is an important part of why we chose our organization's name. We are proud women of the West, dedicated to leaving our community better than we found it.

Cause and Culture

The culture we desire to create is a welcoming energy of like-minded female leaders in our community who are called to our mission from a place of authenticity, looking to make a real impact and gain a valuable network in the Valley. We are proud to be the first women's group to support mental health resources at Phoenix Children's. Meetings will include mindfulness exercises and guest speakers. Our goal is to foster an informative and safe space for members, acknowledging this is an issue so close to home for so many of us.

Signature Event

Our goal is to build a signature event, celebrating Western culture and art, that will become synonymous with our brand and Phoenix Children's. The event will raise funds and awareness for children's mental health—specifically, to build and continually improve mental health resources at Phoenix Children's.

Fundraising

PCH Sage advocates and raises funds for mental health resources at Phoenix Children's. Each member will have an annual \$5,000 fundraising minimum, which includes cash and in-kind gifts.

Dues

Annual dues will be \$1,500 made payable to Phoenix Children's Foundation. \$1,000 will be a direct donation to mental health resources at Phoenix Children's (credited towards your fundraising minimum), and \$500 will be applied towards a budget for monthly meeting lunch costs, PCH Sage apparel, and social activities.

Key Timings

Meetings will commence monthly on the second Tuesday of each month from 11:30 a.m. to 1 p.m. Lunch will be covered by dues. There will be no meetings in June or July. Attire is always "come as you are." The membership term is a four-year commitment.



PCH Sage is a Phoenix Children's giving group and a proud partner of Phoenix Children's Foundation.