

Give Up Your Cup

**one less  
cup.**



**one big  
difference.**

[www.giveupyourcup.org](http://www.giveupyourcup.org)

# Give Up Your Cup

## PARTICIPANT HANDBOOK

### ABOUT DRAVET SYNDROME FOUNDATION

The mission of Dravet Syndrome Foundation (DSF) is to aggressively raise research funds for Dravet syndrome and related epilepsies; to support and fund research; increase awareness and to provide support to affected individuals and families.

DSF focuses its work and funding in several key areas: Research Grant Awards; Annual Research Roundtable; Patient Advocacy; Patient Assistance Grants; Biennial Family & Professional Conference; and Professional Education. Through our programs, we are able to fortify our efforts to increase research, provide support and advocacy, and increase education and awareness.

DSF is a 501c3 nonprofit organization founded in 2009 by a group of parents who wanted to expedite research to find a cure and better treatments for their own afflicted children. Since its inception, DSF has awarded over \$10.5M in Dravet-specific research grants and over \$250K in patient assistance grants.

[www.dravetfoundation.org](http://www.dravetfoundation.org)

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# VIRTUAL FUNDRAISER

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Dravet Syndrome Foundation (DSF) is challenging you this March to give up your cup! Give up your coffee, tea or other "cup" for one day, one week, or anything in between, then donate what you would have spent to the DSF! Create a virtual Fundraiser and share and compete with your family and friends.



## Directions

- 1 Visit our website at [www.giveupyourcup.org](http://www.giveupyourcup.org)
- 2 Click to register (there is no fee involved)
- 3 Complete registration to get to your Fundraising HQ and set up your fundraising page. Don't forget to customize your page with an image and your language.
- 4 Promote and share your fundraising page by email and through social media with your family and friends. Encourage them to donate and/or to start their own campaign
- 5 You can also collect offline donations then enter them in your portal towards your fundraising total. Make sure to mail them in along with the completed offline donation form.
- 6 Double your donation - Matching gifts  
Encourage your donors to check with their employer to see if they will match donations made to your fundraising campaign. It is an easy way to double, sometimes triple, a donation.

# INCENTIVES

- 1 Raise \$500 on your "personal" fundraising page in March or become a \$50 a month sponsor from March - December and receive a free Team DSF t-shirt.



- 2 Raise \$1000 or more on your "personal" fundraising page in March or become a \$100 a month sponsor from March - December and receive a Team DSF t-shirt and a custom DSF YETI Rambler.



# #giveupyourcup

**DSF is challenging you this March to Give Up Your Cup! Give up your coffee, tea or other "cup" for one day, one week, one month or anything in between, then donate what you would have spent to DSF.**



## HELP AND SUPPORT

While this handbook will provide you with an overview of the event planning and fundraising process, we know that there will be questions and concerns that may not be covered or addressed. For specific questions, as well as support, please do not hesitate to reach out to a member of the DSF Staff or a Fundraising Committee member. We are here to help!

## DSF STAFF

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