The Sleep Out is an unrivaled experience. It gives a first-hand look at the hardships youth face every single night while also raising money to make a difference in their lives. I was nervous for my first Sleep Out. However, each year I come back. Hearing directly from the youth about their journey and meeting other selfless individuals ends up giving back to me more than I could ever give myself.

-Andrew Hayes
(Associate Board Chair, Oakland)
WHY WE SLEEP OUT?

Because there are 3,500 youth without a safe place to sleep in Bay Area. We believe that no young person deserves to be homeless, that every young person in CA deserves shelter, food, clothing, education...and most importantly to be loved. We believe it is our responsibility as a community to ensure that every young person has an opportunity to achieve their dreams.

WHERE WILL I BE SLEEPING?

Participants will sleep in a parking lot adjacent to CHC. Safety is our primary concern for all members of our community and we will take all necessary precautions to ensure you are safe at the Sleep Out.

HOW MUCH DO I NEED TO RAISE?

We ask that each participant do their best to raise $1,000 individually. Every dollar raised during the Sleep Out will go toward supporting CHC in our efforts to provide shelter and support for homeless and trafficked youth.

HOW DO I FUNDRAISE FOR THIS?

Reach out to family and friends to sponsor you - it is as simple as sending a few emails and posting your progress on social media! Our team will give you tips and guidance to help you reach your goals. We also can work with employers to establish employee matching gifts for participants.

READY TO SIGN UP?

Visit oakland.ypsleepout.org to register. For further information contact Shelby at sbooker@covca.org or call 510-379-1009
2020 Young Professionals Sleep Out

Date: March 20, 2020
Time: 7:00PM-7:00AM
Location: 200 Harrison Street
Oakland, CA 94607
Contact: Shelby Booker
Contact #: 510-379-1009
Contact Email: sbooker@covca.org

7:00pm - 8:00pm
Check-in, dinner, tours, and photo opportunities for social media

8:00pm - 10:00pm
CHC Youth Performances, Testimonials & Awards Ceremony

10:30pm - Midnight
Bed Set Up, Photo Opportunities for social media

Midnight - 5am
You'll attempt to sleep on the street so homeless youth don't have to.

5am - 6:30am
Breakfast and reflections

Breakfast:
Will include pastries, fruit and coffee

Dinner:
Food will be available throughout the evening
2020 Young Professionals Sleep Out

FAQs

What should I bring?
- Weather appropriate clothing
- Personal toiletries
- Any medication
- Sleeping Bag (if you have one)

What should I leave home?
- Please refrain from bringing luxury bedding items, pillows, etc.
- We recommend that you do not wear valuables.

Will I be safe?
Safety is our first and foremost concern whether it is for the young people we serve, or for our supporters and guests. We will take all necessary precautions to ensure you are safe at the Sleep Out.

We encourage you to do social media posts early in the evening.