



Your guide to hosting

A MITO SOCIAL





The Mito Patient & Family Social Playbook

We have heard many people express their desire to meet other Mito families in their communities. Our Mito Patient & Family Socials can help you make those connections. These casual gatherings allow Mito families to meet each other, share stories, give and get support, and realize they're not alone on this difficult journey.

We want to help you get support closer to home, and are hopeful that a Mito Social will offer just that. Anyone who has ever hosted or attended a Social has appreciated the friendship, support, and camaraderie. They truly are amazing.

Thank you for considering hosting a Mito Social -- we will help every step of the way.

For more information, please email Ginger DeShaney, Director of Operations & Communications, at support@mitoaction.org.

Step 1: Find a location and set the date/time

Check with venues in your area for a Social location. We've had Socials in hospital conference rooms, church rooms, community centers, libraries, gyms, and parks. So far, most of the rooms have been available for free (the best kind!). If you need help finding a location, just let us know and we will help you brainstorm locations.



When you host the event is totally up to you. Take into consideration the weather, holidays, the venue's dates, and vacation schedules. The best days to have a Social are Saturday or Sunday.

Themed Socials are popular, too! Halloween, Christmas, Valentine's Day, and all the seasons provide perfect backdrops for a Social (and we can gear our crafts to these themes).

It's best if we have at least a month's lead time to properly promote your event.

Step 2: Promote your Social

Once the date, time, and location are set, we will create a flyer for you to post on your Facebook page and send out in emails. Bring a stack to your doctor's office and ask if you can leave them out in the waiting room and if your doctor can hand them out to Mito patients.

We will send out an email inviting people in the MitoAction database who live in and around your area to attend. We will track the RSVPs and keep you in the loop the whole way. We will also promote your Social on our social media and website.

Step 3: Materials

We will compile a package of materials for you to have on hand during your event. These materials include:

- \$50 stipend check for refreshments
- MitoMan coloring sheets and crayons
- Craft activities for the kids
- Sign-in sheets
- Sharpies and name tags
- Brochures
- Awareness postcards
- Top resources postcards
- Mito tattoos
- Clinician Guide cards
- Bumper stickers
- T-shirts for the host family

Hosts should have the following materials on hand:

- A container for water and a sponge (for the tattoos)
- Glue
- Other crafts or games you'd like to offer
- Pens

Step 4: Before the Social

- Share the flyer on your social media.



- Use the \$50 stipend to buy snacks/refreshments for the Social.
- If you like to bake, create a Mito treat, such as cupcakes with MitoMan or the Mito ribbon!
- Gather any games or crafts you have for the kids.
- Designate someone to take photos at the Social.
- Designate someone to watch over the kids. A teenager would be perfect for the job!



Step 5: Day of the event

Arrive to the venue early to set up the refreshments and materials. Prep the venue if necessary. As guests arrive, introduce yourself and encourage them to sign in and mingle.

Once everyone is there, introduce yourself again, thank everyone for coming, and tell the attendees why you wanted to host a Social. Then have the kids play or do crafts, and the adults can then mingle and get to know each other.

Have fun!

When the Social is done, clean up!

Step 6: Post-event

- Send the sign-in sheets and receipts to MitoAction, PO Box 51474, Boston, MA 02205 or email them to Ginger at support@mitoaction.org
- Share photos with Ginger to post on Facebook and the website

Have fun and remember we are here to help every step of the way! Thank you so much!

