

A Year of AAAs

FALL

GIVE VOICE to Suicide Prevention Week in September

Sharpen Your Knowledge about Depression (EE*)

Educate Peers and Teens (AE)

Pumpkin Patch (MM)

Thanksgiving Gratitude Postcards (PP)

WINTER

Send some Encourage-Mint (PP)

Advocate for Depression Education (AE)

How Full is Your Cup? (MM)

Shamrock Wall of Gratitude (PP)

SPRING

Lunch Table Education (EE)

Educate Parents and Caregivers (AE)

Follow the Footprints (YR)

Positivity Pledge for Mental Health Awareness Month (May)

FUNDRAISING IDEAS

Beacon of Hope Community Walk & Fun Run

Shine Bright NEON Dance Relay

*AE = Advocacy Efforts EE=Education Efforts MM = Mindful Moments

PP = Positivity Promoters YR = You Are Not Alone Reminders



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