

Heart to Heart Conversations



Materials

- Cut out hearts (see next page)
- Heart candy (small packets if possible)

Assembly

- Cut out hearts
- Attach the candy to the cut out hearts

Application

- Valentine's Day can be extra special by handing out heart candy and attaching it to hearts promoting more conversations to bust stigma surrounding mental health issues such as depression.

For more information on teen depression, check out www.ErikasLighthouse.org



Erika's Lighthouse

Let's engage in more heart-to-heart conversations about mental health to reduce the stigma surrounding depression.

Happy Valentine's Day
from the Erika's Lighthouse club!

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