School Clubs that Empower and Educate to Eliminate Stigma

Raise Awareness  Break Stigma  Spread Empathy

www.ErikasLighthouse.org
Peer-led turn-key opportunities to create inclusive school communities

- **Ghost Lollipops (October)**
  Talking about depression doesn’t have to be spooky. Use candy and ghost cutouts to educate teens.

- **Beacon of Hope Door Signs**
  Place lighthouses on offices and classrooms around school to show students where they can find support.

- **Heart to Heart Conversations (February)**
  This Valentine’s Day you can hand out heart candy and bust stigma through conversations.

- **Send Some Encourage-Mint**
  Put together a little note and mint and spread positivity around your school with an Encourage-Mint.

Over 40 more available...
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**AWARENESS INTO ACTION ACTIVITIES**

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