



# TEEN EMPOWERMENT

EMPOWERING TURN-KEY AUTHENTIC

# CLUBS

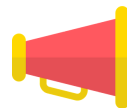
HOPEFUL ACCESSIBLE PEER-LED



## Erika's Lighthouse

A Beacon of Hope for Adolescent Depression\*

School Clubs that  
**Empower** and **Educate**  
to **Eliminate** Stigma



Raise  
Awareness



Break  
Stigma



Spread  
Empathy



Teen Empowerment at  
[www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



## Erika's Lighthouse

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 50 more activities online.  
Create a Resource Portal account to  
access free resources today.



# AWARENESS INTO ACTION ACTIVITIES

[www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)

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