

A Year of AAAs

FALL

GIVE VOICE to Suicide Prevention Week in September

Sharpen Your Knowledge about Depression

Educate Peers and Teens

Pumpkin Patch

Thanksgiving Gratitude Postcards

WINTER

Send some Encourage-Mint

Advocate for Depression Education

How Full is Your Cup?

Shamrock Wall of Gratitude

SPRING

Lunch Table Education

Educate Families and Caregivers

Follow the Footprints

Positivity Pledge for Mental Health Awareness Month (May)

FUNDRAISING IDEAS

Beacon of Hope Community Walk & Fun Run

Penny Wars



**Erika's
Lighthouse®**