

We are thrilled to announce the Bethany Anne Galdes Foundation Founders Day Event:

a celebration to promote mental health & wellness and to promote tools for suicide prevention, to be held on September 22 at Hines Park.

We believe in the power of creativity and fun activities to drive change. At the event, you'll have the chance to connect with like-minded individuals peers, students, young adults, and souls who, just like you, are dedicated to learning and teaching about mental health & well-being.

We would like to invite your group to lead an activity for this event!

Your club or group is invited to design a fun and meaningful activity for Founders Day – you can use ideas we've already tried, or come up with something new! The activity should be related to the pillar of mental well-being that resonates most with your group:



- ✦ **Connectedness**
- ✦ **Physical Movement**
- ✦ **Nutrition**
- ✦ **Sleep Health**
- ✦ **Spiritual Support**
- ✦ **Purposeful Engagement**
- ✦ **Therapy (Group & Individual)**

For example: if you choose the pillar of Sleep Health, you might create an activity that helps teach the importance of quality sleep. Did you know that 50% of people struggle with sleep-related issues? Your activity could focus on practical tips, relaxation techniques, or even a sleep-related game with prizes (sleep masks, small journals - whatever you come up with).

This is your chance to showcase your talents and make a difference.

We have a small grant set aside to help you purchase materials, props, and/or prizes for your activity.

Let your imaginations run wild and come up with an engaging, enjoyable, and impactful way to embrace or teach positive mental health practices. If you'd like to participate, but do not want the responsibility of leading an activity as a group, we are also looking for individual volunteers for the event!

To show your interest, please speak with your club mentor, call or text (313) 590-3743, or email us at butterfly@BAGaldesfoundation.org