

2024 RECIPIENT OF THE CATHOLIC FOUNDATION OF MICHIGAN
COMMUNITY IMPACT GRANT



BETHANY ANNE GALDES

foundation

Be A Founder at

7th Annual Founders Day

**YOUR CLUB OR GROUP IS INVITED TO BE A FOUNDER OF
THIS MENTAL HEALTH INITIATIVE**

**LEAD A FUN AND MEANINGFUL ACTIVITY WITH US
TO IMPROVE MENTAL HEALTH AND PREVENT SUICIDE**

USE IDEAS WE'VE ALREADY TRIED OR COME UP WITH SOMETHING NEW!

You can play a crucial role in ending death by suicide.



Interested? please call or text
(313) 590-3743, or email us at
butterfly@BAGaldesfoundation.org

Save the Date

7th Annual Founders Day

Hines Drive park, Helms Haven Dearborn Heights

September 22, 2024 🦋 1 - 4 pm

FOR MORE INFORMATION
(313) 590.3743
BAGALDESFOUNDATION.ORG



THE FOUNDATION IS A
NON-PROFIT
501C3 ORGANIZATION

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. This event will 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 passionate about saving lives and promoting mental health.

We would like to invite your group to lead an activity with our help!

– you can use ideas we've already tried, or come up with something new!

Activities will be related to one of these pillars



- ✔ **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 ways to improve sleep. Did you know that 50% of people struggle with sleep-related issues? Your activity could focus on practical tips, relaxation techniques ect. We've played sleep charades demonstrating parts of a before bed routine. You can award prizes (sleep masks, small journals...)

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

We will purchase materials, props, and/or prizes for your activity.

You can use our already tried and proven activities or let your imaginations run wild and come up with an engaging, enjoyable, and impactful way to embrace or teach these 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