

CNH | KEY CLUB

Governor's Project



HOW TO PARTICIPATE?

- Partner with local mental health public health organizations and volunteer at their events!
- Make care packages and donate them to local organizations
- Make fidget toys or plushies and donate them as stress relievers
- Make cards and give them to a





"Empowering Minds, Building Futures" and focuses on youth mental health awareness and education.

ERIKA'S LIGHTHOUSE

This project promotes Erika's Lighthouse, a
Key Club International service partner and
nonprofit that works to provide free mental
health programs in schools and
communities. Visit <u>erikaslighthouse.org</u> for
more information on their programs,
resources, and instructions on how to
donate.

