



# CNH | KEY CLUB

Governor's Project: "Empowering Minds, Building Futures"

2023-2025

# GOVERNOR'S PROJECT



**CNH District Service Projects Committee**

Chair Annabel Lee | [sp.chair@cnhkeyclub.org](mailto:sp.chair@cnhkeyclub.org)

# WHAT'S SERVIN' CNH!

The Governor's Project is a 2-year focus selected by the CNH District Governor and Service Projects Committee. The 2023-2025 Governor's Project is "**Empowering Minds, Building Futures**", focusing on mental health awareness and education. Read this manual for ideas on how to promote the project and stay updated for more resources coming soon!

*Serving with a Latte Love,*

*Annabel Z. Lee*

## TABLE OF CONTENTS

Introduction .....	02
What is the Governor's Project? .....	03
Erika's Lighthouse .....	04
Service Project Ideas .....	05
Fundraiser Ideas .....	06
Event Ideas .....	07
Resources .....	08



# INTRODUCTION

## **What is the Governor's Project?**

The theme for the 2023-2025 Governor's Project is "Empowering Minds, Building Futures." The main focus of this project is mental health education and awareness, especially for youth. Over the past few years, mental health has become a more prominent issue and it is important that proper mental health resources are provided to support youth.

# KEY PARTNERS

## **Erika's Lighthouse**

Erika's Lighthouse is a Key Club service partner whose mission is to ensure that no young person feels alone while struggling with mental health. They are dedicated to creating a community of empathy and education. They create upper elementary, middle school and high school mental health, depression and suicide awareness programs so educators, families and teens can create safe spaces to learn about mental health, letting students know they are never alone, and there is somewhere to turn.

# SERVICE PROJECT

## *ideas*



### **Host Awareness Campaigns**

Host a mental health awareness campaign within your community. Spread information and educate others on mental health, stigmas, preventative measures that can be taken, and more!

### **Work with Organizations**

Nationwide organizations such as Erika's Lighthouse and NAMI focus on providing mental health resources and educating others on mental health. Look into their organizations, and reach out to host events with them.

### **Make Stress Toys**

You could make stress balls by filling up balloons with rice, or make a fidget toy by putting a few beads on a pipe cleaner then tying it off to make a fun shape. People can move the beads on the pipe cleaner to count their breaths or if they just need something to do with their hands.



# FUNDRAISING

## *ideas*

### **Fundraise for Organizations**

There are many organizations that support mental health. For example, you could fundraise for Erika's Lighthouse. You can also raise money for local organizations in your community that support mental health, such as public health programs or more specific nonprofits/organizations.

### **Sell Awareness Bracelets**

This is a great way to bring awareness to the many different, while effectively fundraising. The supplies are usually cheap, so you can earn a lot of money from this fundraiser! Donate the money to an organization of your choice that supports youth mental health.

### **Host an Auction**

Create different baskets to be auctioned off to be donated to organizations that support youth mental health. You can even have it based off of certain organizations colors, goals, etc. Make this a community event or partner with Kiwanis clubs in your area!



# EVENT *ideas*

## **Mental Health Workshops**

Hold mental health workshops used to help community members with their stress levels. Workshop ideas can include physical activity, meditation, breathing exercises, etc. This can be an opportunity to give members a break from their busy lives.

## **Breakfast Mental Health Seminar**

Hold a panel of speakers, working with local psychologists and medical professionals, to give an informative presentation on mental health awareness and signs for community members. This can be done over a breakfast or morning tea.

## **Mental Health Awareness Day/Month**

Did you know Mental Health Awareness Day is October 10, and Mental Health Awareness Month is May? During these times, hold a health fair for community members with local organizations to give out information on mental health, and resources such as informative flyers & brochures, stress toys, etc.



# RESOURCES

**Erika's Lighthouse**

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

**SOSP Submission Form**

[tinyurl.com/SubmitSOSP](http://tinyurl.com/SubmitSOSP)

**Spotlight on Service Program**

[cnhkeyclub.org/projects/spotlight-on-service-program](http://cnhkeyclub.org/projects/spotlight-on-service-program)

**Preferred Charities**

[cnhkeyclub.org/projects/preferred-charities](http://cnhkeyclub.org/projects/preferred-charities)