SHINE THE LIGHT
on Mental Health

Presented by Trustmark

Campaign Ambassador Shining Moments

September 18 - October 13, 2020 | Focus this month: **HOPE**

Name:

Let us know how you "Shined Your Light" for HOPE this month!

List of social media posts:

Did you email family & friends? If so, what dates and to how many email recipients?

Did you send notes of encouragement? If so, how many?

Did you take the opportunity to talk about HOPE to anyone? If so, what was their reaction?

Describe one "shining moment" you experienced this month.

To receive credit for your service hours, please submit to Kea Hart (kea.hart@mycanopy.org) by Monday, October 12, and join the ZOOM Ambassador Meeting on Wednesday, October 14 from 4:00 - 5:00 p.m.

mycanopy.org/shinethelight