



SHINE THE LIGHT

— on Mental Health —

Presented by  **Trustmark**

Campaign Ambassador Shining Moments

November 19 - December 16, 2020 | Focus this month: **RESILIENCE**

Name:

Let us know how you “Shined Your Light” for RESILIENCE 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 RESILIENCE 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 Tuesday, December 15, and join the ZOOM Ambassador Meeting on Thursday, December 17 from 4:00 - 5:00 p.m.

mycanopy.org/shinethelight