

JFWCC NEW MEMBER PROJECT



MENTAL WELLNESS

#IAm___

LOVED, BLESSED, AWESOME, ENOUGH, WORTHY, STRONG

MISSION

The goal of our new member project is to inspire more conversations and support around mental wellness within the Chesterfield County community, with a specific focus on middle and high school students.



SUPPORT BAGS

We've made a list of supplies such as journals, inspirational stickers, and fidget toys, that we'll be procuring and providing to school counselors and other mental health providers within our community.



T-SHIRTS

As a fundraising project, we're selling customizable t-shirts. Check out our website to customize your shirt today!



PLANS FOR THE FUTURE

Looking towards the future, we've already started laying the groundwork for future events focused on mental health. As an example, we'd like to host an event to align with the new suicide prevention 3-digit phone number in July.

WAYS TO GET INVOLVED

- Buy a t-shirt
- Purchase an items from our Amazon list by 4/22
- Volunteer to help us assemble the support bags
- Share our project on your social media #IAm___
- Make a donation through the link on the JFWCC website

