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April 2022

Dear firstname,

With the hope of spring in bloom, our 3rd annual **Spring Rise Up Campaign** has officially broken ground! After taking some much-needed time to improve our operations and align to the needs of our community, we are so excited to share what we have planned for you these next 3 months... Special outreach events, our 2nd annual **Life of Joy Day**, new social media campaigns, and various fundraisers to build joy in our community, uproot stigmas, and expand our reach. Plus, a big, **bold fundraising goal** for advancing our programs and *Strengthening our Roots* with you this year! All for the continuously rising need of #holisticmentalhealth and #suicideprevention.

Check out the **spring lineup of events** below and visit our **campaign headquarters** for more ways to get involved, grow your support toolbox, and join in the quest.

Here's to Rising Up together!

Joy Cortina

Founder & ED

[Go to Event Pages](#)

[Click image to download PDF.](#)



Spring #LOJRiseUp Campaign

@lifeofjoy.fdn



Calendar of Events

Mental Health First Aid Trainings

at The Church at Severn Run

Youth MHFA - April 29th, 8am-4pm
Adult MHFA - May 6th, 8am-4:30pm
Youth MHFA - June 18th, 8am-4pm

Teen Support Group

at The Y in Pasadena

1st Mondays
7:30-8:30pm
April 4th, May 2nd, June 6th

Teen Socials

Manifest It! Vision Board Building
April 23rd, 2-4pm
Severna Park Chamber of Commerce

Nature Walk
May 21st, 11am-1pm
Kinder Farm Park

Self-Care Saturdays

Mini Videocasts with
LOJ Community Partners
Facebook & YouTube

Fundraisers

Tea & Tai Chi
April 22nd, 6:30-7:30pm
Jing Ying Institute

Cornhole Tournament
May 21st, 1-5pm
(API) Athletic Performance Inc.

Virtual Trivia Night
June 20th, 7pm
with WALSHTrivia Events & Ent.



Life of Joy Day!!

COMMUNITY WELLNESS DAY

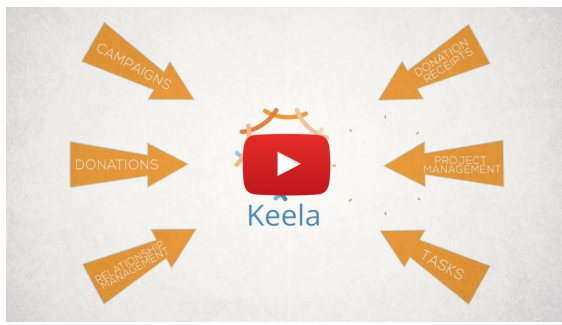
Saturday, June 4th
11am-3pm
at The Church at Severn Run

Learn more at LifeofJoyFoundation.org
Questions? Email info@lifeofjoyfoundation.org

NEW! Self Care Saturdays

Welcome to LOJ's new **#SelfCareSaturday Rise Up Series!** Throughout this spring campaign on our **Facebook** & **YouTube** channels, we'll be hitting on a variety of topics, events & local efforts for **#holisticmentalhealth** & **#suicideprevention** - hosting a variety of mental health professionals, wellness practitioners, team members and LOJ Community Partners.

Here is last week's kick off with **Samantha Straub Consulting, LLC**, school counselor with Severn School and therapist with of **Waypoint**



Wellness Center! Learn more about her **Summer Camps**.

Join us TOMORROW 4/16 @ 9AM to hear more about our spring events and **youth support programs** with LOJ Youth Leader, Katie Linnekamp.

RSVP for LIFE OFJOY Day!!

Word is out for our **2nd Annual #LOJDay!** Join us **Saturday, June 4th** for this fun, family-friendly community event with activities for all ages to build joy in mind, body and spirit. It's all about #mentalhealthawareness, connecting to resources, building community, and shining light on holistic mental health and suicide prevention. Event schedule and activities sign-ups are coming soon! Be sure to **register via Eventbrite by 5/1** for email updates/announcements.

LIFE OF JOY FOUNDATION welcomes you to

2nd Annual Life of Joy Day!

SAVE THE DATE!

Spring #LOJRIseUp Campaign

SATURDAY, JUNE 4
11AM - 3 PM
THE CHURCH AT SEVERN RUN
8187 TELEGRAPH ROAD
SEVERN, MD 21144

LIFE OF JOY FOUNDATION.ORG

FREE ADMISSION!
FAMILY-FRIENDLY!
ALL ARE WELCOME!

LET'S BUILD HOLISTIC
MENTAL HEALTH TOGETHER.

Featuring:
Live Music by Life of Joy Band
LOJ Zone: Life of Joy programs, events, raffles, merch & more!
Resource Zone: local wellness practitioners, mental health professionals & community organizations

Something for Everyone:
Yoga | Zumba | Self-Defense | Singing Sound Bowl Bath
Scavenger Hunt | Kickball | Bubble & Coloring Fun

#buildyourjoy
@lifeofjoy.fdn

A starting glimpse of what we are lining up for you...

- Yoga by Crofton Yoga & Jessie Rhines
Yoga Therapy
- Singing Sound Bowl Bath with Real
Eyes Meditation
- Self-defense class with Anvil Self
Defense
- Zumba with Roxana Acevedo
Berkheimer
- Kickball, gaga ball, bubble fun and so
much more!



FRIDAY, APRIL 29TH, 8AM-4:00PM
THE CHURCH AT SEVERN RUN

Hosted by:  **Life of Joy**
FOUNDATION

Friday, April 29th | 8AM - 4PM

The Church at Severn Run

Did you know 1 in 5 teens and young adults lives with a mental health condition? Join us on Friday April 29th for our next **Youth MHFA Training**, and learn how to better support youth in mental health challenges and potentially crisis situations.

Who is this training for?

▣ Teachers, school staff, coaches, camp counselors and youth leaders; first responders, faith leaders and care professionals who work with youth; caretakers, friends and family members; advocates in training; and any concerned citizen who wishes to be better prepared for such situations!!

Class is limited to 25 participants, so register ASAP. It's worth taking a day off of work, and some employers may even pay for it if it's relevant to your line of work or within their budget for professional development.

REGISTER by Monday 4/25!

[Click here for Event Flier](#)

[Sign Up now!](#)

[Invite others through Facebook](#)



Teen Social

April 2022

Saturday, APRIL 23rd
2-4PM

@ Severna Park Chamber of Commerce



Saturday, April 23rd | 2-4 PM

Severna Park Chamber of Commerce (1 Holly Ave, Severna Park MD)

Manifest It! Vision Board and Sound Bowl Meditation

Calling all teens! Build your #LifeOfJoy with a vision board craft and sound bowl meditation activity. Light refreshments and plenty of fun provided. **Sign up by Wednesday, April 20th!**

About Life of Joy Teen Socials:

Fun, fellowship, and connection for teens (ages 13-18) who care about mental health. Monthly meetups to decompress, share life, and connect to broader resources and empowerment opportunities. Quarterly outings focused on mind, body, and spirit wellness (hiking, yoga, concerts, etc). Join our LOJ Teen Community!

[Click here for
Event Flier](#)

[Sign Up Now!](#)

[Invite others
through
Facebook](#)



TEEN SUPPORT GROUP

MONDAY 5/2 @ 7:30PM ET
The Y in Pasadena



Monday, May 2nd | 7:30-8:30 pm

at the Y in Pasadena

(26 Magothy Beach Rd Pasadena, MD 21122)

While not group therapy, our LOJ Teen Support Group is a safe space for teens ages 13-17 to engage in healthy dialogue and activities around mental health and life's challenges. This month's facilitators:

Licensed Therapist, Sal Schittino of **Community Mental Health Associates**, & LOJ youth leader, Bailey Bickley.

Know of any local school clubs, teen youth groups, or other individual teens that this might benefit?

Please share the word and invite them/their parents into this FREE support opportunity!

Register by Noon on 5/2

[Sign Up Now!](#)

[Invite others through Facebook](#)

LOJ Community Facebook Group

If you're not a member yet, we invite you to join LOJ's private online community on Facebook. Share healthy, safe conversation around mental health; engage in our community happenings; and build relationships with our other followers, supporters and wellness partners.

[Join our Community](#)

Special Note: If anxiety, depression or thoughts of suicide are hitting home for you or someone you know, please don't go it alone. Search the [MD Psychological Association](#) or [Teen Counseling](#) for professional support, or contact one of these [crisis resources](#) . Added support is available here for the [Black community](#) and [LGTBQ community](#).

Thank you always for your support!

Fostering a holistic approach to mental health and suicide prevention.



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