

# Campaign Countdown!



#LOJRiseUp

Outreach | Events | Fundraising

@lifeofjoy.fdn

Dear firstname,

Welcome to April! As the bloom of spring brings new life, a sense of illumination and sustainability is rising here at Life of Joy! Officially kicking off on April 15th, our **4th Annual Spring Rise Up Campaign** will once again feature a two-fold focus on outreach and fundraising.

Our outreach efforts will make for a robust calendar of MHFA trainings, NEW support programs soon TBA, and various community events: starting with our first custom **Songs of Hope - Youth & Young Adults Edition** on Sunday April 16th and ending with our 3rd Annual **Life of Joy Day** on Saturday June 10th (YES, this is a date change from the previously casted May 6th... click here to [SAVE to Google Calendar](#)).

All the while, development goals for maximizing our partnerships, staffing SEVERAL paid positions, and releasing Phase 1 of our online hub, all call for more **Golden Roots Givers**, corporate sponsors and LOJ Builders in our community!

So as we countdown to kickoff, **scroll on for info on various programs/events** - including our **2023 Spring Rise Up Rally!**

And as always, PLEASE reach out if you are needing any kind of mental health support for yourself or a loved one. Simply reply to this email.

To Rising Up and a Life of Joy,  
Joy Cortina  
Founder & ED

[Calendar of Events](#)

[Donate Now](#)

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## 2023 Rise Up Rally!

Calling all Life of Joy community members and supporters! As we approach the kickoff to our spring campaign, we invite you to a "**Rise Up Rally**" on **Tuesday 4/11 @ 6PM!** This annual tradition is a call-to-action meetup (via Zoom) around helping Life of Joy get the word out and build engagement in our campaign events, fundraising, and outreach efforts!

Whether it's by helping us fundraise, becoming an ambassador, volunteering at an event, or simply sharing about our programs and upcoming events, YOU are a SPRING to the roots of our mission for #holisticmentalhealth and #suicideprevention! **Register to gain access!**

[RSVP / Register Now!](#)

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## Songs of Hope - Youth & Young Adult Edition!

Our team and **Life of Joy Band** are psyched to bring our very first custom **Songs of Hope - Youth & Young Adult Edition** to **St. Philip Neri Parish** and the surrounding community!

This will be SUCH a door opener for area youth around the tough topics of suicide and mental health. Area families, middle schoolers, high schoolers, young adults, youth groups, small groups and youth leaders are all welcome. Join us as we build community & **#BreaktheStigmas** around suicide and mental health - and walk away with opportunities for supporting yourself and others!

**Please RSVP by April 9th.** You can register solo, as a fam, or for a group!

[RSVP now!](#)

[Go to Facebook Event](#)

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Youth & Young Adult Edition!

# Songs of HOPE

AWARENESS EVENT FOR SUICIDE PREVENTION  
& HOLISTIC MENTAL HEALTH

*bringing light* TO THE CAUSE, THE STRUGGLE & THE COMMUNITY



*Lifting mind, body & spirit*



with music by  
*Life of Joy* Band,  
encouraging testimonials,  
healing prayer,  
& tips for support

A faith-based program bringing HOPE, awareness and resources to those impacted by suicide, anxiety, depression, and other mental health challenges. Join us as we build community & **#BreaktheStigmas** around suicide and mental health - and walk away with opportunities for supporting yourself and others!

For middle schoolers, high schoolers, young adults and families.  
Youth groups and leaders welcome!

SUNDAY

**APRIL 16TH**

**Doors open at 6:15 PM**

Come early for welcome activities!

**Program runs 6:45-8:00 PM**

Fellowship & post program  
activities until 8:30PM

**5PM Catholic mass open to all**

Saint Philip Neri Church  
6405 S Orchard Road  
Linthicum, MD 21090



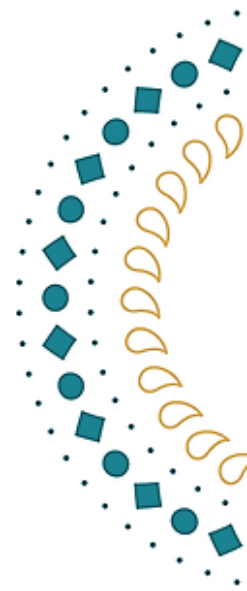
QUESTIONS?  
Email Hunter at [hluers@spnmd.org](mailto:hluers@spnmd.org)

Registration requested by April 9th  
**[SPNsongssofhope2023.eventbrite.com](https://www.eventbrite.com/SPNsongssofhope2023)**



# TEEN SUPPORT GROUP

**MONDAY 4/24 @ 7:30PM ET**  
**at Stage & Screen Studios**



Our next **Teen Support Group** meeting is **Monday, April 24th** at 7:30pm at **Stage & Screen Studios**. While not group therapy, this is a safe space for teens ages 13-17 to engage in healthy dialogue and activities around mental health and life's challenges. Facilitated by LOJ Youth Leaders and Licensed Psychotherapist Sal Schittino of **Community Mental Health Associates**.

**Register by NOON Monday, 4/24!**

[Click Here to Register!](#)

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## 2023 Showcase & Tasting Expo

Join us on for our first benefit event of the year: the **2023 Showcase & Tasting Expo** with Level 10 Events!

**The NEW Sports Bar Ballroom at Laurel Park**

**Wednesday, April 26th**

**4-8pm**

Enjoy samples of food and desserts as well as beer & wine samples provided by local Maryland restaurants, caterers, breweries & wineries. Raffles, silent auction and portion of ticket sales all go to support LOJ. We hope to see you there!

[Get Tickets!](#)

[Donate an Auction Item](#)

Wednesday, April 26th  
Time: 4-8pm  
Sports Bar Ballroom  
at Laurel Park

# Showcase & Tasting

Tickets \$25 | Exhibitor Booths \$250

THANK YOU TO OUR SPONSORS



Food Samples  
Dessert Samples  
Local Brew Samples  
Local Wine Samples  
Door Prizes Every 30 min



LIVE DJ 4-8pm  
Casino Night Entry  
50+ Local Exhibitors  
Business Networking  
Interactive Photo Booth

Tickets at [ShowcaseAndTasting.com](http://ShowcaseAndTasting.com)

A Portion of Ticket Sales as well as the Silent Auction  
Proceeds to Benefit the **Life of Joy Foundation!**

**Details & Tickets at [ShowcaseAndTasting.com](http://ShowcaseAndTasting.com)**

Questions? Contact Doug at 410-562-5354 or [Doug@Level10.biz](mailto:Doug@Level10.biz)

## Testimonial Tuesday

LOJ has been such a light in my life. I have thoroughly enjoyed being a part of the team as well as being a part of programming like Raise the Roots. I gained valuable insight into what this organization does and how it helps the community. I know teens that have benefited from support groups. I enjoy the light that they bring to our community and have been blessed by all of the team members being in my life.

- Morgan Coakley  
LOJ Volunteer and Program Participant



#LOJImpact

Join our private Facebook Community Group

**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](#).

## Life of Joy Foundation

Fostering a holistic approach to mental health and suicide prevention.



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You can [unsubscribe from this list](#).

[LifeofJoyFoundation.org](http://LifeofJoyFoundation.org)