

Life of Joy Foundation



Spring Rise Up Campaign 

#LOJRiseUp

Outreach | Events | Fundraising

@lifeofjoy.fdn

[Donate Now](#)

May 2023

Happy Mental Health Awareness Month, friends!

And a special Mother's Day blessing to all the moms and mom figures out there (and to the ones held in your heart)!

Now halfway through our 4th annual [Spring Rise Up Campaign](#), we've made some waves with both our outreach and fundraising in the past month (thanks to many of YOU). Reaching close to 100 youth and community members at our first **Songs of Hope - Youth Edition** and training another 36 advocates in **Mental Health First Aid**, our branches of support are getting out there! And largely thanks to all the donors, bidders, raffle chancers and participants at [Level 10 Events' Showcase & Tasting Expo](#), we are now about 20% to our \$15K fundraising goal!

BUT we have lots more to go -- including our [Spring Gratitude Challenge](#), our (just launched) 2023 [Rise Up Raffles](#), & the yearly highlight of our campaign: our [3rd Annual Life of Joy Day!](#)

Read on to see what all's happening, how you can partner with us, and how you and those around you can benefit.

To Rising Up and Building Joy,
Founder Joy & The LOJ Team

[Go to Events Calendar](#)



3rd Annual Life of Joy Day!



Join us!
SATURDAY June 10th
11:00am -3:00pm
Church at Severn Run

The highlight of our annual Spring Rise Up Campaign, **Life of Joy Day** is a community wellness day when we all come together to spread awareness for holistic mental health and suicide prevention.

This FREE fun, family-friendly event showcases our LOJ programs and resources, and features activities for all ages to build joy in mind, body and spirit. **See event flier for details and register below** for ongoing updates and reminders!

VENDORS OPPORTUNITIES:

Are you a mental health professional, wellness practitioner, community organization, or ministry with

services or programs pertaining to wellness of mind, body or spirit? If so, apply to join our LOJ Day Resource Zone! [Click here for details](#) and register by **May 19th**.

SPONSORSHIP OPPORTUNITIES:

Attention all business owners, community partners, practitioners and philanthropists! Could you consider being one of our LOJ Day event sponsors? There are several [Sponsorship Opportunities](#) - including a *NEW Golden Roots YEAR Sponsorship* that we are trying out this year! If you're able to partner on any level, please email us or **submit the [Sponsorship Form](#) by 5/19**. THANK you in advance for your consideration!

VOLUNTEER AT LOJ DAY!

Come be a part of the LOJ Day event team! We are looking for volunteers from setup to breakdown, and shifts in between. [Click here to view the slots](#) and **sign up by May 20th**.

LIFE OF JOY FOUNDATION welcomes you to

3rd Annual *Life of Joy Day!*

RAIN OR
SHINE!

Spring Rise Up Campaign 

SATURDAY, JUNE 10
11AM - 3 PM
THE CHURCH AT SEVERN RUN
8187 TELEGRAPH ROAD
SEVERN, MD 21144

Full Details at
[LOJDAY2023.EVENTBRITE.COM](https://lojday2023.eventbrite.com)

FREE ADMISSION!
FAMILY-FRIENDLY!
ALL ARE WELCOME!

LET'S BUILD HOLISTIC
MENTAL HEALTH TOGETHER.



@lifeofjoy.fdn

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:

Scavenger Hunt | Kickball | Bubble & Coloring Fun
Yoga | Tai Chi | Singing Sound Bowl Bath & More!

#buildyourjoy



Register Now!

[Register Now!](#)

[Follow & Invite on Facebook](#)

Rise up & Donate Today!

As we enter the second half of our [Rise Up Campaign](#), we are starting our first real push for monthly giving -- with a deep need of onboarding at least 30 new monthly Golden Roots Givers! Donating \$10 a month or more, **could you help us strengthen our roots and be one of the 30?**

Just as our LOJ Tree represents the many branches of wellness and support one can need, our [Golden Roots Givers Club](#) symbolizes the extensive network of partners that give sustainability to our programs. Like deeply planted roots, your financial support enables us to grow strong and wide, and to reach more people who need our resources. Whatever amount may possible for you, please review the impact below and consider going gold!



Spring Rise Up Campaign

\$ _____

Your donation of any amount helps us continue in our mission of preventing suicides and helping others build a sustainable Life of Joy

\$500

Helps provide our community with mental health & wellness workshops

\$9,110

LIFELINERS - Golden Roots Givers Level!
Generously enhances our capacity to invest in the quality personnel and resources needed to bring our vision to life.

\$100

SUSTAINERS - Golden Roots Givers Level!
Helps to fund all of our programs, and to increase awareness for the resources in our area.

\$911

EXPANDERS - Golden Roots Givers Level!
Helps us to do the research and grant writing for more significant funding of programs

\$250

Helps fund specialized support groups, and community collaborations.

\$2,500

Significantly helps fund the building of our online hub for integrative care, putting resources at people's fingertips

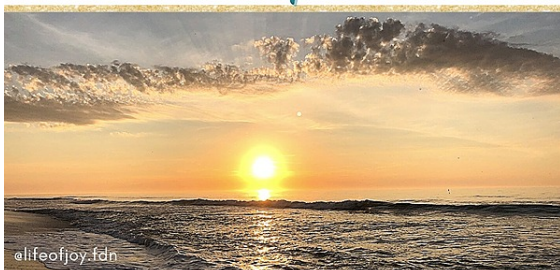
Thank you for supporting our mission for #holisticmentalhealth!
Visit lifeofjoyfoundation.org/donate
[@lifeofjoy.fdn](https://twitter.com/lifeofjoy.fdn)

Give Now

Rise Up Raffles!

50/50 RAFFLE

Spring Rise Up Campaign 



Our [2023 Spring Raffles](#) are on the rise, starting with this year's **50/50 CASH Raffle!** Chances are 1 for \$10 or 3 for \$25, and our aim is at least a \$1000 pot for \$500+ to the winner!

Get your tickets online now through 9PM ET, June 9th -- or in person at LOJ Day. Be sure to keep an eye on the ticketing page and on our social pages for more great raffles to be announced this coming week!

All winners will be drawn IN-PERSON at LOJ Day on Sat, June 10th!

Get tickets now!

Teen Support Group Update!

Please note: no May meeting!

Given a date conflict and the Memorial Day holiday this month, LOJ's Teen Support Group is on break for this month, but will back to regular schedule on **Monday, June 24th @ 7:30PM!**

Register before you forget -- and if you know of any other teens needing some TLC, please share the invite!

What is Teen Support Group?

A safe space to talk life, share struggles, lift each other up, and explore ways to support mental health. **For Ages 13-17**

Facilitated by:

- Licensed Therapist, Sal Schittino of Community Mental Health Associates
- Volunteer Youth Leaders

4th Annual Gratitude Challenge



It's not too late to join our 4th annual **Rise Up Gratitude Challenge!**

Every day, we invite you to jot down the joys, blessings, lessons, hopeful moments of the day! Commit to your own number, but go for noting at least 3 items a day.

To opt in, join one of our challenge groups to get daily prompts and to share the journey with other participants.

[Facebook Group Sign Up](#)

[GroupMe Sign Up](#)

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 LOJ Community!

FOR HOLISTIC MENTAL HEALTH
& SUICIDE PREVENTION

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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