

# Sources of Strength Week

## March 27<sup>th</sup> - March 31<sup>st</sup>



Sources of Strength is a strength-based suicide prevention program that focuses on 8 specific strengths: **Family Support**, **Positive Friends**, **Mentors**, **Healthy Activities**, **Generosity**, **Spirituality**, **Physical Health**, and **Mental Health**. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the tough times no one gets so overwhelmed or hopeless that they want to give up.

Sources of Strength Week at Lost Mountain is March 27<sup>th</sup>- March 31<sup>st</sup>. We will bring light to the 8 parts of the wheel throughout the week with a variety of activities. Dress up days are attached.

We will end our week with a **Mental Health Carnival**. The event will take place during the student's connections time.

7<sup>th</sup> Grade- 9:30-11:15am

8<sup>th</sup> Grade- 12:45pm-2:30pm

6<sup>th</sup> Grade- 2:30-4:15pm

Students will be able to participate in a variety of activities that relate to the strengths wheel. Such as: Board Games, obstacle course, Photo booth, Chalk, bubbles, games, competition, walking etc....

**We need your help** to make this carnival run as smoothly as possible and aid our students in experiencing the sources mission: **spread hope, help, and strength into every corner of our community.**

Please sign-up to [Volunteer](https://www.signupgenius.com/go/409084FAFAF22A3F58-sources1) for the Mental Health Carnival using the following link  
<https://www.signupgenius.com/go/409084FAFAF22A3F58-sources1>

If you have any questions at all, please feel free to reach out to me at [valerie.wombles@cobbk12.org](mailto:valerie.wombles@cobbk12.org)

Valerie Wombles

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