

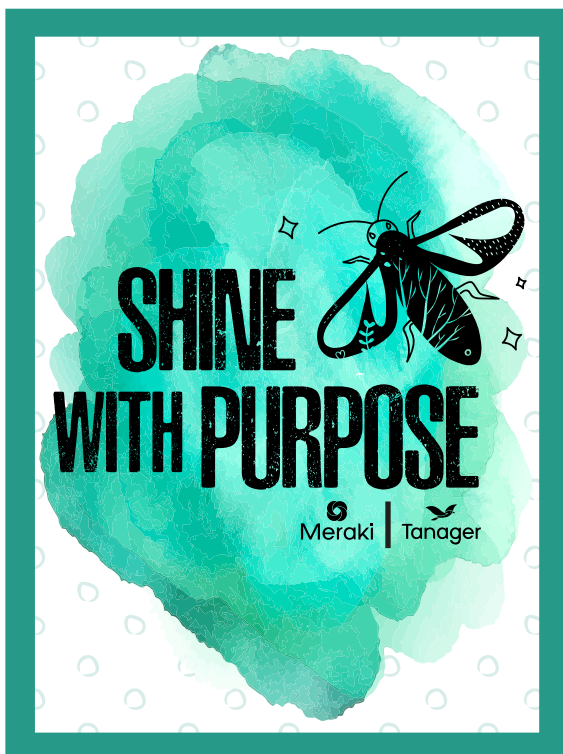


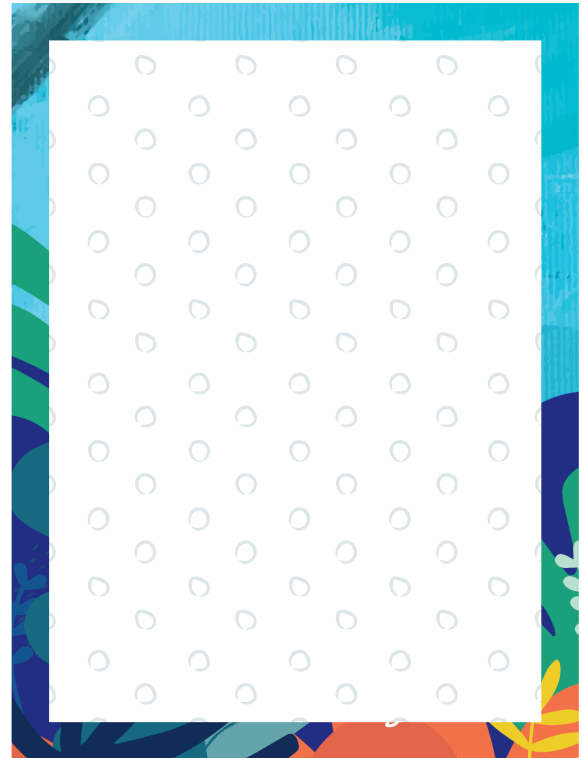
# TOGETHER WE RISE

Meraki | Tanager

(Cut to create individual cards and write personalized messages on the back.)

Use the blank card to write your own affirmation or inspiring message.)





Design your own  
Affirmation Card!  
Some suggestions include:

Sparkle With Strength  
Be a Beacon of Hope  
Carry the Light  
Your Light Helps Me \_\_\_\_

Visit us online for more Mental Health Month resources,  
t-shirts, and event information:

[tanagerplace.org/mental-health-awareness-month](https://tanagerplace.org/mental-health-awareness-month)

