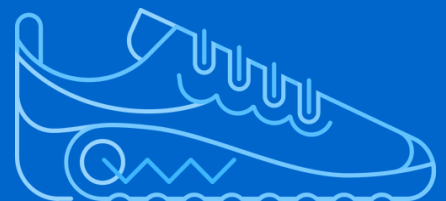
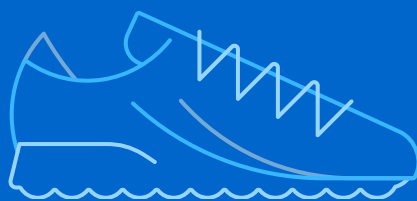


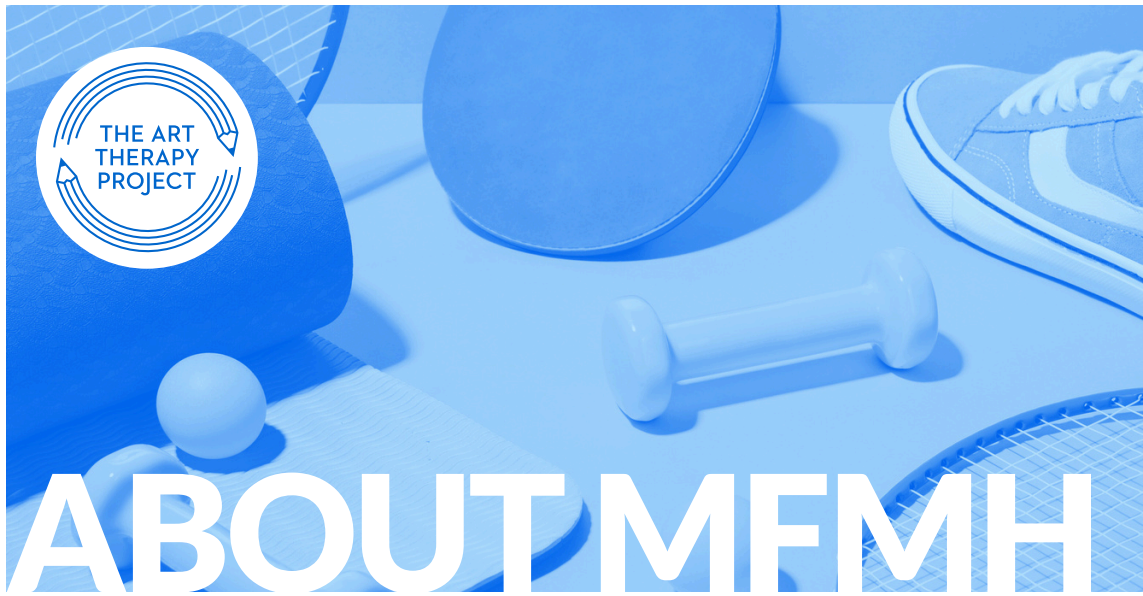


MOVE FOR MENTAL HEALTH RESOURCE GUIDE

JULY 8 - AUGUST 8, 2024

All proceeds from Move for Mental Health will fund The Art Therapy Project's programs.





**Move for Mental Health July/August 2024 is presented by:
The Young Professionals Leadership Group!**

A Self-Care Fundraiser to support the Art Therapy Project's free art therapy programs!

This fundraiser from July 8th to August 8th asks participants to set aside some self-care time while also raising funds for art therapy programs. You can participate as an individual or create a team.

Track your minutes and ask family, friends, and colleagues to make a pledge per minute completed. Accumulate minutes walking your dog, running with a friend, playing tennis, playing Pickleball, or even creative activities like knitting, cooking, dancing, or painting - you can choose whatever activities you enjoy that promote positive mental health and wellness!

ABOUT THE YOUNG PROFESSIONALS LEADERSHIP GROUP

The Young Professionals Leadership Group is a volunteer-driven group of passionate, culturally engaged, and civic-minded supporters under 40. They seek to advance The Art Therapy Project's mission by spreading awareness and raising funds through community events.



MISSION

The Art Therapy Project is a nonprofit providing group art therapy in a safe inclusive space for people in need of mental health services. Clients feel connected and inspired while exploring their personal journeys, increasing their self-awareness, and improving their quality of life.



WWW.THEARTTHERAPYPROJECT.ORG



[@THEARTTHERAPYPROJECT](https://www.instagram.com/THEARTTHERAPYPROJECT)



INFO@THEARTTHERAPYPROJECT.ORG

All proceeds from Move for Mental Health will fund The Art Therapy Project's art therapy programs.

The Art Therapy Project would be pleased to customize sponsorship opportunities to meet your needs.
For more information, please contact Ulises Cartagena at 212.592.2692 or by email,
Ulises@thearttherapyproject.org

**All cash sponsorships are fully deductible to the extent allowed by law.
Thank you.**

FOR PARTICIPANTS

CREATE A PLAN AND REACH YOUR GOAL

1. Set Your Fundraising Goal:

To figure out a minutes goal, think about the activities that you will be doing during the month of July! Are you going to walk an hour a day or create art every day? Thinking about your activity will help you set a goal! For your fundraising goal, we suggest picking a number that feels realistic.

2. Update your fundraising page:

Update your personal fundraising page on PledgIt! Add photos and share your story so others know why you are participating. Individuals who update their page are more likely to maximize their fundraising and increase awareness!

3. Ask for support:

Ask your network to support you in reaching your goals! Individuals can pledge for every minute you travel. Consider all the options when it comes to finding support: text, email, post on social media, write a letter, or call! Don't forget to update your supporters on the progress you are making throughout the month!

4. Log your minutes:

Log your minutes on PledgIt throughout the month! Add your pictures, share your progress on social media, and check back to the homepage. You might be featured on the page!

5. Reach your goals:

Don't forget to thank your donors, share your success with others, and celebrate!

TAG US AND JOIN THE COMMUNITY!



@TheArtTherapyProject



TheArtTherapyProject



MoveforMentalHealth