



January 2021

Well {{firstname}},

2020 has come and gone - certainly a year that most of us will never forget. Yet we hope that each of you have found some silver linings along the way. We surely have here at Life of Joy. Celebrating the good of our first year with you and the hope of what's next, below is a glance of our **Year in Review** and a personal New Year message from our founder.

Also, quick reminder that **TONIGHT Jan 2nd is our first ever Teen Night at 7PM** (register by 6PM!), and coming on the 12th is a new forum called **Making**

Space -- this month, for parents of tweens & teens. Please check them out below and share these opportunities around as we begin putting more customized supports into place!

Health and Blessings,
The Life of Joy Team

PS: Our "**Build Your Joy**" **Journals** are now in stock, ready for pickup or shipping! Check them out at our **LOJ Store**.

2020 Year in Review

[Click here for our Year in Review!](#)



2020 Year in Review

Celebrating YOU,
the GOOD of 2020,
&
the HOPE of what's to come!

THANK YOU!!





[Donate Now](#)

Upcoming Events

Virtual Teen Night

New Year

VIRTUAL TEEN NIGHT

SATUDAY 1/2 @ 7PM ET



Parents -- we're inviting your teens & tweens to join us for our first ever virtual teen night! We'll have icebreaker activities, games, and share a little about our heartbeat. **Click below for full details and REGISTER for by 6PM!**

[REGISTER](#)

Making Space

As we look to put more specific supports into place for different demographics, we're starting a new series of events called **Making Space**. These forums and panels are designed to create open discussions around mental health and to hear **DIRECTLY** from our community as to what kind of supports are most needed.

Making Space

PARENT FORUM FOR STRUGGLING TEENS & TWEENS



Tuesday, January 12, 2021

6:00 - 7:00 PM EST

Our first forum is for **PARENTS/GUARDIANS of teens and tweens**. If you have an adolescent or teenager who seems to be struggling with any type of depression, anxiety, addiction, trauma, eating disorder, or stressor of 2020 (isolation, grief/loss, virtual schooling, etc.) - we invite you to join us and voice what you're seeing, what they AND you are dealing with, what you sense might help, and what support YOU may need as a caretaker.

Register by 1/10 for Zoom access.

REGISTER

Facilitated by three of our Wellness Advisory Board members:

- Sal Schittino, Psychotherapist
- Lauren Jenkins, Mental Health First Aid Trainer & Licensed Counselor

It will take time to build things out, but together, we can all be a part of the solution.

Support Resources

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 **LGBTQ community**.

Facebook Community Group

Join our online family! Share healthy, safe conversation around mental health and build relationships with our other followers, supporters and wellness partners alike. Help us grow and share with friends!

[Join our Community](#)

Thank you always for your support!

Fostering a holistic approach to mental health and suicide prevention.



Our mailing address is:
PO Box 2075
Glen Burnie, Maryland, 21060
United States

Want to change how you receive these emails?
You can [unsubscribe from this list](#).

LifeofJoyFoundation.org