

Promote social and community wellbeing on your team!

Plan a virtual or in-person encouragement card making party to provide emotional support for individuals hospitalized in mental health facilities, a program of [Inspiring My Generation](#), proudly supported by Magellan Healthcare.

Planning the event is easy and your team will be rewarded by the experience! All you need is a date and time, an internet or physical meeting space, your team members, and some paper, markers or other card-making materials! Copy and paste the following to create a calendar request/invitation for your team!

[Subject] Team creative project!

[Copy] Team,

This is an invitation for a team creative activity supporting the [Inspiring My Generation](#) Encouragement Card Program to give hope to someone who feels hopeless and a touch of love to someone who feels unworthy. Through mental health awareness, early symptom detection, emotional support and suicide prevention, the mission of Inspiring My Generation is to save lives.

- **What we'll be doing:** We'll use this time to each create an encouragement card(s) for adults and youth hospitalized in mental health facilities ([more info](#)).
- **Why:** For fun and socialization, to use our creativity and support a good cause!
- **How:** You'll want to come to this "meeting" prepared with paper, markers and any other materials you would like to use to create an encouragement card.
 - Keep in mind, our creations can be simple, and the only requirement is that they are uplifting and positive.
 - Please also avoid religious, gender- or holiday-specific messages.
 - Example card messages include: Get well soon, you will get through this, it is okay not to be okay, and thinking of you.
 - You will see examples below and find more inspiration at the links above, including coloring cards you can simply print out and color. Find other coloring card downloads [here](#).

When cards are finished, they can be mailed to the address below. Inspiring My Generation examines cards to determine the best place for distribution, so please do not seal individual cards in envelopes.

Inspiring My Generation
7957 N University Drive #154
Parkland, FL 33067



Additional party planning resources

- [Inspiring My Generation Encouragement Card Party Guide](#)
- [Inspiring My Generation encouragement cards FAQs](#)
- Tags to include in your social media posts with photos from your event to help spread the word:
 - Inspiring My Generation: [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#)
 - Magellan Healthcare: [Facebook](#), [LinkedIn](#) and [Twitter](#)
 - #inspiringmygeneration, #encouragementcards