



*gives  
cares  
shares*

# EXPLORE GROWTH



## MAY 2025 CARING CHALLENGE

# Make Mindful Mental Health Kits

**Pack care packages that support mental well-being for anyone in need.**

**In the mental health kits include items such as journals, stress balls, teas, and positive affirmations.**

**Photograph your donations and members who participated. Submit your photos with details at [spjst.org/gives](https://spjst.org/gives) and share on social media using #spjstgives.**

**Questions? Call 254-773-1575, ext. 177**