



Building a Community of Kindness



One of the major factors that complicates a young adult's grief journey is the feeling of isolation. AMF works to combat this by helping to build communities of support and empowerment for grieving young adults across the country.

While AMF concentrates on grief due to a loved one's terminal illness or death, we know that there are many young adults facing different types of grief.



JOIN US:

- Host a Young Adult Awareness event in your community and/or on your local campus.
- Help us raise awareness about the unique issues grieving young adults face through your social media outlets - join the conversation. **#youngadultgrief**
- Challenge yourself to complete **#10acts** of mindful kindness throughout April with Debbie's Kindness Challenge.



Debbie's Kindness Challenge

Debbie sought to change the world with 10 acts of kindness a day. In loving memory, her daughter Emily continues the legacy challenging herself to do the same.

"If we could all reach within ourselves and find that inkling to give - that desire to spread kindness, the world could become a better place - even if only slightly."

- Emily Gilbert

Gather your AMFers, friends, and family to create your own kindness team and challenge each other to a month of kind acts ... can you complete **#10acts** of kindness this month?

This challenge helps us to be more mindful about the kindness we are putting out into the world. Maybe you buy coffee for the person in line behind you, or you ask the cashier how their day is as you are checking out. There are so many ways we can bring kindness and joy back into this world!

Will you take the challenge?

DEBBIE'S
Kindness
CHALLENGE

Build Your Own Challenge

- 1** Create your own Kindness Challenge page: https://www.flipcause.com/secure/cause_pdetails/NDgtNTA=
- 2** Share your challenge: social media, email, + word of mouth. Let's spread the kindness far and wide!
- 3** Take pictures + videos of some of your kind acts to inspire others! Use #10acts to join the movement!

Help us create a kinder world + raise awareness about grieving young adults



Young Adult Grief Awareness Month Events

AMF's theme for the month is kindness. Some may ask, what does kindness have to do with grief? We hope to inspire ourselves and others to honor those who have died by carrying on acts of kindness we learned from them or may be inspired by their life's work. Here are some small, easy, and low cost events you can do on your campus or in your community!

Kindness + Compliments Event:

What a wonderful way to show people that AMF is all about support, empowerment, and spreading kindness - let's make everyone feel great about themselves!

Start by setting up a table in a highly trafficked area on campus. Fill your table with sticky notes filled with kind words, compliments, inspiration, and good vibes. For every sticky note that is picked up, ask someone to fill out another one and leave it there for someone else! Maybe they are picking this note up for themselves, or maybe they know someone that needs a bit of a pick me up!



Supplies needed:

- ☐ Reserved space (*high foot traffic*)
- ☐ Table
- ☐ Sticky notes
- ☐ Markers/pens
- ☐ AMF sign/banner/poster/tablecloth
- ☐ Young Adult Grief Awareness Week signage
- ☐ AMF t-shirts
- ☐ AMF panel cards
- ☐ AMF how to help a grieving friend doc
- ☐ AMF grief sucks suckers
- ☐ Snack/drink/etc. to hand out
- ☐ Volunteers to help man table



Free Hugs Event:

The researcher and respected family therapist Virginia Satir once said, *“We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth.”*

Now ask yourself ... how many hugs do you get everyday? If you are like the average American, you are a bit low on your hug intake. Well, it's time to get your twelve hugs in while also brightening other's days!



This super low-cost event will help to break the stigma that grief is always sad, as you pass out hugs left and right! Remind people to get their “hug on” and help them learn more about the great work you do with Actively Moving Forward® (AMF).

Supplies needed:

- | | |
|--|--|
| <input type="checkbox"/> Reserved space (<i>high foot traffic</i>) | <input type="checkbox"/> AMF t-shirts |
| <input type="checkbox"/> Table | <input type="checkbox"/> AMF panel cards |
| <input type="checkbox"/> AMF sign/banner/poster/tablecloth | <input type="checkbox"/> AMF how to help a grieving friend doc |
| <input type="checkbox"/> Free hugs sign | <input type="checkbox"/> AMF grief sucks suckers |
| <input type="checkbox"/> Young Adult Grief Awareness Week signage | <input type="checkbox"/> Volunteers to help man table |



Brewing Inspiration

April can be a stressful month for some; whether a young adult is working or prepping for exams, we could all use a bit more inspiration! Brewing Inspiration is all about providing a bit of a caffeine pick me up with some kind words!

Tell Starbucks or another local coffee shop what your event goals are and ask if they would donate carafes of coffee and small (*tall*) cups to your chapter.

(Remember to let them know that your chapter belongs to a national non-profit so they can get a tax break!)

From here, there are two options for this event:

1. Take some time the evening before the event to write inspirational sayings on the cups in Sharpie.

OR

2. Write inspirational sayings on about 10 cups and then have some Sharpies and the cups on the event table for others to take a cup and leave a cup for the next person with a saying of their choice (*pay it forward style!*)

Supplies needed:

- | | |
|--|--|
| <input type="checkbox"/> Reserved space (<i>high foot traffic</i>) | <input type="checkbox"/> AMF t-shirts |
| <input type="checkbox"/> Table | <input type="checkbox"/> AMF panel cards |
| <input type="checkbox"/> AMF sign/banner/poster/tablecloth | <input type="checkbox"/> AMF how to help a grieving friend doc |
| <input type="checkbox"/> Young Adult Grief Awareness Week signage | <input type="checkbox"/> AMF grief sucks suckers |
| <input type="checkbox"/> Donated coffee + cups | <input type="checkbox"/> Volunteers to help man table |
| <input type="checkbox"/> Sharpies/markers | |



Join the conversation:

AMF is all about seizing opportunities in your grief journey to live out the words **SUPPORT | EMPOWER | CONNECT**. Young Adult Grief Awareness month is a perfect time to remind yourself to pause and spread this message far and wide. Acts of kindness are a perfect way to live these words and help others to as well.

Let's keep spreading the word through our digital communities as well!
We want to hear about your awareness efforts!

