



November is California Lions Project Care **Mental Health and Well-Being** Service Month

Lions Service Project Ideas

- **Check-In & Connect** – Visit or call seniors, veterans, caregivers, or others who may be experiencing social isolation.
- **Wellness & Comfort Kits** – Assemble kits with journals, stress-relief items, personal-care products, and encouraging messages for shelters, youth, veterans, or seniors.
- **Mental Health Awareness Event** – Partner with local professionals or organizations to share trusted resources, education, and support.
- **Youth Wellness Project** – Create calming kits, kindness activities, or positive-message projects for local schools and youth programs.
- **Accessible Wellness Project** – Host a sensory-friendly, wheelchair-accessible wellness activity with adaptive movement options, quiet spaces, large-print materials, and other accommodations so **everyone can participate.**

Tip: Mental health service can be simple. **Connection, movement, kindness, inclusion, and belonging** can make a meaningful difference.