

neighborhood happiness project



**SOUTHBOROUGH YOUTH
AND FAMILY SERVICES**
STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES



**May is Mental Health Awareness Month
and do we ever need some celebration of wellness!**

**Help SYFS to spread cheer by participating
in the Neighborhood Happiness Project.**

**How? Use the cut out below or make your own note that references
"SYFS Neighborhood Happiness Project" and leave it at the door of your
Southborough neighbor or friend. Want to add a plant? A painted rock?
Those flamingoes that made a go around last year or non-"thing" random
act of kindness? Go for it! Just keep it going all month long! (Want to do
this for more than one person? Copy this flyer or print it from our
website.)**

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Hi Friend!

**May is Mental Health Awareness Month and I'm taking part in the SYFS Neighborhood
Happiness Project! I wanted you to know I'm thinking of you.**

**Want to pay it forward? Copy this note or leave your own note referencing
SYFS Neighborhood Happiness Project. You can add a special touch if you want but just
keep this going so that everyone in Southborough can feel some joy.**



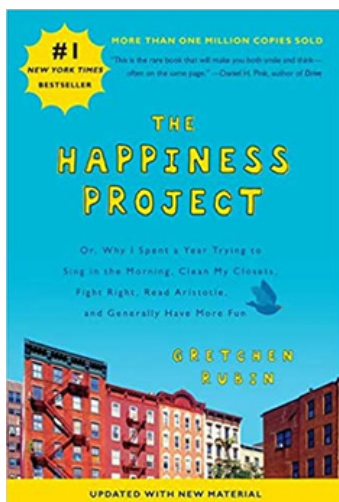
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SYFS COMMUNITY READ



May is Mental Health Awareness Month and we could all use some happiness right about now! While happiness isn't something we can achieve continuously, we can do things to bring more positivity into our lives. Join Southborough Youth and Family Services to discuss Gretchen Rubin's *The Happiness Project*. Reading the book encouraged but not necessary; copies can be found by contacting the Southborough Library.

Date: May 27th, 7 pm on Zoom
register by visiting <http://bitly/syfscommread>



SOUTHBOROUGH LIBRARY