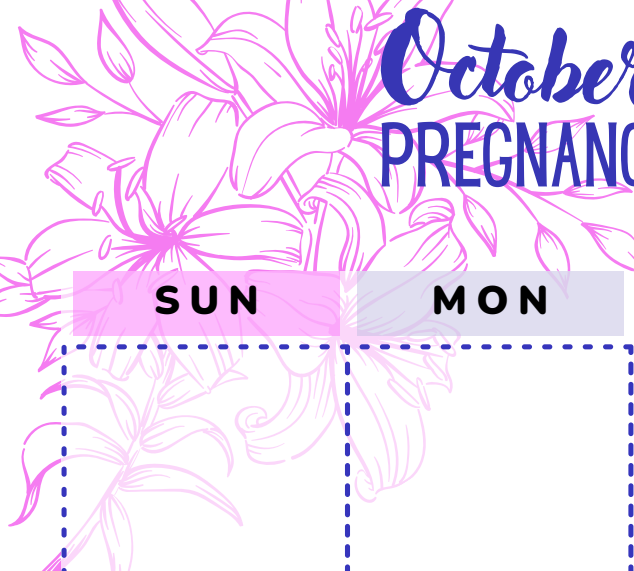
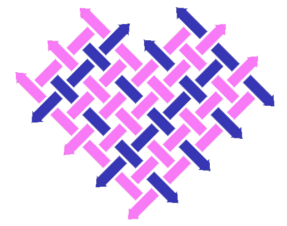


October is PREGNANCY AND INFANT LOSS AWARENESS MONTH

JOIN US IN TAKING ACTION ALL MONTH LONG!



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Visit our <u>website</u> to learn more about our mission and programs	2 Grab a journal and engage in <u>reflective writing</u>	3 Make a <u>donation</u> to support our programs!	4 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss	5 It's National Do Something Nice Day! What will you do for someone else?
6 Join the <u>Wandering Angel Project</u> and request personalized angels	7 Follow us on social media - <u>Facebook</u> , <u>Instagram</u> , and <u>LinkedIn</u>	8 Share this calendar on your workplace, church, or community bulletin board	9 Buy a <u>TTH or Wandering Angel shirt</u>	10 Ask your doctor's office if they'd like educational materials	11 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss	12 Join the conversation - use #TTHremembers on social media posts
13 Make a <u>memorial lantern</u>	14 Send a <u>Comfort Kit</u> to someone who has experienced a pregnancy loss	15 Participate in the <u>Wave of Light</u> at 7pm local time 	16 Invite someone to the <u>Wandering Angel Project Facebook group</u>	17 Purchase from the <u>Perfectly Posh fundraiser</u>	18 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss	19 Take a <u>remembrance walk</u>
20 Start a <u>Facebook fundraiser</u>	21 Check in on a friend or family member who has experienced a loss	22 Tell 3 people about our organization	23 Purchase Comfort Kit & Wandering Angel supplies from our <u>Amazon</u> or <u>Target</u> wish lists	24 Make a memory box with our <u>Healing Through Art</u> project	25 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss	26 It's National Make a Difference Day - do one activity you missed earlier in the month
27 Reflect on your loss with driveway or sidewalk chalk art	28 Share a <u>photo</u> with the Wandering Angel Project group of an angel you've left	29 Invite a TTH representative to speak to your club, business, organization, or faith group	30 Make a <u>donation</u> to support our programs!	31 Happy Halloween - save your leftover candy to donate to TTH	<p><i>Thank you for joining us this month!</i></p> <p>THROUGH THE HEART</p> 	

VISIT WWW.THROUGHTHEHEART.ORG/OCTOBER FOR THE LIST OF LINKS

