

The logo for LEAP, featuring the letters 'LEAP' in a stylized, overlapping, red-outlined font. The 'L' and 'E' are on the left, and the 'A' and 'P' are on the right, with the 'A' partially overlapping the 'P'.

LEAP Presents!

Connection is Prevention

Here is what LEAP is doing to emphasize it

Mental Health Rocks

Paint positive messages on rocks to place around the school campus and the community at large. Make an impact on someone's day by coming to our art cafe on May 11th and/or 22nd in Room 157 or join us at the Blender Dash to support this effort. We will also bring this campaign to Hazelbrook Middle School on a date to be determined.



Mandala Poetry

May 5th from 4:00-5:00 PM for all ages. Learn with others across the country during a Zoom Training, how to clear your mind and use mandalas to focus, reflect and find your center. Powered by the Herren Project Wellness Series, LEAP and Tualatin Together. Location: Byrom Elementary School, Portable 1. Registration is required in advance for supply reasons.



LEAP is hosting a mental health rally in front of Tualatin High School in May. If you are interested in participating or helping with donuts & hot chocolate, reach out to us through Cyndy date undetermined

Contact Cyndy

cvndv@tualatinttogether.org



PREVENTION IS CONNECTION

Join us as we bridge
Mental Health Awareness Month &
National Prevention Month

MENTAL HEALTH ROCKS

Paint positive messages on rocks to share kindness across our community

01

📍 Room 157 @ TuHS
🕒 8:15-9:00 AM

MAY 11 & MAY 22

MANDALA POETRY WORKSHOP

Herren Project is hosting a virtual expressive arts workshop designed to inspire creativity

02

📍 Byrom Elementary (Portable 1)
🕒 4:00-5:00 PM

MAY 5

Registration required

MENTAL HEALTH RALLY

Support mental health awareness with LEAP
Help with donuts & hot chocolate!

03

📍 Tualatin High School (Front)
🕒 4:00-5:00 PM

MAY TBD



Join LEAP & Tualatin Together

