

Wellbeing Waterloo Region

Finding Hope Movement

<http://www.wellbeingwaterloo.ca/blog/finding-hope/>

Need help telling your Story? Here are some tips:

Basic Story Outline - answer these questions:

- Who was involved?
- What happened?
- When?
- Where?
- Describe in more detail what happened & why?
How did it felt?
- A quote - from someone about what happened.
- Include a picture or video clip that brings it to life

Use anything you find on the Wellbeing Waterloo Region **'Finding Hope'** webpages.

It is all free to use and open source - graphics, images, videos, slide decks and text.

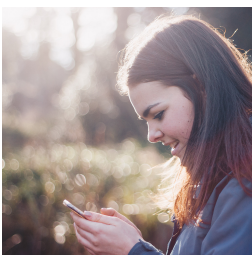
(And don't forget about free use images & graphics from unsplash.com or canvas.com)

Make it your own. There's no 'right' length or 'right' way to tell your story. The more variety the better. If you prefer non-virtual we'd love to see that too - paint a stone, chalk on a sidewalk, signs in a window, snow sculptures, sticky notes...anything goes! Let's put **hope** any & everywhere so that our community can see it, feel it & inspire it.



Don't wait to tell the 'perfect story'
because the need to share our hope and optimism is today.
Do it now. Do it often.
Fill your website,
your social media feed,
your homes and business
with messages and stories of hope and kindness.

We can create a pathway to **hope** in Waterloo Region and in ourselves.
We will flood our community with messages and stories of hope.
Please join us in finding, recognizing and celebrating
the best of us during a difficult time.



@wellbeingwr
#findinghopemovement

