

# 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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## neighborhood happiness project

**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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