

COAST GUARD VISION BOARD EVENT



JOIN WITH PEOPLE FROM AROUND THE COAST GUARD TO FOSTER HOPE, POSITIVE THINKING AND SELF-REFLECTION BY CREATING VISION BOARDS THAT REFLECT PERSONAL GOALS, DREAMS AND SOURCES OF JOY.

THIS CREATIVE ACTIVITY HONORS WORLD SUICIDE PREVENTION DAY AND SUICIDE PREVENTION AWARENESS MONTH BY:

- **ENHANCING MENTAL WELL-BEING.**
- **BUILDING RESILIENCE.**
- **PROMOTING A SENSE OF COMMUNITY.**
- **HIGHLIGHTING YOUR SUPPORT RESOURCES.**

FOR MORE INFORMATION

- **Contact your local Employee Assistance Program Coordinator or Specialist.**
- **If you are remote from an EAPC, please contact PACS Michael Anderson @ michael.a.anderson@uscg.mil for resources to support a local event.**