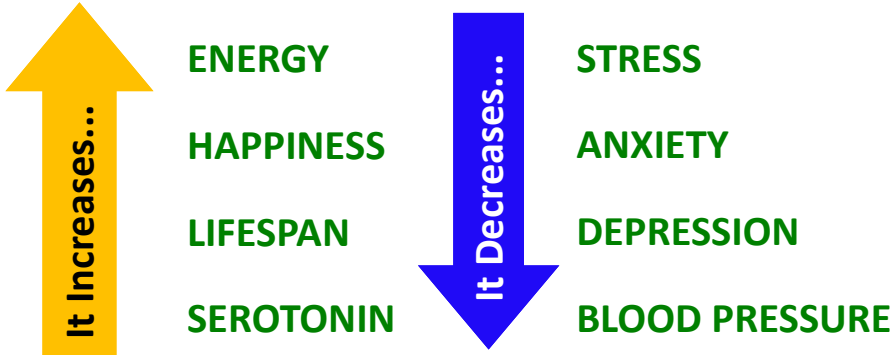


WHY KINDNESS MATTERS



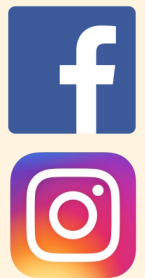
One small act of kindness
can release an enormous
chain of positive events!

- ⇒ WRITE A NOTE OF ENCOURAGEMENT!
- ⇒ BUY COFFEE FOR THE NEXT PERSON IN LINE!
- ⇒ OR GET CREATIVE WITH YOUR OWN IDEAS!

FOR MORE INSPIRATION VISIT
www.randomactsofkindness.org/kindness-ideas

JOIN THE SEPTEMBER FSC ACTS OF KINDNESS CAMPAIGN!

1. Perform an Act of Kindness
2. Post a picture of your AOK on Facebook/Instagram!



Family Service Center of Galveston County's mission is to promote the mental health and wellbeing of all individuals and families by providing COUNSELING, EDUCATION and PREVENTION services.

FSC provides support, builds relationships, creates opportunities for growth and resilience in an effort to foster
A HEALTHIER GALVESTON COUNTY.

Island Office
2200 Market Street Suite 600
Galveston, TX 77550
409-762-8636

STAY CONNECTED!



@fscgalveston
www.fscgal.org

Mainland Office
2901 Termini, Suite C
Dickinson, TX 77539
409-938-4814