



lighthousefoundation.org.au @lighthousefoundation @biancacash

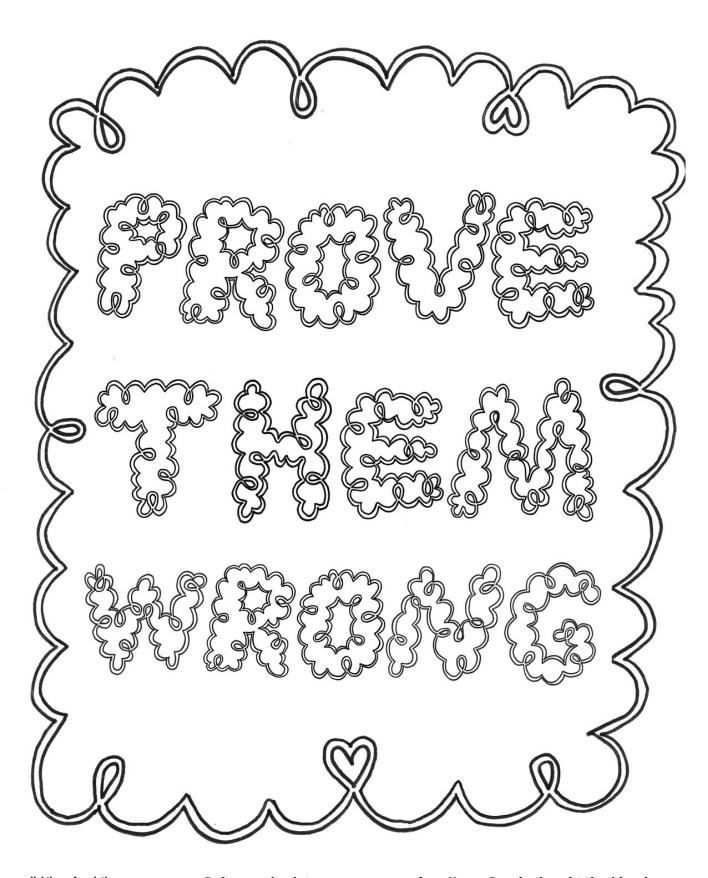


Colouring in this page might help you find a moment of calm.

Our Care Team call this practice 'mindfulness'. Mindfulness can also include things like exercise, meditation, and setting aside some 'quiet time'.

Whichever way you choose to be mindful, it's a great way to relieve stress when your anxiety is high. We often do activities like this with our Young People, and thought it might help you too. We'd love to hear about your mindfulness tips - leave us a comment or use the hashtag #lighthousefoundation.

When we work together and share our knowledge, we can create a change that lasts a lifetime.



lighthousefoundation.org.au @lighthousefoundation @carlaadams

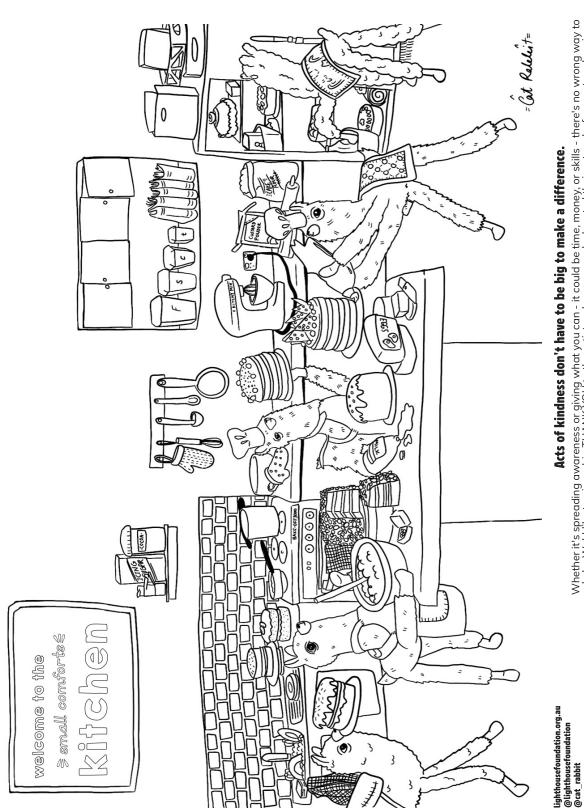


Before coming into our care, many of our Young People thought they'd end up institutionalised.

Some had seen this path laid out for them by their parents, others had experienced it first hand as they fell through the cracks of state institutions.

In fact, some of our Young People have had over 60 'homes' before they arrive on Lighthouse's doorstep. With help from our generous community, we're able to take in these vulnerable kids and help them break the cycle.

Together we can create a change that lasts a lifetime.

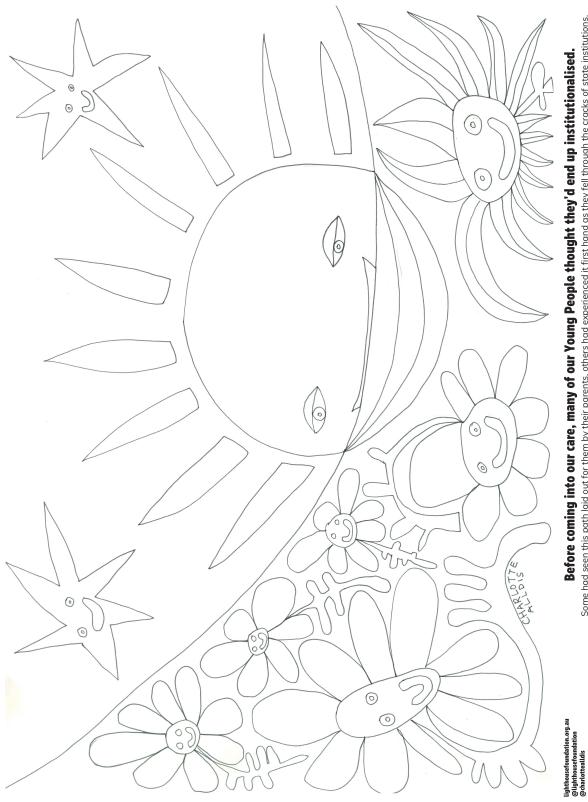


Acts of kindness don't have to be big to make a difference.

Whether it's spreading awareness or giving what you can - it could be time, money, or skills - there's no wrong way to help. We'd like to give a big THANK YOU to the artists who generously donated their artworks for you to colour in. We'd like to thank you too, for taking the time to get to know us. These things might seem small, but they all add up.

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Eoundation
A place where homeless kids belong



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lighthousefoundation.org.au @lighthousefoundation @frances_cannon

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lighthousefoundation.org.au @lighthousefoundation @heygemmaflack



A virus can spread rapidly but so can love and kindness.

Now's the time to for us to look after each other, and to care for some of Australia's most vulnerable children.

In Australia, over 44,000 young people are homeless on any given night. Something small like sharing a picture of your artwork or telling your friends about what we do, can go a long way to help us continue changing kids lives.

If we each put in a little bit of effort, we can work together to create a change that lasts a lifetime.



lighthousefoundation.org.au @lighthousefoundation @ghostpatrol

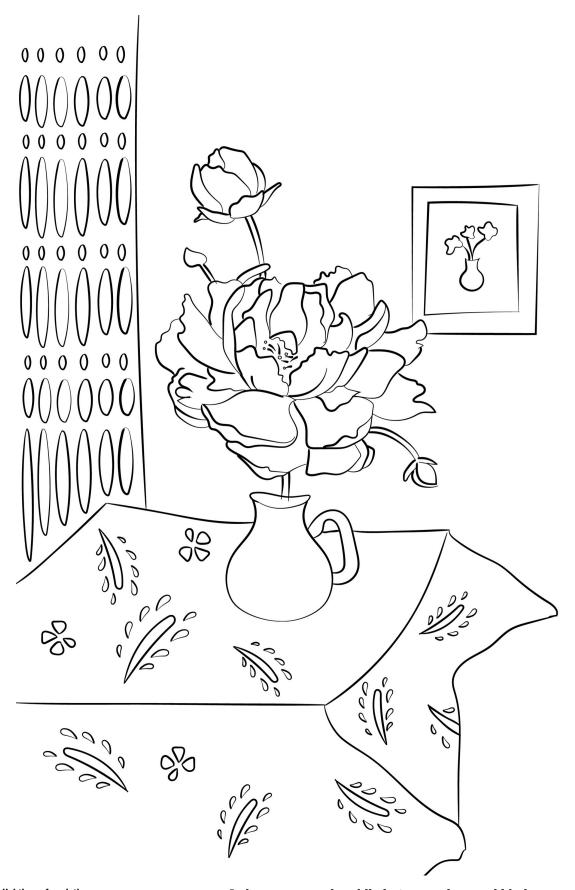


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lighthousefoundation.org.au @lighthousefoundation @helenmccullagh



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lighthousefoundation.org.au @lighthousefoundation @hilarygreen__

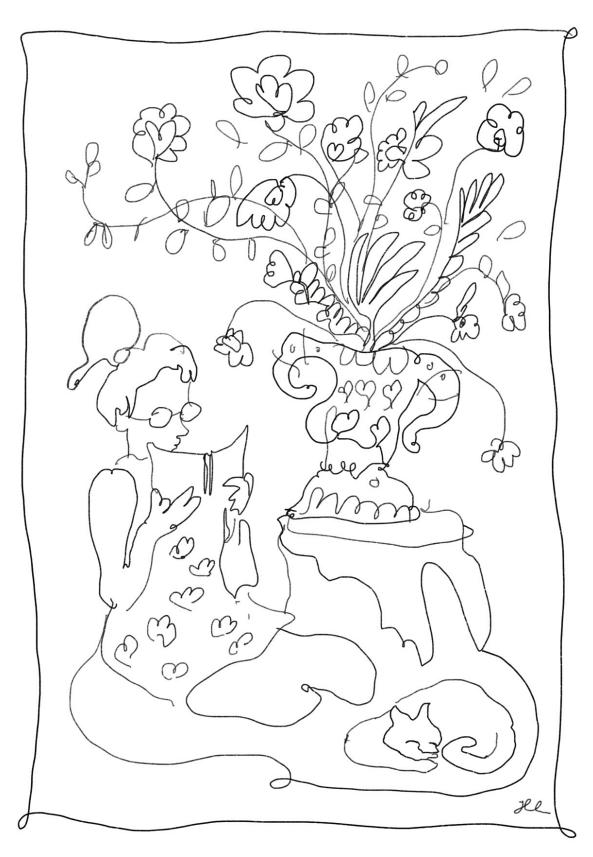
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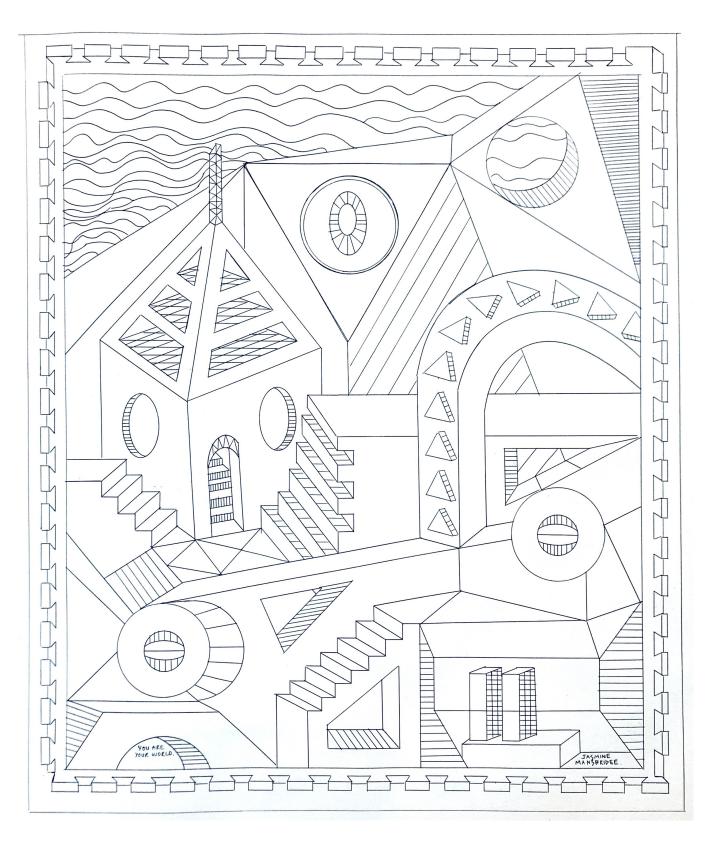
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Your social media profile can be a powerful tool to share Lighthouse's lifechanging work.

We'd love to share with you our Young People's stories of courage and resilience. Take a moment to look at our website, to learn about what we do, and why we do it every day.

Then why not share your finished masterpiece and use the hashtag #lighthousefoundation.



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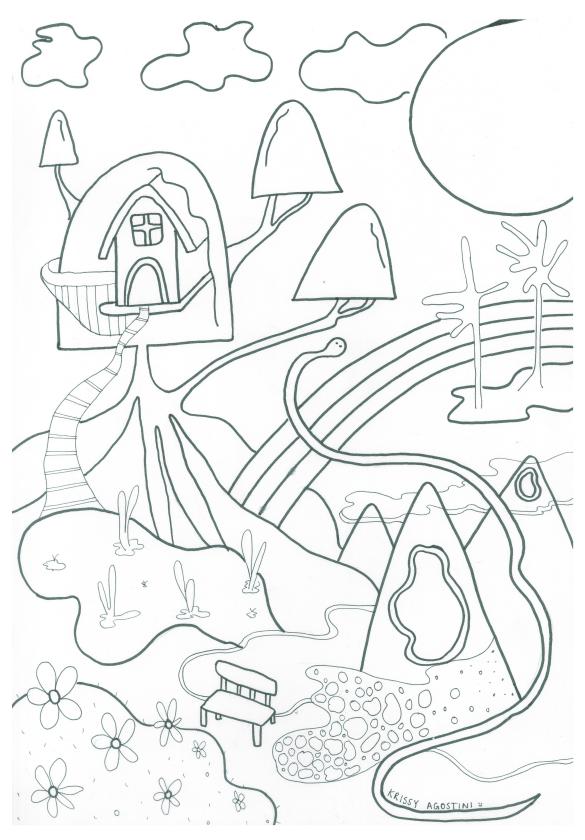


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lighthousefoundation.org.au @lighthousefoundation @making_a_mess__



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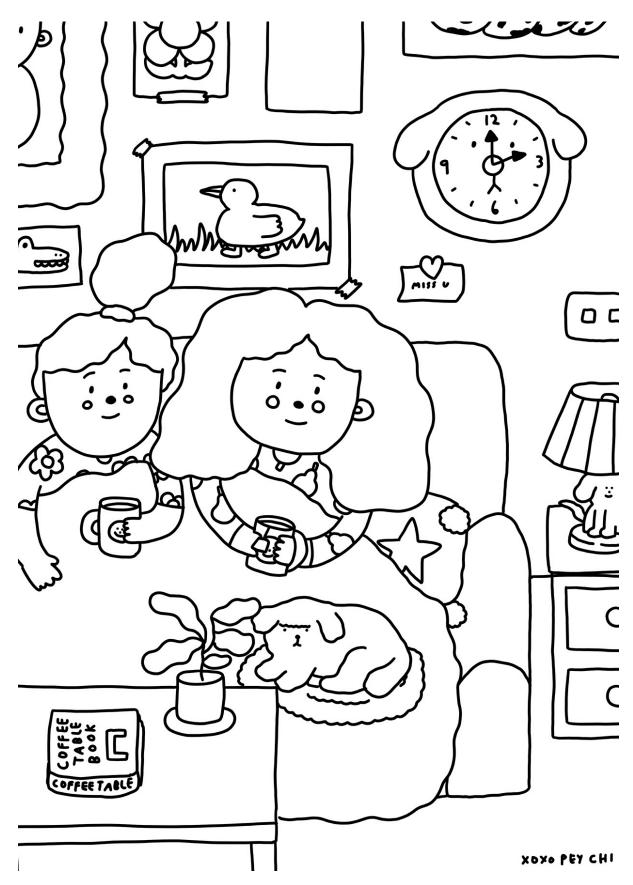
lighthousefoundation.org.au @lighthousefoundation @meganmckean



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lighthousefoundation.org.au @lighthousefoundation @pey_chi



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