Fields For Hope

DID YOU KNOW? HOPE IS TEACHABLE.

WHY FIELDS FOR HOPE?

- Fields for Hope is a project dedicated to using sunflowers to spread the message of hope. Sunflowers have been proven to provide happiness to those that see them, and sunflower fields are iconic symbols of joy.
- Fields for Hope was developed by iFred to use the sunflower as a positive symbol of hope. We ask you to plant sunflowers to raise awareness and share hope with your community.
- Sunflowers serve as a symbol of light and hope. Like the sunflower growing towards the sunlight, Artworks for Hope show us that it is always possible to move from hopelessness to hope.

WHY HOPE?

- Hope is a known protective factor against anxiety, depression, addiction, and suicide. Hope positively impacts all outcomes in life, including academic achievement, athletic performance, health, and resilience.

HOW CAN YOU HELP?

- Dedicate your current sunflower field to hope awareness or plant your own Field for Hope. Be bold and ask a farmer to dedicate his field to the cause: "Would you please put a sign in your field to bring the symbol of HOPE to our community?" Share photos of the farmer and field on social media to inspire others around the world with #FieldsForHope.
- Start conversations about maintaining a healthy brain, especially among youth, and distribute our brochures to raise awareness.
- Print and post the signs found in our digital toolbox and share the photos with us. There are so many ways to help us #PlantHope. If you have a few seeds, a little soil, and a desire to spread hope, join us today.

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."
-Helen Keller

We would like to thank our Sponsors:

iFred™
shine a light on depression HOPE

Fields For Hope
an iFred.org project

Learn more about Fields for Hope by visiting www.hopefulicities.org/art

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