Hopeful Cities™
an iFred.org project

Take the Challenge.

5 Days. 5 Actions. 5 Lessons.

The Five Day Global Hope Challenge highlights the critical hope skills encompassed in the Five Keys to SHINE Hope™. Encourage your community to take the free Five Day Global Hope Challenge and start learning about the science and strategies for hope.

To find free local resources and start activating hope in your life and community, visit www.hopefulcities.org. No matter what life brings, there is always a way from hopelessness to hope.

www.hopefulcities.org
#HopefulCities

HOPE MEANS NEVADA

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SHINE A LIGHT ON DEPRESSION