



Gratitude Tuesday



Gratitude Jar

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Create a Gratitude Jar today using a clear container and brightly colored paper.

Pick a time every day to write down one thing for which you are grateful. It could be every morning at breakfast, every night before you go to sleep, or anytime in between.

Encourage family members to join you in this journey.

Visit your Gratitude Jar and chose a random paper to read anytime you need a reminder of all things that make and your family feel grateful.

NAMI Vermont Gratitude Minute:

We are grateful to our 75+ volunteers who help us run our peer and family support groups each year (both in person and online), in addition to our numerous workshops, classes and presentations around the state. In 2020, we helped 1185 support group attendees and 276 participants of our workshops and presentations.