**NHCT April Prevention Month Email Template**

**EMAIL**a different friend or family member each week letting them know that they remind you of that protective factor. Here’s some sample language:

Hi [Recipient Name],

I just wanted to reach out because, as you may know, April is Prevention Month and this year, New Hampshire Children’s Trust is highlighting factors that strengthen families. It’s [PROTECTIVE FACTOR] week and immediately I thought of you.

So you know, your [REFERENCE TO THE PROTECTIVE FACTOR] inspires me.

If you haven’t already, follow New Hampshire Children’s Trust on Facebook, Instagram, or LinkedIn. You can learn more about their work at [www.nhchildrenstrust.org/prevention](http://www.nhchildrenstrust.org/prevention). I hope their content bring you joy and remind you of others in your life, too.

*For personal reference:*

*Resilience week (Mar 28 – Apr 3)*

*Connection week (Apr 4 – 10)*

*Support week (Apr 11 – 17)*

*Mindfulness week (Apr 18 – 24)*

*Knowledge week (Apr 25 – May 1)*