

1. Got to <https://secure.givelively.org/donate/family-children-s-services-of-mid-michigan/fcs-care-for-yourself-challenge>
2. Select yourself in the “Fundraiser” list on the right side of the page near the bottom

**family & children's services**

## CARE FOR YOURSELF CHALLENGE

There has never been a better time to make self-care a priority.

**JANUARY 3 – FEBRUARY 27**

Join us in this 8-week challenge to encourage well-being, raise awareness, and improve access to mental health services.

\$291 of \$15,000 5 Donors

Set a goal to make self-care a priority during the first 8 weeks of 2021 and you may form a lasting habit that will make you feel happier and less stressed and improve your well-being. We can be so busy with our own schedules that we forget to take time for ourselves. Whether it is exercising, taking, reading, meditating, or another activity, doing what you enjoy has real value in beginning overall health and reducing stress. We all know what they say about putting on your own oxygen mask before you help others. Making your own self-care a priority is good for you and for those you care about!

The challenge starts on Sunday, January 3 and ends on Saturday, February 27. Registration is easy by clicking on the "I Want to Fundraise for This" button underneath the donation amount. You can register as an individual or gather a group of friends, family, or co-workers to form a team and encourage each other in making self-care a priority.

You can create your own page to share your story, your goals, your challenges, and your progress! This reach out and let everyone you know to support your commitment to well-being and good mental health by making a donation to help Family & Children's Services support the well-being of our community by making mental health care available to everyone.

Along the way, Family & Children's Services will be there to share helpful tips on how to make self-care a priority that will help you reach your goals. Well-being. We will also hold virtual kick-off events and an end of campaign celebration of our success!

Everyone who raises \$100 will receive an event t-shirt and a full set of prizes and details can be seen here. Our top fundraiser will win a One-Day Park Hopper pass to Disney World!

MAKE A DONATION

### FCS Care for Yourself Challenge

By Family & Children's Services of Mid-Michigan

One Time  Monthly

Deducte This Gift

**CONTINUE**

f t i s

I Want to Fundraise for This

or log into your fundraising page ->

#### RECENT DONATIONS


Elizabeth Lanning	Forrest T. 2 days ago	\$51
Anonymous	submitted 14 days ago	\$21
Anonymous	submitted 6 months ago	\$51
Carol Anonky	submitted 6 months ago	\$100
Betty O'Neill	submitted 2 months ago	\$51

Fundraisers (1)	Teams (2)
Search for a fundraiser.	
1 Betty O'Neill \$62	
2 Merry Jo Brandimore \$51	
3 Stacey Berg	




### 3. Log in


I WANT TO FUNDRAISE FOR THIS [LOG IN](#)

  
Fundraiser Page

**Donate to Betty O'Neill's Fundraiser**

\$62 of \$100 1 Donor

 I'm fundraising for **FCS Care for Yourself Challenge** by Family & Children's Services of Mid-Michigan


My team is **FCS Mental Health Heros** 

[DONATE](#)

[COPY LINK](#) [SHARE THIS PAGE](#)

**A Note from Betty O'Neill**

Taking the time to do things you love is a commitment to your own well-being. We all need a reminder to take care of ourselves first, especially in challenging times. I am excited for an event that will encourage us all to get this year off to a good start even if we can't gather together and that will also make sure that Family & Children's Services can continue to offer support to anyone who needs it, regardless of their ability to pay.



## 4. Click on “Edit Page”

EDIT PAGE Hi, Betty ▾

Fundraiser Page

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**DONATE**

COPY LINK SHARE THIS PAGE

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MOM PROM family & children's services GREAT LAKES RACE MOM Gender. MOM PROM

9:17 AM

5. Click in the “Add a note” text box and type your message.

6. Click either of the “Save” buttons

### Personalize Your Page

Fundraising for PCS Care for Yourself Challenge by Family & Children's Services of Mid-Michigan

Upload a photo of yourself for your page, add a note that tells people why you're passionate about this cause, and set a goal to track your progress!

**SAVE**


Name on Page  
Betty O'Neill

Add A Note: Why are you passionate about this campaign?  
Week #1 is underway. My goal is to make time to talk with my friends instead of relying on Facebook or texts to make me feel like we are "in touch". So far, so good!

We'll display this publicly on your team page under a section called "A Note From Betty"

Your Fundraising Goal  
\$ 100

Set a goal for this campaign in dollars (e.g., \$500). No commas nor decimals necessary.

Profile Image:  
  
Upload new image

Hero Image:  
Pick a large, high-quality image for the right side of your page.

Default Image

**Image**

Video

No Media

Upload new image

**SAVE**

