

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 this first 8 weeks of 2021 and you may form a 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 walking, biking, reading, meditating, or another activity, doing what you enjoy has real value in improving mental health and reducing stress. We all know what they say about putting on your own oxygen mask before you help others. Making your own well-being 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 by setting off-time a priority.

You can create your own page to share your story, your goals, your challenges, and your progress! This reach out and ask 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 essential 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 list 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

\$25 Provide 10 minutes of support for a child who has experienced trauma.

\$50 Provide assistance with children or student adults to help a loved one access resources.

\$100 Provide one clinic counseling session for someone experiencing homelessness, job loss, or depression or anxiety.

\$100 Provide 1 hour of counseling for a family experiencing depression or anxiety.

\$500 Provide counseling to help someone experiencing depression or anxiety.

Your donation to this project can be used primarily to meet the pressing need for mental health services, especially for those with limited resources.

One Time Monthly

Deduct as This Gift

CONTINUE

[f](#) [t](#) [e](#) [p](#)

I Want to Fundraise for This

or log into your fundraising page >

RECENT DONATIONS

Elizabeth Leving Completed 7 days ago	\$51
Annequinet Completed 14 days ago	\$21
Annequinet Completed 4 months ago	\$51
Carol Anaskey Completed 6 months ago	\$100
Betty O'Neill Completed 2 months ago	\$51

Fundraisers (11) **Teams (2)**


Search for a fundraiser:

1	Betty O'Neill \$62	
2	Merry Jo Brandstrome \$51	
3	Stacey Berg \$51	

A blue arrow points to the entry for Betty O'Neill.


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 the Team Name


EDIT PAGE  Hi, Betty ▾




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

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! I had a great chat with a friend in Florida yesterday.



5. Select “Write Update” or “Edit Team Page”

The screenshot shows a fundraising team page for "Join FCS Mental Health Heros". At the top right, there are three navigation links: "WRITE UPDATE", "EDIT TEAM PAGE", and "MANAGE MEMBERS". Two blue arrows point to the "WRITE UPDATE" and "EDIT TEAM PAGE" links. The page features a team profile picture of a superhero, a progress bar showing "\$88 of \$500" raised, and "2 Donors". On the left sidebar, there is a "JOINED TEAM" button, a "DONATE" button, and "COPY LINK" and "SHARE THIS PAGE" options. Below these is a message from "FCS Care for Yourself Challenge" by Family & Children's Services of Mid-Michigan. A "RECENT DONATIONS" section lists three donations: an anonymous \$21 donation 14 days ago, Betty O'Neill's \$51 donation 2 months ago, and another anonymous \$11 donation 2 months ago. The main content area is titled "Team Members" and shows a "Team Rank #1" and "7" team members. A "VIEW LEADERBOARD" button is present. Below this, a grid of member cards displays the following information:

Rank	Name	Amount Raised
1st	Betty O'Neill	\$62
2nd	Stacey Berg	\$21
3rd	Andrea Plouff	\$5
4th	Amy McDonald	\$0
5th	Elizabeth Laming	\$0
6th	Emily Willoughby	\$0
7th	Christin Rousseau	