



Random Acts of Kindness!

We know that wonderful acts of kindness are occurring every moment throughout our community. We would *love to hear* about yours, whether they are planned or spontaneous; whether you practiced kindness individually, in a group, at school, in your community or at work; or whether you were the recipient of an act of kindness.

Let us *help you* celebrate your successes and honour accomplishments. *Share your story with us and we will share it with our community!*

In the process of acting compassionately, you change life for yourself as well as others. *You give yourself the power to be a hero!*

“It is better to light one candle than curse the darkness”
-- Confucius

For inspiration, you can visit www.actsofkindness.org

Highlight of Good News

- What did you do?
- When did it happen?
- Who was involved ?
- How did they feel (or how do you think they felt)?
- How did you feel afterwards?



Can we share it publicly? _____

Agency/Company Name: _____

Your Name: _____

Email Address: _____ Phone No: _____

Email to: info@unitedwaysimcoecounty.on.ca

Subject Line: **Random Acts of Kindness!**

Thank you for your submission! United Way reserves the right of editorial control.

Everyone has something to contribute

INSPIRE • BUILD • CHANGE

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