

LOST MOUNTAIN MIDDLE SCHOOL



SOURCES OF STRENGTH CARNIVAL



Friday, April 4th, 2025 | DURING GRADE LEVEL
CONNECTIONS



Sources Of Strength has been listed on The National Best Practices Registry by the Suicide Prevention Resource Center and The American Foundation for Suicide Prevention. SOS is an ongoing, strength based, comprehensive wellness program that focuses on teenage suicide prevention. It is a universal program designed to build protective influences and reduce the likelihood that vulnerable youth face today. The program is based on a relational connections model that uses teams of Peer Leaders mentored by Adult Advisors to change peer social norms about help seeking and encourages students to individually assess and develop strengths in their life.

STUDENTS WILL HAVE THE OPPORTUNITY TO PARTICIPATE IN
ACTIVITIES RELATED TO THE 8 PARTS OF THE SOURCES OF
STRENGTH WHEEL

WE WOULD LOVE YOUR SUPPORT IN VOLUNTEERING TO
OVERSEE ACTIVITIES/STATIONS
PLEASE USE THIS [LINK](#) TO SIGN UP

Thank you for supporting our LMMS SOS team

Questions? email Valerie Wombles at
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