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# You & Me Club

YOU GOT ME, I GOT YOU



## Our Proposal

Gina Zou & Tina Zou

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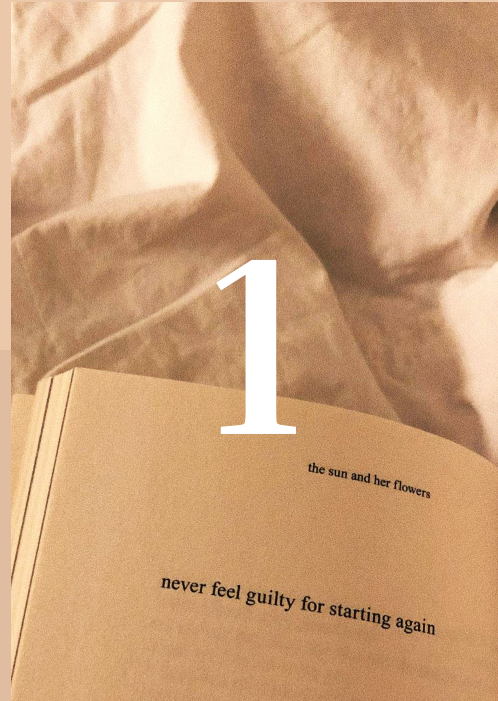
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# Introduction to Club



# Introduction♡

Club Name: You & Me Club

Catch Phrase: You got me, I got you

Leaders: Gina Zou, Tina Zou

Type of Club: Self Care Club

Inspiration: You & The World Project.

Gina's Topic: Suicide

Tina's Topic: Body Positivity



# Purpose

The purpose of our club is:

- ★ Learn more about mental and emotional health
- ★ Make people know their feeling and thoughts are valid
- ★ Notice mental and emotional exhaustion and how to cope
- ★ Create a safe environment where people can be vulnerable
- ★ Pay attention to uneasy feelings instead of pushing them away
- ★ Explore more about yourself and people you surround yourself with

# Objective



# Objective

You & Me Club seeks to create a safe environment to talk about emotions and mental hardships. It is important to care for mental health. So You & Me Club hopes to increase awareness of mental and emotional exhaustion and prevent people from blocking out their feelings any longer. This club will hopefully positively affect the SLA community and bring us closer together.





# Sponsor/ Schedule



# Schedule

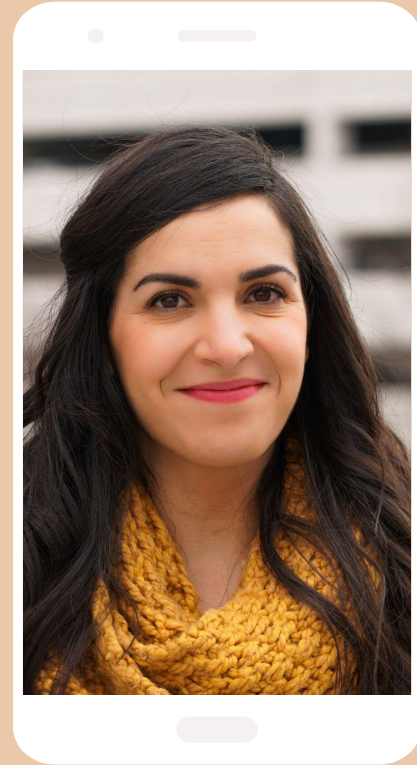


The schedule hasn't been solidified yet but hopefully the club will meet once a week. This may change when the club gets more feedback and when the time actually comes to start the club.



OUR BELOVED SPONSOR:

Ms. Giknis



# Sources



# Survey Form

We have conducted a interest survey for the SLA community's opinion. There is a possibility that our proposal will get rejected but we still created a survey for feedback if we do decide to launch our club next year [2021-2022].

Here is the [link](#) to the survey form. Unfortunately, there is no editing access but it is open for SLA students to fill out. Have a look if you like!

# Brainstorming Document

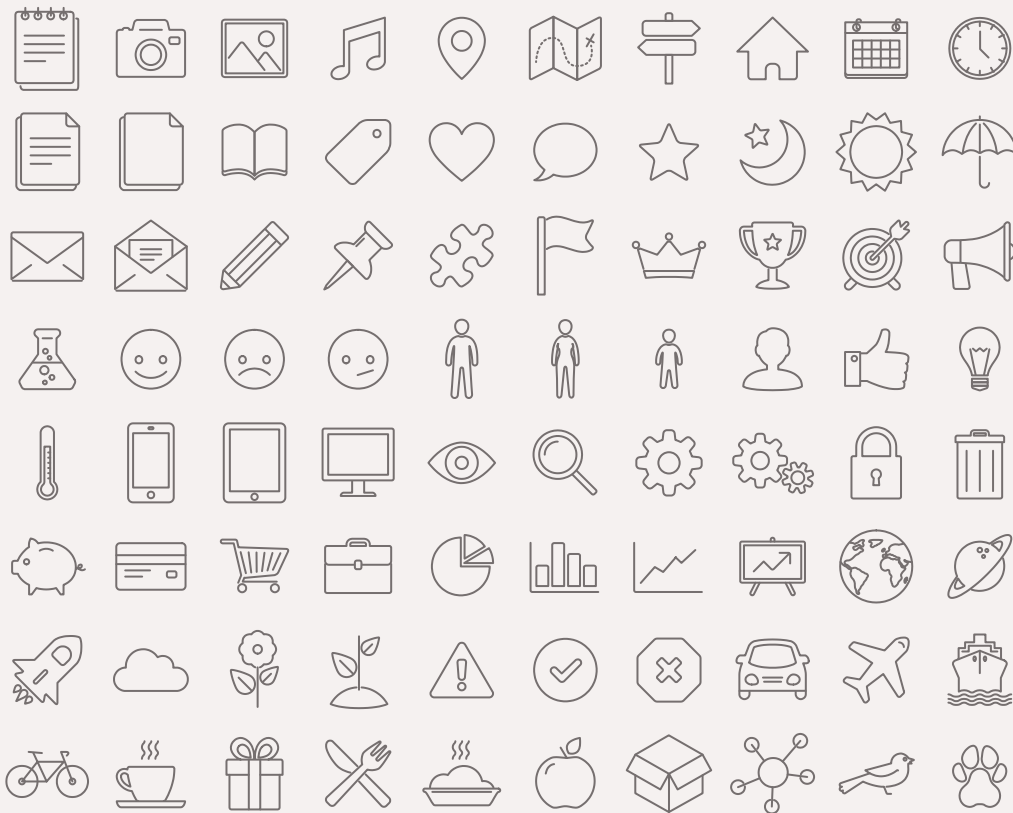
We have a planning document for more information. There will be many updates in the planning document since it's like a brainstorming document. It may be a bit messy, sorry!

It is open for you to look through and see our progress. On the document, you will find more links and ideas on the club.

We hope you accept our proposal:)❤️

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Gina Zou & Tina Zou



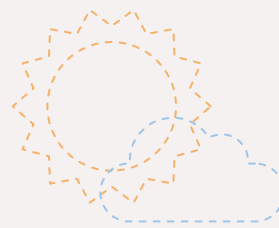
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