

Helping Youth Cope

Delay of Sacraments & More

First Communion, Confirmation, Graduation... *all delayed until further notice.*

While we can't gather to receive the Sacraments and celebrate milestones at this time, there are still some creative ways to help honor the youth who are coping with these delays.

Here are a few ideas...

Back to Basics

- Send a Letter or Card
- Call: "How Are You Doing?"

Distanced Presence

- Drop-off a Gift
- Driveway Visits
- Parking Lot Gathering

Involve the Community & Connect Generations

- Circle Letters – write a little, pass it along...*include a stamp for the next person to use*
- Video Message Series – collect recordings and share all at once...*all from your photo app on your phone*
- Clergy Outreach – ask clergy to share a recorded reflection for candidates or even send them a personal note
- Prayer/Activity Chain – dedicate a Rosary or run a mile to celebrate each person...*it helps them and you*

Signs & Sidewalk Chalk

- Thinking of You
- Love Message from God

Honor the Original Day

- Virtual Retreats
- Mass Online
- Social Shout-Outs

Ways to stay safe:

Safe Environment

Be sure to check and comply with your diocese's policy.

General guidelines include...

- Get parent permission
- Ask to use pictures
- Only use first names
- Don't associate minors with specific places

Health Precautions

Review and follow the local procedures given by government officials.

It is best to...

- Wear a mask
- Stay 6 feet apart
- Wash your hands
- Safely sanitize gifts