

ENVISAGE HOPE CHALLENGES

Welcome to Envisage Hope Challenges! Each week supporters can post a picture or video of themselves completing the challenge with #thereisalwayshope tagging @envisagepregnancyservices. Supporters can challenge those who see their video to donate at www.envisagepregnancy.ca and to complete their own video. We will be posting these challenges on our social media every Sunday and would be grateful if you would like and share them on your social media platforms.

You can also email your videos and pictures to admin@envisagepregnancy.ca to be a part of the end of campaign video montage of all of the challenges! This montage video will be posted on our Facebook, Instagram and Twitter platforms to demonstrate how many people are helping to spread the news that #thereisalwayshope.

Hope Challenge #1: Equipping Families

This week, supporters will post a picture or video of themselves doing some baking while wearing mittens and using only a knife. Sometimes it's hard to do things if you don't have the right tools... At Envisage we believe in equipping families with the tools they need for whatever situation is before them.

Hope Challenge #2: Obstacles Overcome

In this Hope Challenge, supporters will create an obstacle course. Sometimes an unexpected pregnancy feels like a large obstacle that fell out of the sky into the middle of our families' path, but we have seen so many individuals and families overcome overwhelming odds and believe that there is always hope!

Hope Challenge #3: Unexpected

Supporters will post two pictures of themselves – one of them today, and one of them five years ago. Life changes us in ways that are unexpected, but we believe there is always hope!

Hope Challenge #4: Ups and Downs

Sometimes life feels like a rollercoaster with ups and downs... kind of like push ups! This week, supporters will post a picture or video of themselves doing 10 push ups. We meet so many incredible individuals who push through the up and down moments of life and allow us to share with them that there is always hope.

Hope Challenge #5: Trick Shot

When life is complicated, completing our goals can feel like a shot in the dark. It can be hard to see that there is always hope. This week, supporters will post a picture or video of themselves blindfolded completing a trick shot (This could be as simple as some rolled up socks into a garbage can).

Hope Challenge #6: Art of the Day

For our final challenge, supporters will create a collage out of ripped tissue paper or magazine pages and post a picture of their creation. All of us have days when we feel damaged and torn, but at Envisage, we believe that the small, torn pieces of dreams and hopes can be transformed into something beautiful.