Take the Positivity Pledge

May is Mental Health Awareness Month! Take the Erika's Lighthouse Positivity Pledge and commit to a month-long challenge to focus on positive actions, helping others, self-care, and establishing good habits for positive mental health.

Scan here to check out daily mental health tips and resources for the whole month from Erika's Lighthouse!

What’s All The Buzz About?

Enjoy these insect jokes in honor of the upcoming cicadapocalypse!

You’re gnat going to bee alone in loving these bug puns!

How do cicadas know to wake up every 17 years? They have cicadian rhythms.

What do you call an insect that is good at everything? A slaying mantis.

What do you call a well-dressed ant? Eleg-ant.

What does a chatty caterpillar become? A social butterfly.

Why wasn’t the butterfly invited to the dance? Because it was a moth ball.

What do fireflies eat between meals? Light snacks.

What do you call a cheerful flea? A hop-timist.

What do you call a 100 year old ant? Antique.