

Conscious Kindness Day Highlights

On May 16th, 2018, United Way Central Alberta celebrated its first annual Conscious Kindness day. The day was proclaimed in several communities across Canada served by United Way.

To celebrate, we asked individuals to commit conscious acts of kindness to show how much they love their community. We encouraged people to spread local love in Central Alberta by offering compliments, showing compassion, buying coffee for the next person in line and sharing their stories on social media with the hashtag #LocalLoveRD.

Here at United Way, some of our leaders delivered delicious donuts for the agencies that work to improve lives locally. They also walked the streets of downtown Red Deer and plugged car meters to brighten someone's day.

Below are some of the stories that were shared on social media. Until next year, stay kind and keep spreading the #LocalLove.



SchizophreniaAlberta
@SchizophreniaAB

Follow

Today we are spreading #LocalLove with @UnitedWay_CA for Conscious Kindness Day with a little help from our friend Tim Horton's! Let's make this the kindest community around, not just tomorrow, but every day! #doyoupart #localkindness #schizophreniasocietyofalberta #centralalberta



10:21 AM - 16 May 2018



Darlene Wilson
@DarleneW24

Follow

Left on my desk! Someone is practicing #locallove ❤️ #ConsciousKindnessDay @UnitedWay_CA @SouvenyDianna



10:49 AM - 16 May 2018

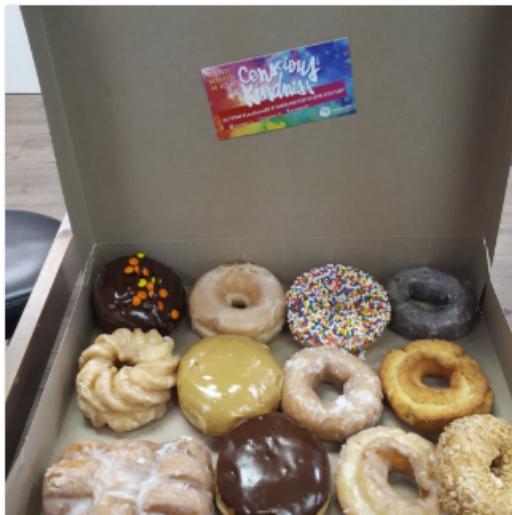
2 Retweets 11 Likes

Reply Retweet Like Email



Turning Point
@TurningPointAB

It started already! Thanks so much!
#LocalLoveRD #LocalLove @UnitedWay_CA



8:03 AM - 16 May 2018

5 Retweets 4 Likes



Bobbi Cullum
@RealTurkeyLady

Follow

Thank you @unitedway_ca #RedDeer ❤️
#localloveRD #locallove #justbecause



8:52 AM - 16 May 2018 from Red Deer, Alberta

1 Retweet 1 Like



Alberta Health Services
@AHS_media

On Conscious Kindness Day, we're spreading
#LocalLove by recognizing the many
Albertans who support the @UnitedWay_CA
each year! #HealthPhilanthropyMonth



4:23 AM - 16 May 2018

8 Retweets 16 Likes



The Outreach Centre
@Womensoutreach

Following

We just received an act of
#consciouskindness #LocalLoveRD. Thank you
@CaUnitedway



8:12 AM - 16 May 2018

2 Retweets 7 Likes



I am Valdene @lamValdene - May 16

Replying to @Womensoutreach @CaUnitedway

Awesome - you so deserve it.

