



nAMI Walks

YOUR WAY

Crafty Saturday



Paper Lanterns

A lantern provides light which can help lead the way forward, lighting a path while pushing aside surrounding darkness. Here is a simple craft you can try at home to create your own lantern to help you follow your path.

Materials needed:

- One piece of translucent vellum paper
- Glue stick
- Scotch tape
- Scissors
- A pipe cleaner
- One LED tealight
- Cardstock paper

[Click here to download a template](#) - if you plan to use the template, print on white cardstock. Otherwise, print on regular printer paper, cut and use it as a pattern on any color cardstock to make your own design.

Once you've gathered everything, [follow these 10 easy steps](#) to create your own personal lantern either to guide your path or to give to someone as a reminder that they are not alone.

NAMI Vermont Minute:

NAMI Vermont can be that lantern for someone who is experiencing a mental illness or mental health challenge or their loved ones. Our programs and support groups can help educate and support people to help them better understand their mental health condition, find the resources they need to build better lives. NAMI Vermont is there to light the path to hope and recovery, to raise awareness so that we all understand that No One is Alone.

To learn more about our current and upcoming NAMI Vermont classes, workshops, presentations and support groups, visit www.namivt.org, email info@namivt.org or call 802-876-7949.