

K E V I N
LOVE FUND

Everyone is Going Through Something


Today:

- Welcome
- Video of Kevin Love
- Creative Project - Letter

“It really makes you think about how we are all walking around with experiences and struggles — all kinds of things — and we sometimes think we’re the only ones going through them. The reality is that we probably have a lot in common with what our friends and colleagues and neighbors are dealing with.”

~Kevin Love





Write a Letter

This letter can be written to someone you are angry with, someone you miss, someone who has died, a part of yourself you'd like to speak to, or it can be a letter about something in your life that happened that was hard.

We're going to write this letter together for 15 minutes with our pen to the paper, without lifting it too much or stopping or editing.