

NCCAA launches Spread Joy holiday social media challenge

NCCAA will launch a 12- day social media challenge designed to encourage family, friends, neighbors, and community connections during the holiday season.

The challenge will begin on Dec. 1. Participants will receive daily emails encouraging them to do a random act of kindness, register for a volunteer opportunity or connect in some way with others. Each activity is designed to be completed individually or in small groups.

For many, the holidays aren't always a time of joy and excitement. The Spread Joy challenge is an engaging activity to help beat the holiday blues. Building community is an important part of reducing mental illness, suicide rates and loneliness during the holiday season. This is especially important after the long seasons of quarantine.

NCCAA encourages you to join us this holiday season to help [Spread Joy](#).