

SPOOKY FUN WITH YOUR FAMILY



Halloween is almost here! That means it's time for all things pumpkin, fall, and spooky! Here are some great tips to make spooky fun memories with your family!

Pumpkin Carving Contest

- Organize a pumpkin carving competition among friends or family.
- Display the carved pumpkins for a mini pumpkin patch

Costume Party

- Host a Halloween costume party with prizes for the best costumes.
- Include themed decorations, music, and spooky snacks!

Halloween Movie Night

- Set up a cozy movie night featuring Halloween-themed movies.
- Create a "haunted" atmosphere with dim lighting and decorations.
- Make it family friendly by watching kid-friendly movies or spooky movies for grown ups!

Trick-or-Treat Scavenger Hunt

- Organize a scavenger hunt with Halloween-themed clues leading to treats.
- Make it more challenging by incorporating spooky riddles

DIY Halloween Decorations

- Spend an afternoon crafting homemade decorations like paper bats, ghost garlands, or spooky centerpieces.
- Get creative with recycled materials

Visit a Local Pumpkin Patch

- Visiting a pumpkin patch is a great way to get in the spirit of fall!
- Here are a couple options for pumpkin patches:
 - Goebel Farms / Mayes Farms

Halloween Themed Cooking Party

- Cook up Halloween-themed treats like spider cupcakes, mummy hot dogs, or witch's brew punch.
- Make it interactive by letting everyone participate in the cooking

Ghostly Game Night

- Play Halloween-themed games like "Bobbing for Apples," "Pin the Spider on the Web," or Halloween bingo.
- Consider creating a DIY haunted board game

Whatever your plans are this Halloween, make sure to enjoy time with your family and friends! Happy Halloween!

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.