

# JOIN THE MOVEMENT. PAINT A BENCH!

## Use this handy checklist to plan your #GreenBenchOC event:

- ✓ Obtain all necessary permissions to paint your organization's bench.
- ✓ Set a date and time for your painting event.
- ✓ Recruit a group of volunteers to paint the bench.
- ✓ Source the needed materials: a drop cloth, gloves, painter's tape, rollers, brushes, and lime green paint. You may also want to have sandpaper on hand to smooth any rough edges.
- ✓ Paint the bench and help end the stigma surrounding mental health!
- ✓ Let us know when your bench is complete! We will send you a sign to affix to your bench explaining the Green Bench OC campaign and add your location to our directory.

## Recommended paint colors:

Behr: Limeade

Benjamin Moore: Lime Green or Sweet Pea

Krylon: Jungle Green (spray paint)

Glidden: Funky Frog or Green Pear

Sherwin-Williams: Electric Lime

Need more painting tips?  
Want to learn more about the campaign?

Visit [GreenBenchOC.org](http://GreenBenchOC.org) or contact  
our team at [PromisetoTalk@gmail.com](mailto:PromisetoTalk@gmail.com)