

# Questionnaire

1. What is your age?

- 18-25
- 25-30
- 30-35
- 35-40
- 45-50
- 50-55
- 55 and older

2. Ethnicity(or Race): Please specify:

- Hispanic
- American Indian or Alaskan Native
- Asian
- African American or Black
- Native Hawaiian or Other Pacific Islander
- Caucasian or White
- Two or more races
- Race unknown
- Other (Please specify)

3. What is your gender?

- Male
- Female
- Transgender
- Other

4. What are your favorite things to do at the Lighthouse? (Please be specific, list all applicable activities)

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5. What are some topics you would like to see discussed at the Lighthouse?

- Thoughts/Mind Tracker
- Coping with Stress
- Relaxation
- Self Esteem
- Changing Negative Thoughts to Positive Thoughts
- Suicide Prevention
- Communication Skills
- Coping with Anger
- Coping with Anxiety
- Coping with Depression
- Healthy Living (Eating and Exercising)
- How to Make Better Decisions
- Breathing Techniques/Exercises
- Understanding emotions

Other (Please be specific):

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