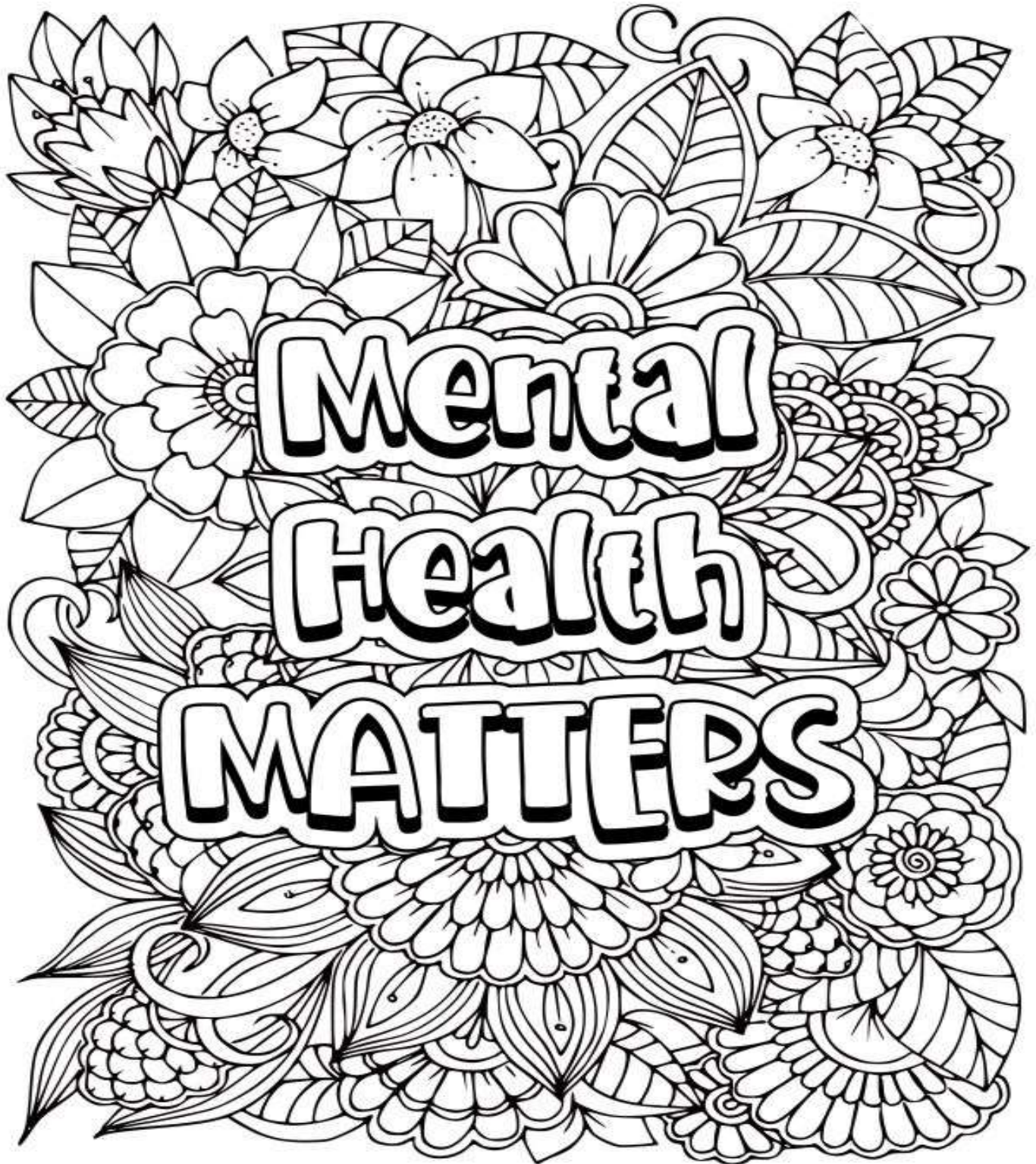


May 2023 Mental Health Awareness Month
Community Wellness Programs Coloring Contest



Name: _____ Age: _____ Community: _____

Mental Health Awareness Month Coloring Contest



1-of-10 Self Care Baskets To be Won!

About 20 per cent of Canadians live with mental health problems, mental illness or addiction. Too often, stigma and discrimination keep people from speaking up and getting the support and care they need.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Coloring Contest Rules

This Contest is Open to all Community members residing in Behchokǫ, Frank Channel and Edzo.

Each member may submit one colored picture.

Materials that can be used: Markers, Crayons or Colored Pencils to colour the picture.

All Entries **must** be submitted by Email to Wellness Coordinators at email below.

Please send submissions to wellness coordinators:

Belinda.Sanguez@tlcho.ca

Rhonda.Apples@Tlcho.ca

All Entries will be added to the draw
10 Entries will be picked at random

Winners will be announced on the Tłıchǫ Government Facebook page on Tuesday June 13, 2023

Deadline for Submissions: Monday June 12, 2023 at 5pm.