

## Mental Health Art Contest for Distance Diamonds

Millet Healthy Community Initiative 3rd year hosting Mental Health Art contest; 9 posters will be chosen to be placed in the 3 Millet Distant Diamonds.

- William Leonard Gray
  - Centennial Park
  - Phillips Park

Winners will be chosen through the Millet Healthy Community Initiative, and notified before May 29th. Winning art will be printed into a 16"X 24" corrugated plastic poster and placed for a year in one of the distant diamond locations.

**\*MAY 30th 2022, 5:30 p.m. @ William Leonard Gray Park prizes will be awarded, art work will be displayed. Along with this event the community rock project will be placing decorative rocks in the distance diamond planters. All community members are invited to join for this hour to celebrate the beauty of this mental health project, snacks provided.**

### Background:

In 2019 the Millet Healthy Community Initiative was provided funding from the Alberta Health Services . with a goal of creating environments that support making the healthy choice the easy choice in Millet. First was to develop the Distant Diamond project. This innovative community project aimed to build diamond-shaped gathering places that allows for social distancing. Purpose is to build awareness about the need for mental health; help people to feel comfortable talking about mental health; give residents a peaceful place to relax; and to show the community that Millet supports mental health. The first location was at William Leonard Gray Park, this included a diamond shaped concrete area, 4 park benches and a planter. Since 2019 two more additional diamonds have been created, one at Centennial Park and another at Phillips Park.

### Requirements for the Art contest:

1. The art must pertain to mental health, this year's theme is EMPATHY:

*How can kindness be seen?*

2. The art should contain positive words or pictures that inspire kindness and positive mental health.

4. Deadline for submission is May 6th, 2022.

5. There are 4 age categorized entries 0-8, 9-12, 13-16. 17 and up

6. Submissions drop off location, Griffith Scott School, Millet Library and Millet Museum.

### HELPFUL ART TIPS

- Draw or write on the template by staying within the bold line.
- Think colorful, detailed, if using words they should be black or bold colors.
- NO writing on the back of paper.
- Include name, age and contact information when submitting your entry to win a prize for 1st, 2nd place, as well this year just by participation there is a chance to win a prize.

We look forward to seeing the wonderful artwork submissions from the Millet community.

Sincerely,

The Millet Healthy Community Initiative