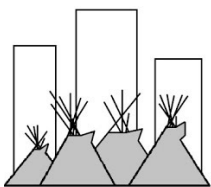


Grande Prairie Friendship Centre and Hugasister present:

Mental Health Bingo

We challenge you to take **Mental Health Action** and honour **MMIWG2S+** by completing as many of these activities as possible over the month of May.

Talk to a friend on the phone	Read	Go for a run, walk, or bike ride in nature	Have a hot bath or shower	Smudge
Send a letter to a loved one	Spend 20 minutes writing	Dance!	Get ready as if you are going out on the town	Hang a red dress in your window or tree
See someone face to face! (Virtually or safe distance)	Try out a new recipe	<i>Walk or run on May 5. Wear Red</i>	Listen to music	Visit the Sister Rock (or send prayers)
Do something nice for someone	Make something! Bead, craft, food...	Do 20 mins of yoga or stretching	Do something that makes you laugh	Sit in stillness outside. Listen and observe
Hang something positive on your window	Hugasister colouring page hugasister.com	Walk somewhere to take a cool photo	Pick up litter in your area	Call an Elder or grandparent



Share online and encourage others to participate!

@hugasister @GPFC #hugasisterhealthbingo

To enter for prizes, ensure you are a member of the GPFC, register for FREE this year only at gpfriendshipcenter.com and email a pic of your bingo card by May 31 to triciaplante@gpfriendship.com



Name:

Phone #: