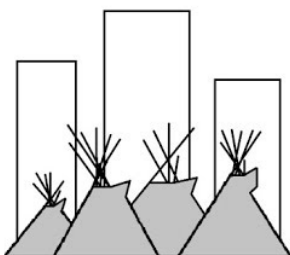


Grande Prairie Friendship Centre and Hugasister present:

# Mental Health Bingo

We challenge you to take **Mental Health Action** and participate in **Social Connection** as a means of **Violence Prevention**. During May, honour **MMIWG2S+** by completing as many of these activities as possible.

Have a long talk with a good friend	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	Make a list of 10 things that make a good friend	Dance!	Give someone a compliment	Hang a red dress in your window or tree
Call an Elder or grandparent	Try out a new recipe	<i>Walk or run on May 5. Wear Red</i>	Listen to positive music	Visit the Spirit Sister Rock
Do something nice for someone	Make something! Bead, craft, food...	Do 20 mins of yoga or stretching	Do something that makes you laugh	Sit outside in stillness and quiet
Write a positive message in chalk outside	Hugasister colouring page <a href="http://hugasister.com">hugasister.com</a>	Walk somewhere to take a cool photo	Pick up litter in your area	Make a list of 10 things you love about you



**Follow GPFC and Hugasister online for more information about the Annual MMIWG2S+ Run/Walk held on May 5.**

*Support Awareness Change*

