

Mindful Expressions: Youth Writing Challenge

Calling all youth in the Capital Area! Granite United Way is holding a youth mental health writing contest that is open to all youth, ages 10-24.

Submit a short story, poem, or short essay based on one of the following prompts:

- 1) How do you take care of your mental health?
- 2) What would you say to someone who is struggling with their mental health?

There will be 2 winners for the following age categories: 10-13, 14-18, and 19-24. Prizes are \$50 Visa gift card for runner up and \$100 Visa gift card for first place!

Submission deadline is Monday, April 15th!

**Scan the qr code or go to
<https://bit.ly/480ol26>
to learn more:**



**Join us for the awards ceremony
Thursday May 9th from 5:30-7pm**



**At the YMCA of Concord
15 N. State Street**

*Limited attendance, registration required
with contest submission.*

