

## Mindful Expressions: Youth Writing Challenge

### Capital Region – NH

#### Contest Rules

**To qualify as a participant:** The contest is open to all youth ages 10-24 in the Capital Region of New Hampshire. They must reside in the towns of Allenstown, Andover, Barnstead, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Northwood, Pembroke, Pittsfield, Salisbury, Warner, Washington, Weare, Webster, or Windsor.

**Submissions:** Participants can choose to respond to one of two prompts: a) How do you take care of your mental health? or b) What would you say to someone who is struggling with their mental health?

Format can be either a short story, poem, or short essay. Length can be up to 3 pages long. Creativity can be used for font, text size, and color.

**How to submit entries:** Go to **insert link here** and download the Entry Information Form, and Guardian Permission Form if you are under 18. Please scan and send those two forms, the written piece, and send as attachments via email to [caphn2024@gmail.com](mailto:caphn2024@gmail.com). If you don't have access to a printer/scanner, please email [caphn2024@gmail.com](mailto:caphn2024@gmail.com) and we can work with you to see how we can help you enter.

**Winners:** We will be having an awards ceremony in May to announce the winners and hand out the prizes, which are \$50 Visa gift cards for the runners-up and \$100 Visa gift cards for first place. The submissions will be judged in 3 age categories of 10-13, 14-18, and 19-24, so there will be 2 winners from each category. We will notify all winners by email/phone when judging commences.

#### Awards Ceremony:

We will be holding an awards ceremony on Thursday, May 9<sup>th</sup> from 5:30 – 7 pm at the Concord YMCA at 15 N. State St, Concord, NH. Limited attendance, so please indicate whether you'd like to attend or not when submitting your Contest Entry Information Form.

At the event, we will have light refreshments available and will be showcasing the work of the youth for people to read. When winners are announced, if they feel comfortable, they will have the opportunity to read their work out loud. We can also arrange for someone else to read the piece if they are not comfortable reading it themselves.

We will also have a guest speaker during the event. There will be room for all 6 winners and a guest, but the registration for attendance will be closed once we reach capacity for the room. Signups are first come, first serve.

Get creative, and good luck!