



DRAW YOUR WAY TO WELLBEING

23-29
SEPT

Mental Health Awareness Week
COLOURING COMPETITION

RULES:

- Competition open to tamariki/children aged 4-12 years
- Entries will close Friday 18th October 2019
- Winners will be notified by phone or email

 **Mental Health Foundation**
mauri tu, mauri era OF NEW ZEALAND

NAME: _____

SCHOOL: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

AGE RANGE: 4-6 7-9 10-12

POST YOUR ENTRIES TO:

Mental Health Foundation,
PO Box 10051,
Dominion Road, Auckland 1446, OR
scan and email to
MHAW@mentalhealth.org.nz

Insert the subject line:
"Colouring Competition Entry"