

Challenge for Change

Create Hope Through Action

Will you take the **Challenge for Change**, and help us improve mental health for all Islanders, reduce stigma and increase positive changes around Mental Health and Life Promotion?



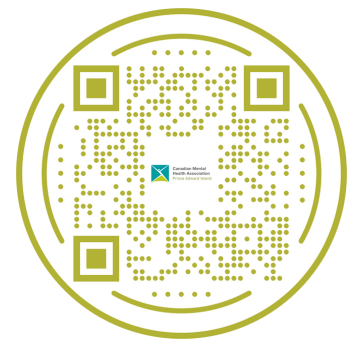
**Canadian Mental
Health Association**
Prince Edward Island

Learn More

www.pei.cmha.ca

We Challenge You to Create Hope Through Action:

- **FIND Your Lighthouse** - What is your beacon in life's challenges? Is it a person, place or thing?
- **STAY Committed** - To increase your mental health and wellbeing.
- **CELEBRATE With Us** - At our campaign conclusion event on September 10th, 2024.



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