

Name the HelpingMinds **SELF-CARE BEAR**



The winning name will receive a **\$100 voucher** to your local cinema

Each entry will receive a Self Care Bear & Certificate

add name here

.....
**the
SELF-CARE
BEAR**

Instructions

- Colour in the Self-Care Bear
- Name the Self-Care Bear

Send your entry (either on its own and / or a photo of you holding your entry) to marketing@helpingminds.org.au by Sunday 30th April 2023

Your Name

Your Age

Name and an email / phone number for your parent / guardian

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Parent / guardian to initial here if consent is given for the image that is emailed to be used on HelpingMinds social media and website.

T's and C's apply - visit www.helpingminds.org.au/self-care-bear

