



What is mental health?

How would you promote it?
We'll give you **\$1000** to do it.

If you're 18 or under and you have ideas on promoting mental health to your peers or community, we want to help your ideas come to life.

Visit www.daretodreamprogram.ca



Applications are reviewed in the fall and spring. Check the website for ideas, steps and deadlines.



The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO
Le Centre d'excellence provincial au CHEO en santé mentale des enfants et des ados

401 Smyth Road, Ottawa, ON K1H 8L1, Canada Toll Free: 1-866-282-7601