



Alternatives invites your students to participate in the *8th Annual Bookmark Design Contest*

Alternatives is a non-profit organization that helps people with disabilities build successful and satisfying lives in the community – lives that include *real homes*, *real jobs* and *real relationships*.

In Recognition of Mental Health Awareness Month in May, Alternatives is sponsoring a contest for 5th or 6th graders to design a bookmark around one of the following phrases: **Mind Your Mind**, **Peace of Mind** or **Tend Your Mind**. Winning designs will be printed on full-color bookmarks and distributed at school and town libraries. The back of the bookmark will feature the student and school name and will showcase tips to maintain mental health and wellbeing.

How It Works:

- 1. Decide!** If your school would like to participate, [sign-up by Friday, January 29, 2016.](#)
- 2. Create!** Send the designs sheets home with your students or have students complete their designs in your classroom.
- 3. Judge!** Once completed, and signed by the student's parent or guardian, collect designs and select two winners based on color, design, and creativity. ***Winners must include one of these phrases: *Mind Your Mind*, *Peace of Mind*, or *Tend your Mind*.**
- 4. Submit!** Mail Alternatives the **original** 1st and 2nd place winning bookmarks **and the bottom portion of this form**. The deadline for submission is [Friday, February 26, 2016.](#)
- 5. Celebrate!** Alternatives will deliver **\$25 gift certificates for the winners** to your school as well as a supply of bookmarks to be distributed in your library!

Liz Mirabelli at Liz.Mirabelli@AlternativesNet.org or 508.266.6541

**Please print all information below and submit by February 26, 2016 to:
Alternatives, 50 Douglas Road, Whitinsville, MA, 01588, Attn: Community Relations**

1st Winner: _____

2nd Winner: _____

Teacher Name: _____

Email: _____ **Phone:** _____

School Name: _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____