

# HOW HAS COVID-19 IMPACTED YOU AND YOUR MENTAL HEALTH WHILE SERVING TIME?

Send us your artwork, poetry or lyrics!  
They will be featured in an online art gallery.

## Some topic ideas:

- Isolation
- Family relationships and visitation
- Access to programming or community supports
- How did you cope with the changes?
- How did you deal with your court matters?
- What gave you hope?

### Two contests

1. Come up with a name for the art gallery
  - \$50.00 prize
2. Design a logo for the art gallery
  - 1st prize: \$250.00
  - 2nd prize: \$175.00
  - 3rd prize: \$100.00

Contest ends August 20, 2021



Contact: The John Howard Society of Saskatchewan Institutional  
Line with questions

1-866-584-2115