



The Be Well Passport is back and will officially launch on Bell Let's Talk Day (January 25, 2023), in partnership with Evolution Mine, Kenora Catholic, Rainy River, Keewatin-Patricia and Northwest Catholic District School Boards!

Why participate in the passport?

- » We all have mental health!
- » We can all help to promote mental health and wellbeing!
- » We all have a responsibility to support mental health for ourselves and others!
- » We all need to be kind to ourselves and others!

Participating is as easy as 1-2-3!

- 1** Take part in the Be Well Activities and check off ("stamp") everything you complete. Each activity is a "stop" on your journey to well-being!
- 2** WIN PRIZES! As you complete each passport stop, send a photo of your participation to NWOBeWell@gmail.com. Each stop will enter you into a draw to win some amazing prizes!
- 3** Be sure to tag @NWOBEWELL and #NWOBEWELL to share the fun on social media!

Accessing & Using the Passport

The passport takes participants on a wellness adventure, reminding students, families, community members and staff to consider a whole person perspective from the First Nations Mental Wellness Continuum. Activities within the passport include being well to spirit, emotions, mind and body. Copies of the passport have been printed for all elementary students as well as postcards for secondary students. Additional copies have also been printed for elementary educators. The electronic version of the passport can be accessed by visiting www.nwobewell.ca. A pdf version of the passport is also attached to this email. The passport has been modified for use directly in the classroom.

