



Don't Bottle it Up Campaign

September 15, 2026-November 15,2026



Taking care of yourself is not selfish – it's essential. Prioritize self-care, set boundaries, and seek support when you need it!

CREATE ART THAT EXPRESSES WHAT WORDS SOMETIMES CAN'T

Use color, shape, texture, images, and symbols to show an emotion, experience, challenge, hope, or source of strength. Your work may be personal or universal, serious or uplifting, abstract or realistic.

PRIZES: 1st place \$75.00, 2nd place \$50.00, 3rd place \$25.00, Honorable mention T-shirt with their artwork printed on it

