



A TURNING POINT  
FOR WOMEN

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## MEDIA RELEASE

### YWCA NWT Launches Design Contest for New Colouring Book

**YELLOWKNIFE (January 21, 2025)** – Calling all artists! YWCA NWT has an exciting opportunity for you. Our organization truly believes in the strong, restorative power of the Arts. That's why we have decided to mark Sexual Assault Awareness Month this year by creating a colouring book that families can use as a small item to help them along their healing journey.

We want this project to reflect the beautiful stories, cultures, and communities that make up the North – and we need your help to create the designs! Until February 28, 2025, anyone from and/or living in the Northwest Territories is invited to submit their idea for a colouring sheet design centred on the following theme:

- *What does healing mean to you, and how do you incorporate mindfulness into your daily life?*

A small committee of YWCA NWT staff will select pieces for inclusion in the colouring book once the contest closes. The winning artists will not only have their work used and credited in the book, but they will also receive a small honorarium of \$250 as a prize.

Entrants can submit a design in any medium they wish, including sketches, markers, coloured pencils/pens, wax crayons, painting, or even mixed media. The winning designs will be digitized and formatted by a graphic designer (with input from the artist, of course).

The colouring book will be released in both print and digital formats in May 2025, which is Sexual Assault Awareness Month. It will be available, for free, through YWCA NWT and other allied community organizations.

To submit your idea, send a scanned copy or a high-resolution photograph of the piece to [advocacy@ywcanwt.ca](mailto:advocacy@ywcanwt.ca) alongside your name, your preferred pronouns, what community you are from and/or live in, and a short description (one or two sentences) about your design. You can find more details about the contest on the [YWCA NWT website](http://YWCA NWT website). (<https://www.ywcanwt.ca/news>)

**For more information please contact:**

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