



CANVAS OF HOPE

Inspired by the Canvas of Hope project presented by Polk County Public Health

In the spring of 2024, Polk County Public Health sponsored a community-based art project focused on adult mental well-being. Participants were asked three questions about their perception of well-being, then given a variety of mediums to express that view. The goal was to start de-stigmatizing words surrounding mental health and learn how to start prioritizing our own mental well-being.

You can create a Canvas of Hope on your own!

Gather a variety of mediums (paint, pencils, stencils, yarn, etc.) and a canvas* to put your art on. Answer the questions below - ***there are no wrong answers, do what comes to your mind.***

“What does Mental Health look like to you?”

“What does Support mean to you?”

“What does Connection mean to you?”

**If you don't have a canvas, use a thicker paper or whatever base works with your preferred medium.*



View the full collection of art gathered from Polk County individuals in the spring of 2024 to enjoy and reflect on at www.co.polk.mn.us

TOGETHER WE CAN *build a better future!*

