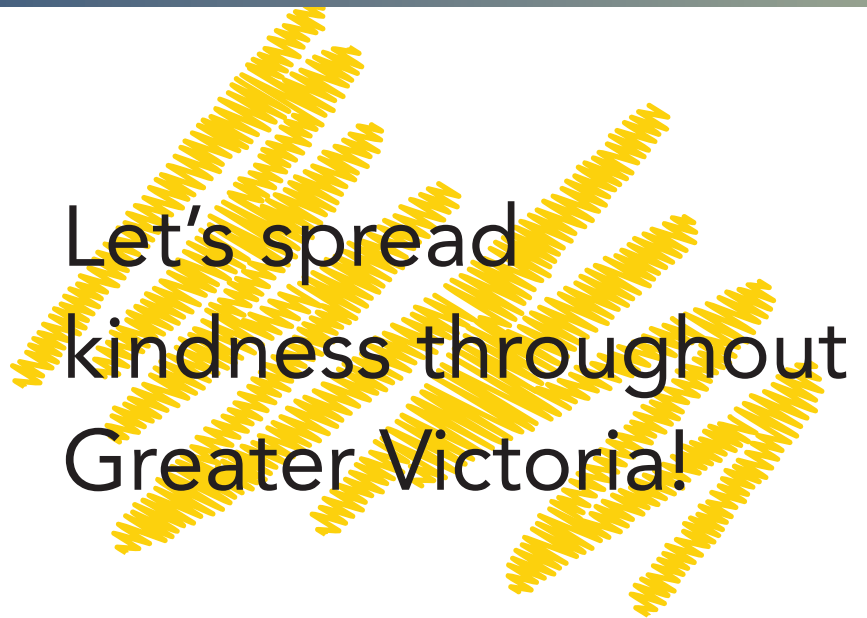


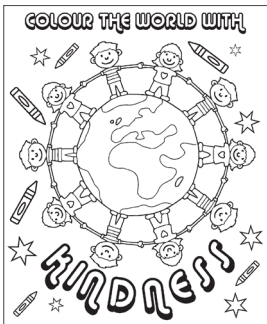


THURSDAY FEB 17 2022 RANDOM ACTS OF KINDNESS DAY 😊



Let's spread kindness throughout Greater Victoria!

Now more than ever we need a little kindness in our lives. Join the Victoria Foundation on February 17th in celebrating National Random Acts of Kindness Day! There are lots of ways to get involved:



Colouring Contest! Check your newspapers - Victoria Foundation and Black Press Media are hosting a colouring contest! Ages 12 and under can submit their artwork for a chance to win a \$50 Support Local E-Gift Card and a \$100 donation made in your name to the registered charity of your choice. **All entries will also be sent digitally to the residents of care homes in our region, to brighten their day, so feel free to include a message in your entry.**



Visit our website - for 22 COVID-friendly ways for both children and adults to spread kindness!



Get Creative - Take some time to think about your friends, family, workplace or classroom. What could you do to put a smile on someone's face?

Visit victoriafoundation.ca for more information. If you receive kindness, be sure to take a photo and share it on social media tagging us and adding **#RAKdayYYJ**.