CHOOSE KIND

THROUGHOUT FEBRUARY, CHOOSE KIND.

We can all make the choice to be kind to ourselves, and to others, every day.

Join the **Choose Kind** movement! It's easy!

1. Demonstrate an act of kindness.
2. Follow @strathcocounty on Instagram to be inspired by local stories of kindness.
3. Enjoy a **free movie viewing** on February 29, 2020 at 1 p.m. featuring Wonder–an inspiring story about the power of kindness.

Julia Roberts   Owen Wilson   Jacob Tremblay

WONDER

From the Beloved Bestseller

"Inspiring & Uplifting"

Interested? Looking for ideas that celebrate our individual differences?

strathcona.ca/choosekind

#SCchooseKind
Together, we create a supported, safe and connected community.

Alberta Health Services
Mental Health Capacity Building

STRATHCONA COUNTY