

Squares Game - in aid of York Mind



Select a square and donate £2 to York Mind – Once all the squares are full a Winner will be randomly selected to win:.....

Wellbeing	Confident	Talking	Calm	Mindful	Positive	Resilience	Health	Upbeat	Happy
Contented	Sleep	Walking	Exercise	Encompass	Cheerful	Blissful	Self-Worth	Connection	Sharing
Equality	Fulfilment	Enjoyment	Communicating	Relaxation	Empathy	Happiness	Peace	Esteem	Support
Develop	Self-Awareness	Prosper	Self Esteem	Wellness	Grateful	Smiling	Compassion	Comfort	Mind
Self-Care	Satisfaction	Breathing	Kindness	Wholeness	Safe	Feelings	Tranquillity	Uplifting	Recover

York Mind
Highcliffe House
Highcliffe Court
York YO30 6BP

fundraising@yorkmind.org.uk

Registered Charity 1006759, Limited Company 2659442

York Mind are affiliated to the national 'Mind' brand but are an independently funded charity who rely on the support of our amazing local community to be able to continue our vital work.

You can find out more about all of our services:
<https://www.yorkmind.org.uk/>