

Blue Monday

Join Us in Spreading Joy Around the Parkland Region
Monday, January 16, 2023

Whether or not Blue Monday is a real thing is up for debate, but we do know that mid-January is a difficult time for many people. Distress lines experience an increase in calls, the days are shorter and darker, post-holiday bills begin to pile up, and the weather here in Alberta is downright frigid.

This year, we would like to spark the mental health conversation within our community and bring some Blue Monday happiness through lifelong learning opportunities to the region.

TriCALA is coordinating a day of pop-up events throughout Spruce Grove, Stony Plain, and Parkland County. In our office on January 16th, you may find clown lessons, meditation, card making, community art projects, and more. **We are looking for local businesses and organizations that would like to participate by hosting a hands-on activity that can promote happiness and lifelong learning in their space or around the community.**

TriCALA will be creating an online map of activities throughout the region as well as sharable social media posts to promote the events.

All participating groups must submit their information by January 5, **2023** to be included in the map.

If you would like more information or interested in participating, please reach out to:

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Illustration:
Working Towards Positivity
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