



# KINGSTON INTO YELLOW<sup>®</sup>

A celebration of  
**Optimism & Resilience**  
in honor of **Mental Health  
Awareness Month (MAY)**

**INTOyellow.com**



**Community members, Organizations & Businesses** have united to help **Paint the Town Yellow** this May! Join us in creating Optimistic Public Art, Activities and Events— all featuring 'INTO Yellow' (a color created to raise awareness of Mental Health: just as PINK is to Breast Cancer, RED is to HIV, and BLUE is to Autism).

These collaborative projects are all created with the shared intention to **brighten the community**, inspire connection and **'Shine a Light on the stigma around Mental Health'!**

## JOIN IN!!!!



**1 DISPLAY A CAMPAIGN POSTER & HANG A YELLOW DRIP, SPLASH or SPLAT** in the window of your Home, Business or Org. (FREE at [www.intoyellow.com/kingston](http://www.intoyellow.com/kingston))



**2 WEAR SOMETHING YELLOW** during the month of May



**3 ATTEND EVENTS & DISCOVER YELLOW ART** around town—see listings at [www.intoyellow.com/kingston](http://www.intoyellow.com/kingston)



**4 CREATE YOUR OWN INTOyellow art, event, program, etc.** and SHARE on SOCIAL MEDIA **#INTOyellow**

**5 VISIT YMCA!** Where you can:

- Make your own yellow Drips or Splats
- Attend FREE Mental Health Training workshops
- Enjoy Yellow Reiki & Wellness programs
- Add your portrait to the giant Photo Exhibit
- Enjoy FREE speakers series + More

INQUIRIES: [UMEWEorg@gmail.com](mailto:UMEWEorg@gmail.com)

