

# COMPASSION AWARD 2025

\$100.00 Gift Card



## Criteria

**Empathy and Kindness:** The nominee consistently shows understanding, care, and empathy towards others, especially those in vulnerable or difficult situations.

**Positive Impact:** Their actions have made a positive, meaningful difference in the lives of others. This could be through volunteering, offering emotional support, or contributing to community wellness.

**Inspiration:** The nominee serves as an inspiration to others to live with more compassion and empathy in their own lives.

## Deadline

Must be submitted by email to Jennifer Smith [jsmith@pccfht.ca](mailto:jsmith@pccfht.ca) or in person at PrimaCare FHT 25 Curtis Avenue North, Suite 201 Paris ON by Monday April 28, 2025

PrimaCare Community Family Health Team is excited to be hosting a Mental Health and Wellness Fair from May 5-9, 2025, in the Community Room located on the 1st floor at the Cowan Community Health Hub, 25 Curtis Ave North in Paris Ontario.

This year's theme is **Movement: Moving for our Mental Health**. We are connecting the dots on physical and mental health starting with compassion. Practicing compassion can enhance feelings of connection and belonging, encourage kindness instead of self-criticism, reduce stress and so much more. These are all important for mental health and inspire motivation to stay active and move our bodies.

## History

PrimaCare Community FHT Mental Health Week Committee started this award in 2024 making this year it's 2nd annual Compassion Award. We will be presenting this award during Mental Health Week 2025.

## Selection Process

All nominations must be accompanied by a completed Nomination Form. Nominations will be put into two age categories 5yrs - 17yrs & 18yrs + Winner of award will be determined by the PCCFHT Mental Health Week Committee.

## Available To



that meets the criteria.

Sponsored by:

