



July is BIPOC Mental Health Awareness Month

BIPOC Connect Four

Connect four squares in a row before Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month ends! Each action brings us closer to making meaningful connections that cultivate culture, community and connection year-round.

I visited a museum about a culture different from my own	I read a book about another culture	I tried another culture's cuisine	I learned a new language	I watched a documentary about another culture
I embraced the perspective of someone from another culture at work	I actively listened to someone from a different culture	I volunteered at a BIPOC event	I donated to an organization that supports BIPOC	I helped at a school with high BIPOC populations
I shared information online that may help BIPOC	I read an article related to BIPOC	I discovered a common interest with someone from the BIPOC community	I shared an employment opportunity with a BIPOC individual	I purchased something from a local BIPOC business
I shared a social media post to amplify a BIPOC voice	I advocated for BIPOC concerns during a civic forum or town hall	I made someone of BIPOC origin feel welcomed	I performed an act of kindness for someone in the BIPOC community	I listened to music from a different culture



Scan the QR code to visit your member website for more information.

