

## **YFS WELLNESS CENTRE**

### **SERENITY ROOM MURAL COMPETITION**

#### **PREAMBLE**

The YFS Wellness Centre is a student-run space on campus to focus on our four pillars of mental health, physical health, harm reduction and combating sexual (and gender based) violence. The Wellness Centre is a space to relax, inquire, challenge and engage with the community. They continue to provide much needed support and connection with the York community through:

- Wellness Spaces (Reception, Lounge & Resource Space and the new Serenity Room)
- Workshops/ Trainings and Events
- Services and Resources
- Support work and Referrals
- Consultations

The YFS Wellness Centre is divided into 3 spaces: Reception, Lounge & Resource space, Serenity Room

#### **Reception**

A space filled with a plethora of resources and a part time student staff who is able to assist with questions. In the space we also offer free tea and coffee!

#### **The Lounge**

- Multi- purpose space
- Event and small Workshop space (10-15 ppl)
- Group Work Space
- Small Activist Library
- Comfortable Seating
- Rental Resource space
- Craft de-stress corner
- Charging station

#### **Serenity Room**

A sensory friendly calming space that is accessible and an alternative to other spaces on campus.

- Multi- purpose space
- Workshop space
- Relaxation comfort space
- Yoga mats

- bean bag chairs
- Ball Pit
- Wellness giveaways
- Colouring Corner
- Affirmation Wall
- Calming lighting and sounds- Salt lamp, low lighting and ambient music
- Affirmation Wall
- Comfortable Seating
- Games

### **THEME: What is wellness to you?**

Using our four pillars (mental health, physical health, harm reduction and combating sexual (and gender based) violence) as a guide, illustrate what wellness is to you. This could be how you achieve it, how you envision it, imagery that embodies the term, etc.

### **TIMELINE**

- Contest opens: Dec 11
- Submissions will be accepted until February 8 at 4PM EST
- Voting will run from Feb 12 at 10AM EST until Feb 23 at 5PM PM EST
- Winner Announced: Feb 27

### **WINDOW SPECIFICATIONS**

3 panes of glass each measuring W55"xL102" Total size W165"xL102"  
 Opaque room sign measuring w8.5"xL26" 6" into pane 1

Please account for this in your designs or be prepared to make adjustments if your design is chosen as this section will not be visible if installed.

### **RULES**

- Contest open to all members of the YFS
- Adhere to timeline listed above
- Only **ONE** submission per participant
- Submissions must be sent through JotForm on the [contest page](#) of the YFS Wellness website. The link will be included once more at the end of this document. Emailed submissions will not be accepted.
- Submissions must be uploaded in JPG, JPEG, or PDF format.
- Please direct any questions to [yfswellness@gmail.com](mailto:yfswellness@gmail.com) with the subject line YFS Serenity Room Decal Contest

- Artwork must be unique, original, and predominantly in colour
- Designs must come with a short descriptive paragraph explaining their design and how it relates to the theme
- Medium used is at the artist's discretion, it just needs to be a high quality submission so it can be made into a decal.
- Organization logo must be included somewhere in the design
- Artists can include their name and/or social media handle on the artwork, but it is important to note that there will be a card installed on the window with all details regarding artist credits.
- Staff reserves the right to disqualify a work if the imagery or description do not align with organizational values
- Competition is not open to employees of the organization.

## **PRIZES**

1st place: \$500 prize, 2nd place: \$200, 3rd place: \$100

- With consent folks will continue to have artwork showcased on website
- Short interview with the winning artist published on the website/instagram, talking about who they are and what ideas they aimed to convey with their art

## **VOTING RULES**

Submissions will be posted on the YFS Wellness Instagram page in carousel style based on the number of submissions with the cover page including the title and artist names that will be in that post.. Artists will be tagged on the post of their artwork. In the comments there will be one comment for each work. One "like" on a comment is equal to one vote. Winner will be determined by most votes.

## **EXECUTION OF MURAL**

- Selected design printed onto vinyl sheets as a decal
- Design winner consults with the judging panel to finalize details before installation commences

[SUBMIT YOUR WORK HERE](#)