

THE ART OF SELF-CARE



PBCBHC
Palm Beach County
Behavioral Health Coalition
Building A Healthier Community

**CALL OR TEXT
A FRIEND**



**DO SOME
JOURNALING**



**STAYING ALCOHOL &
VAPE-FREE**



**ENTER OUR CONTEST
TO WIN SCHOLARSHIPS
FROM \$100 TO \$1,000**



**PLUS EARN 2-5
COMMUNITY SERVICE HOURS**

**VISUAL & DIGITAL ART
CATEGORIES**

**SHORT VIDEO
REEL CATEGORY**



**Deadline to receive entries
February 8, 2026**

Questions?
Prevention@pbcbhc.org
561-374-7627

**FOR MORE INFO ON
HOW TO ENTER, VISIT:
PBCBUSPOSTER.ORG
OR SCAN HERE**



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Building A Healthier Community



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Change Minds.
Save Lives.



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