



WALK-A-MILE-IN-MY-SHOES 2021 T-Shirt Design Contest



Design Requirements

1. The design must be completed on an 8 ½" x 11" unlined white paper, drawn with black marker or black ink (no pencils or crayons; no other colors.) This is to ensure good quality printing on the t-shirts. The design should be in portrait orientation (tall way on the paper.)
 2. The design must be completed by an individual currently served by Shiawassee Health & Wellness or served by one of the providers. All ages are encouraged to submit artwork!
 3. The design must be hand drawn. No tracing. No computer clip art.
 4. The design must include the words "Walk A Mile In My Shoes" somewhere.
 5. Your design should address personal growth, change or hope. Through art, show how you feel, what you think, what others need to know about walking in the shoes of an individual with a mental illness or developmental disability. Through the art, show how you would like others to treat you and how you would like others to think of you.
 6. Write your full name, phone number and address **ON THE BACK** of your artwork.
 7. Please sign your name on the front of your artwork **IF YOU WANT YOUR NAME PRINTED ON THE T-SHIRT.**
 8. Please sign and date the Release of Information. If you have a guardian, please have your guardian sign and date the form too.
 9. Submit the Release of Information with your artwork to Ardis Bates before close of business on Monday, July 12, 2021.
 10. Have fun designing!
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