

# SOCIAL

with a purpose

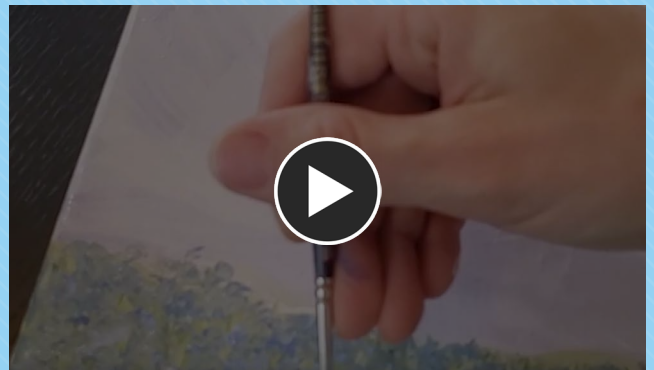
Let's colour our world  
with a message  
of connection.

## PAINT NIGHT FOR BEGINNER ARTISTS

Let's colour our world with **Forget-Me-Not** flowers across every city in Canada. Each flower seen by a caregiver, person living with dementia, health care worker or support person makes a difference. We hope it lifts their spirits and yours.

### WHAT YOU NEED:

- Gather your materials! You will need a blank canvas or base—ideally a new, already primed canvas or you can use an old canvas you want to repurpose or paint over.
- Blank paper (printer paper - any size)
- Cardboard from a recycled box to protect your surface
- Paint Brushes (3 different sizes if possible)
- Glass of water to rinse your brushes
- Paint/Colours (White, Blue, yellow, or whatever you have available)
- Acrylic (ideal as it dries faster than oil and is more opaque compared to watercolour)



Watch the video instructions by visting:

[https://www.youtube.com/  
watch?v=h96h4nA2cYs](https://www.youtube.com/watch?v=h96h4nA2cYs)