



## FFCA HIGH SCHOOL SCHOLARSHIP PROGRAM

### Scholarship: Mind Over Matter Mental Health Resiliency Scholarship

**Description:** The Mind Over Matter Mental Health Resiliency Scholarship is provided by Mind Over Matter Psychological Services, one for each high school campus. This scholarship will have a positive effect on many students' lives and encourage conversations about mental health. This scholarship will be awarded to an FFCA graduate who has shown exceptional resiliency to overcome a mental health concern.

Candidates must be registered in Grade 12 and completing the requirements of a high school diploma that will qualify them for a post-secondary education. Candidates can self-nominate themselves.

**Value:** \$500.00 (each high school campus)

**Eligibility:** This award is open to all graduating FFCA students who feel they have worked through their mental health in the journey through high school.

**Time Limit:** This award must be used within two years following the end of the student's grade twelve year. The award will be paid directly to the recipient's choice of accredited post-secondary institution upon confirmation of registration.

**Criteria:** A minimum 500-word essay that discusses the applicant's mental health concerns, how they were able to overcome those concerns to get to graduation, and how resiliency was shown. Furthermore, the essay **MUST** include a short discussion on how one can help **reduce the stigma of mental health in society**.

**Disclaimer:** Only mental health professionals will read the essay, and all information in this essay/application will be kept completely confidential unless the applicant consents to the sharing of the essay/application. The recipient has a choice of remaining anonymous.

**Selection Process:**

The award winner will be selected by mental health professionals working with Mind Over Matter Psychological Services Inc.

**Deadline:** May 24<sup>th</sup>, 2022 (Applications will be available online on April 18<sup>th</sup>, 2022)

**E-mail Completed Application to:**

**Subject Line:** Mind Over Matter Health Resiliency Scholarship

**E-mail to:** [wanda.amundson@ffca-calgary.com](mailto:wanda.amundson@ffca-calgary.com)

**Important:** Set "Request a Read Receipt"