



### Fostering Creativity as an Adult

As children, creativity is a natural and inherent part of our lives. We colour and draw without worrying about what other people think of our pictures. We create imaginary worlds and play make-believe. We make string bracelets for our friends. We go to ballet class or violin lessons.

As we grow older, however, creativity often falls to the wayside. Unless we're one of the lucky few successfully working in art-based fields, most of us don't set aside time specifically for our creative pursuits.

But research shows that creativity is an essential skill that helps adults be happier and more productive, both at work and in our personal lives. Here's how to foster more creativity in your life. Download our tip sheet to learn more.

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### We Delivered on Mental Health Awareness



Made possible by  Bell Let'sTalk

This past winter, in partnership with the Bell Let's Talk Community fund, 4000 print versions of Project: Kids, Let's Be Superheroes were donated to various frontline organizations around Eastern Ontario in need of mental health resources.

We were lucky enough to partner with 20+ organizations who helped shatter our expectations for the campaign. We cannot thank them enough for their support. Click below to view the impact of our campaign.

As a special offer, we have ~150 print copies of various books in the Iris the Dragon series available to donate. If you are a North American frontline organization and would like to receive some of these books, please reply to this email with your information to confirm your interest.

[View Impact Report](#)

### Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

[Give a Gift](#)