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Health Care**

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# The PHC Kindness and Compassion Challenge

Join the PHC Workplace Kindness and Compassion Challenge, part of the Pink Shirt Day Initiative (February 26, 2025). The theme of Pink Shirt Day this year is to "Let Kindness Grow." The Challenge will run from March 3 to 31, 2025; this 4-week initiative focuses on fostering kindness and compassion while enhancing your well-being.

During the Challenge, you will receive a weekly challenge email featuring kindness activities including meditation, and ways to cultivate and demonstrate kindness and compassion. Share your participation through photos, reflections, or videos, and with your consent you may be featured in our wrap-up article or photo gallery.



Register [here](#).

## Questions?

Contact PHC Wellness at [wellness@providencehealth.bc.ca](mailto:wellness@providencehealth.bc.ca)