



**SPUR**



Cape Mental Health  
all about ability

# KITE FESTIVAL

Cape Town  
International

## #CourageToFly

Your Age: \_\_\_\_\_

Colour in the picture  
(children aged 4 - 8) and  
stand a chance to win one of  
these amazing prizes:

**1st:** R500 Spur Voucher  
& R800 Cash

**2nd:** R500 Spur Voucher  
& R500 Cash

**3rd:** R500 Spur Voucher  
& R200 Cash

To enter, email your picture  
to [events@cmh.org.za](mailto:events@cmh.org.za) by  
31 October 2025

Give Cape Mental Health a  
call at 021 447 9040 for free  
mental health counselling  
and support.

#CourageToFly

**25 - 26 Oct '25**  
Youngsfield Military Base, Ottery



@CTKiteFest  
@CapeMentalHealth

BUY TICKETS OR  
DONATE TO OUR BACKABUDDY  
SCAN BELOW!

