

MAY 2023



MENTAL HEALTH
AWARENESS

PHW Newsletter

Did you know May 1-7 is Mental Health week?

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's ALL people – have mental health. We all have different, yet equally valuable stories which can be used to share one key message: universal mental health care is important and needed now!

Discover This Month

Check out our Anger Management Group Certificate Program

Six session course

When: Wednesday May 17, May 24, May 31, June 7, June 14 and June 21 @ 7:00PM

Where: Prairie Hope Wellness Boardroom

Cost: \$50

Must attend all sessions to receive certificate.

To register or inquire: email mlang@prairiehopewellness.com

Spring into Wellness with our Wellness Days!

Our Wellness Days can be utilized for any group, organization or business looking to promote the health and wellness of their employees and to foster a healthier work place. Full days, half days or lunch & learns available! Please see the attached posters of options for your business.

May you be happy!

May you be healthy!

May you be safe!

May you be peaceful and at ease!

Visit
[@prairiehopewellness.net](http://prairiehopewellness.net)

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Hope Wellness