

APRIL 2024



PHW
NEWSLETTER



JOIN US FOR BOARD GAME NIGHT!



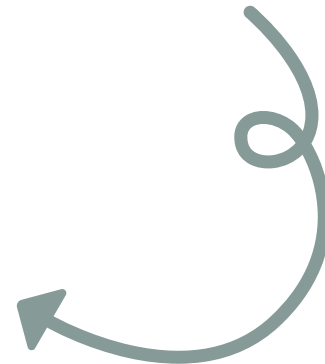
In collaboration with



Kids Wellness Group
Monday, April 29th
@ 5:30 pm Melfort
Bay #3 - 102 McKendry Ave
Youth ages 8-12

Register by emailing
admin@prairiehopewellness.com
Call: 306-920-8881

Check out our Kids
Wellness Group this
month!



World Health Day - April 7th

At PHW we aim to be as accessible as we can to those in need of mental health services. We strive to reduce barriers to reaching overall health for our clients. Mental health is interconnected in every aspect of our health.

If you need support for your health - reach out to us for a free 15 minute consult or more information



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

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