

MARCH 2024



PHW
NEWSLETTER



Mental Health & Self Care



This month we were on the road delivering our new presentation

We can travel to deliver programs at your site, or usage of our own board room is available for groups up to approximately 12 people. Contact us if you are interested :)



Creative writing & journaling workshop



with children's author, Laura Lawrence

Happy Social Work Month!
THANK YOU TO OUR FELLOW SOCIAL WORKERS FOR ALL THAT YOU DO!



In collaboration with



Kids Wellness Group
Monday, March 25th
@ 5:30 pm Melfort
Bay #3 - 102 McKendry Ave
Youth ages 8-12

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

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

Find us on FB & IG
[@Prairie Hope Wellness](https://www.facebook.com/PrairieHopeWellness)