

MAY 2024



PHW
NEWSLETTER



MUSIC + MINDFULNESS
Ms. Pam Cochet

Kids Connect Club
Monday, May 27th
@ 5:00 pm Melfort
Kerry Vickar Center
Youth ages 6-12

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



In collaboration with



Mental Health Week - May 6 - 12

#DYK that giving compassion feels as good as receiving it! Researchers found that when we extend kindness, our bodies release oxytocin, the "feel-good" hormone. Learn more at www.mentalhealth.ca
#MentalHealthWeek #CompassionConnects



CMHA Mental Health Week May 6-12, 2024

Welcome ♡ May

MAY 5TH RED DRESS DAY



THE NATIONAL DAY OF AWARENESS FOR MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

JOIN US AT PRAIRIE HOPE WELLNESS IN REMEMBERING AND HONOURING MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

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