

DECEMBER 2023



PHW  
NEWSLETTER

Happy Holidays to everyone from the staff at Prairie Hope Wellness!

A reminder that our office will be closed from December 22nd to January 1st.

We are booking into 2024! You can easily check our availability on Jane, our online booking system.

Click the "book now" link below, and it will take you directly there!

[BOOK NOW](#)



Samantha Cole joined our team this month!


Sam is a Registered Social Worker, working out of our Melfort office. She is accepting clients & excited to support you.


Happy  
holidays

### Holiday Self Care Tips

 Get plenty of rest

 Spend some time outdoors

 Slow down and be present in each moment

 Set healthy boundaries

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

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