



## PRAIRIE HOPE WELLNESS KIDS GROUP

We are excited to be offering kids groups every month!

This month we are creating Vision Boards!

February 26th  
@ 6:00 PM

Ages 9-12  
8 Spots Available

Call, text or email us to register!



### Mental Health in the Workplace

Building Positive and Effective  
Workplace Culture and  
Relationships



Did you know that the staff at Prairie Hope Wellness offers Presentations and Workshops?

This month, we were on the road offering a few of our presentations

- Mental Health in the Workplace
- Lifting Eachother Up

*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 :)*



### Lifting Eachother Up

UNDERSTANDING MENTAL  
HEALTH AND BEING KIND

