

OCTOBER 2023



PHW Newsletter

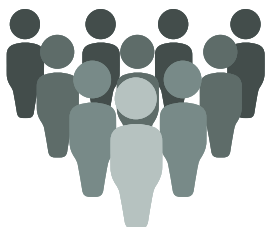
World Mental Health day is October 10th! This years theme is: Mental Health is a Universal Human Right. At Prairie Hope Wellness we believe that everyone should have access to mental health care. We encourage you and your organization to talk about your mental health and the health of your employees. Take time to listen without judgement, ask questions, and ask how you can help.

Discover This Month

This month we are offering our
Anger Management Group
Session

Cost: \$150
6 weeks in length
Every Wednesday at 7:00 -
8:00pm
Starting November 8th

Call or text 306-920-8881 or email
mlang@prairiehopewellness.com



Did you know we can come to
you?

We are on the road this month
doing an Anger Management
Workshop as well as a Grief &
Loss Workshop on Fishing Lake
First Nation. We want to thank
Fishing Lake First Nation for
hosting us!

Reach out for more information!

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

Find us on FB & IG @Prairie
Hope Wellness