

Mental Wellness Suicide Prevention Committee Presents:

Express Yourself

- ◆ Learn about the therapeutic benefits of art
- ◆ Create an expression of self
- ◆ Supplies will be provided



**Dauphin
Friendship Centre**

May 6, 2024

7-9pm


**Ste. Rose
Primary Health Centre**

May 8, 2024

6-8pm

Need more information? Contact us

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*In celebration of Canadian Mental Health Association's
Mental Health Week | May 6-12*

