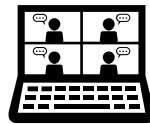




Towards FLOURISHING

MENTAL HEALTH PROMOTION FOR FAMILIES

For parents with children under 13 months. To teach tools that will help us flourish and promote the mental health and well-being of our family and community.



**Join virtually by
Microsoft Teams**



**Wednesdays
May 1, 8, 15 & 22**



**10am - 12pm or
1 - 3 pm**

4 sessions exploring topics and strategies

- **Flourishing** - Creating a vision
- **Changes and Expectations** - 3 good things, 3-minute breathing break, nasal breathing
- **Reaching out** - Circle of support, connecting with others, belonging
- **Coping strategies** - Music, dance, exercise, self-monitoring

**For more information or
to register, contact:**

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