



**February 10th &  
February 24th  
@5:00 PM**

Clay County Cooperative  
Extension Service  
69 Jameson Rd.  
☎ (606) 598-2789  
🌐 [clay.ca.uky.edu](http://clay.ca.uky.edu)

Join us as our Mental Health Monday's series continues. On Mental Health Mondays, we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session aims to help you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting and connecting with others. Mental Health Mondays are held at 5:00 PM at the Clay County Extension Office, 69 Jameson Rd. Please call 598-2789 to register.

Mental Health Monday dates for February are February 10th & 24th. Upcoming crafts will be available to view on Facebook as those dates near.